

Take

ACTION!



Repeating 12-week
module, clients
start at any time!

3 p.m., Thursdays
via Lifesize

For referrals, contact
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Take ACTION! is an Acceptance & Commitment Therapy (ACT) skills therapy group for co-occurring disorders in adults. Through guided meditations, interactive exercises, group discussion, and worksheets, clients learn the six core processes of ACT (see model below).

Learn the practice of mental flexibility with unwanted thoughts and feelings. Identify what matters the most, so that depression, anxiety, addiction and pain are no longer obstacles to living an engaging and fulfilling life.

Start anytime. The topic cycle repeats every twelve weeks.

The ACT Hexaflex Model

CONTACT WITH THE PRESENT MOMENT

Be Here Now

ACCEPTANCE
Open Up

DEFUSION
Watch Your Thinking

SELF-AS-CONTEXT
Pure Awareness

VALUES
Know What Matters

COMMITTED ACTION
Do What It Takes

