

Getting the most from ACT

ACT stands for Acceptance & Commitment Therapy and offers an alternative approach to dealing with difficult situations & emotions



Why ACT?

When anxiety, stress, or self-criticism show up, we can get caught struggling to think or feel differently. ACT helps you open up to difficult experiences, focus on what matters most, and take meaningful action even in the presence of discomfort.

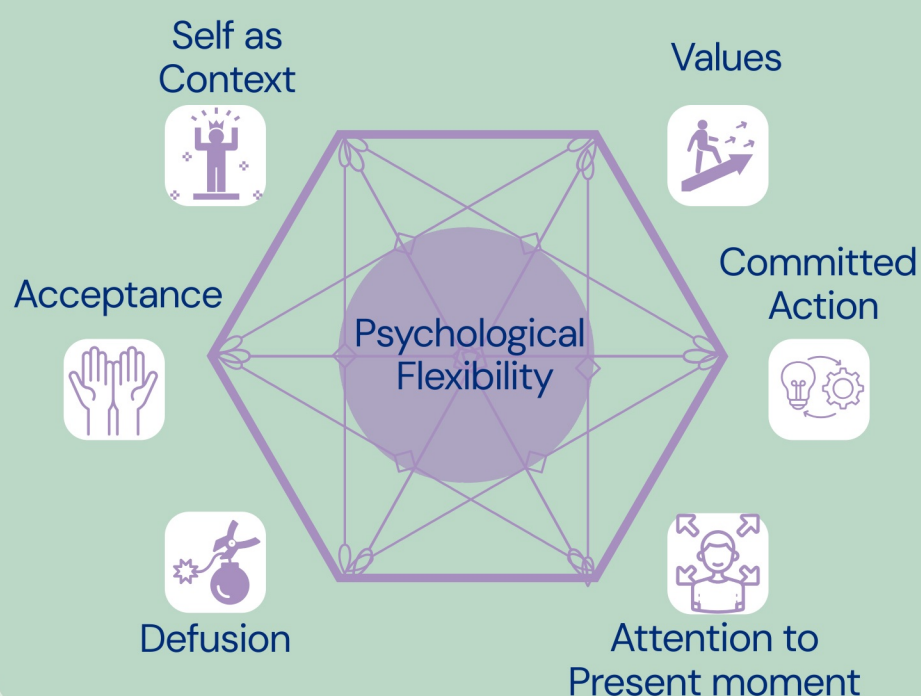
What to Expect

ACT is a collaborative and experiential therapy that helps you build new skills rather than eliminate difficult thoughts or feelings.

In sessions, you'll learn to notice what shows up in your mind & body, make space for discomfort, and stay connected to what truly matters to you. Your therapist will guide you through mindfulness and values-based exercises that translate insight into action, helping you respond with flexibility, compassion & purpose, even when life feels challenging.

How ACT Works

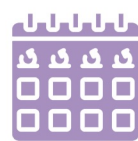
ACT helps you build psychological flexibility – the ability to stay open to life's experiences, even the painful ones, while moving toward what truly matters. It does this through six key skills that work together to help you notice your thoughts and feelings, make space for them, and take action guided by your values.



Therapy Length



ACT sessions last 50 minutes, held in clinic; Or in situations you usually find challenging or want help with.



Weekly sessions are most effective, though spacing may vary as therapy progresses.



ACT is a short-term therapy, usually under 20 sessions, sometimes as few as 12.

ACT based Tips

Be Curious
Notice with
Openness

**Practice
Between**
Try Skills
Daily

**Share
Honestly**
Name
what's Hard