

PSYCHOLOGICAL FLEXIBILITY SKILLS GROUP

Get unstuck with the power of the hexaflex!

FEELING STUCK?

Join us for a group exploring the six fundamental skills of the Acceptance and Commitment Therapy (ACT) hexaflex to build your psychological flexibility:

Present moment awareness

Experiential acceptance

Cognitive defusion

Self-as-context

Personal values

Committed action

Our groups inspire confidence, foster community, and promote radical acceptance leading to lasting positive change.

We welcome folks who are ready and willing to learn skills.

**THIS GROUP IS NEURODIVERSE
AND QUEER AFFIRMING**



JOIN US!

WHEN

Thursdays 1 - 2:30 PM

WHERE

5716 Fayetteville Rd #202
Durham, NC 27713

COST

\$70 per session

DURATION

8 weeks, beginning 3/6

FACILITATOR

Max Martin, counseling intern

ESSENTIAL
Counseling



Please contact
email@essentialcts.com
or visit
therapyessential.com
for more information or to
sign up.