

Behavior Therapy

ASSOCIATES

ESTABLISHED 1979

ACHIEVING YOUR POTENTIAL: **YOUNG ADULTS (18-25) with ANXIETY & SOCIAL SKILLS DIFFICULTIES**

GROUPS FORMING NOW!

Struggling with Moving Forward in Your Life?



Are you 18 to 25 years old?

Do you have difficulty interacting effectively with others?

Do you experience nervousness, anxiety, or uncertainty in social situations?

Are you interested in living a meaningful life and taking steps to experience more success in social situations and achieving your goals? ACT may help!

What is ACT?

ACT, or Acceptance and Commitment Therapy / Training, is a type of Cognitive-Behavior Therapy that uses acceptance and mindfulness processes, and commitment and behavior change processes, to promote greater psychological flexibility.

How can ACT help?

ACT uses these processes to promote greater psychological flexibility and to help you move toward what is important to you, including success with social relationships, employment, recreation, and independence.

What is the format of the group sessions?

Sessions will be held in a group format with others who are experiencing similar concerns.

When and where will the sessions take place?

Dates and times will be announced. Sessions will take place at Behavior Therapy Associates, located at 35 Clyde Road, Suite 101, Somerset, NJ 08873.

Who will lead the groups?

Groups will be led by experienced clinicians at Behavior Therapy Associates. They use ACT to help others lead more meaningful lives. For more information about our practice, please visit

www.BehaviorTherapyAssociates.com.

If interested, please contact 732-873-1212 or info@BehaviorTherapyAssociates.com



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Sample Outline of Sessions:

Week 1: Safety Mode & Mindfulness Exercise

Week 2: Acceptance/Willingness & Mindfulness Exercise

Week 3: Values and Goals & Mindfulness Exercise

Week 4: Developing a Different Relationship to Thoughts: Defusion & Mindfulness Exercise

Week 5: Willingness Switch and Being With Your Anxiety & Mindfulness Exercise

Week 6: Taking VITAL Action and Goal Stepping & Mindfulness Exercise

Week 7: Wrapping Up and Stepping Forward

Cost: \$699

***All participants will be screened prior to acceptance**