

Behavior Therapy

ASSOCIATES

ESTABLISHED 1979

UNLOCKING YOUR POTENTIAL **YOUNG ADULTS (18-25) with ANXIETY & DIFFICULTIES MAKING** **CONNECTIONS**

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 anxiety, or uncertainty in social or professional situations?

Are you interested in living a meaningful life and taking steps to experience more success in social or professional 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 virtual 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 virtually on a HIPAA compliant secure server.

Who will lead the groups?

Groups will be led by Dr. Ashley Zultanky, a clinical psychology post-doctoral fellow at Behavior Therapy Associates, under the supervision of Dr. Michael Selbst, Licensed Psychologist, Certified School Psychologist, BCBA-D. The program incorporates 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**



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

Sample Outline of Sessions:

Week 1: Introduction to ACT & Mindfulness Exercise

Week 2: Values and Goals & Mindfulness Exercise

Week 3: Acceptance/Willingness Pivot & Mindfulness Exercise

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

Week 5: Being Present with Your Anxiety & Mindfulness Exercise

Week 6: The Observer Self & Mindfulness Exercise

Week 7: Taking VITAL Action & Mindfulness Exercise

Week 8: Wrapping Up and Stepping Forward

Cost: \$700

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