

Child & Family Psychological Services, P.C. Teen ACT Group

“In a world where you could choose to have your life be about something, what would you choose?”

You are being invited to participate in a weekly group for teens struggling with anxiety and/or depression.

Who is this group for? This group is for high school students in 9th through 12th grade. Groups are designed for members meeting the criteria for anxiety and/or depressive disorders. This group is *not* for clients who do not meet the criteria for an anxiety or depressive disorder, are actively suicidal, or experiencing hallucinations or delusions.

What is ACT? Acceptance and Commitment Therapy (ACT) is an evidence-based treatment that involves clarifying what’s important to you (values) and discovering ways to handle the barriers (painful thoughts, feelings, and other internal experiences) that can get in the way of living out those values.

What do you mean by acceptance and commitment? Acceptance refers to bringing an open and willing attitude toward all internal experiences even those which are uncomfortable. It does *not* mean resigning yourself to your circumstances or giving in to where pain usually leads you. Commitment means actively working on what you truly care about, even when pain is present.

Why would I want to accept painful internal experiences? There is a growing body of research that suggests that attempts to suppress or control internal experiences can make them worse and lead to the kinds of problems people seek therapy for. When we stop struggling with these experiences, they paradoxically have less power.

When? Before entering the group, potential group members and their parents are required to complete a diagnostic and group orientation intake session with one of the co-leaders. Please call 269-372-4140 to schedule your individual intake session. Groups will meet weekly, for 90 minutes, on Wednesdays from 5:30 pm until 7:00 pm, for a total of 10 meetings. The first group meeting will occur on January 18th, 2023, with the final meeting occurring on March 22nd, 2023.

Where? Groups will meet at the Child and Family Psychological Services (CFPS), P.C. Kalamazoo office group room, located at 5340 Holiday Terrace, Kalamazoo, MI 49009.

What can I expect? The group is limited to 10 members and will be co-led by Jordan Horan, M.A, LLP and Alexis Dielman, M.A, TLLP. Each meeting will consist of mindfulness exercises, experiential exercises, and group discussions. Groups will end with an overview of out-of-session activities called LIFE exercises that participants will complete during the week before the next meeting. Each client will be provided with a folder for handouts.

<https://www.childandfamilypsych.com/project/dielman-alexis-ma-tllp/>

<https://www.childandfamilypsych.com/project/horan-jordan-ma-llp/>

We look forward to working with you!

KALAMAZOO OFFICE 5340 Holiday Terrace, Kalamazoo, MI 49009

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