

# FAMILY

## THERAPY ASSOCIATES, LLC

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# Group Therapy for Chronic Pain

## Acceptance and Commitment Therapy (ACT)

A MINDFULNESS-BASED APPROACH

**Restore Movement, Reengage with Activity, Reconnect with Life**

ACT is a cognitive behavioral intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.

ACT for pain has been designated as having "strong research support" from the American Psychological Association, World Health Organization, Substance Abuse and Mental Health Service Administration, and the National Institute for Health and Care Excellence.

Who: FTA Clients with Chronic Pain Issues. Must be 18+ to Participate.

What: Ongoing Group, Always Open to New Members

When: Mondays at 12:00 pm, Biweekly

Where: Fully Online

Presenters: James Roe, MA, LPC, SAS, and Alastair Wright, Counseling Intern

Interested? To sign up or get more information, contact intake coordinator Shelly Johnson.

Family Therapy Associates, LLC

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