



Mind Full, or Mindful?

Make Your Experience ACT

Acceptance and Commitment Therapy for Graduate Students

Mindfulness and Values Based Therapy

ACT is an action-oriented approach that uses mindfulness to help you live in ways consistent with your values and manage stress, anxiety, depression, and other concerns. This therapy group aims to help graduate students learn mindfulness skills, connect to their values, and strengthen psychological flexibility in their relationship with self and others. The group offers a mixture of support, experiential learning, and action-oriented work.

Two times for Spring 2020 available:

Mondays 3:30 to 4:45pm

Facilitators: Sung D & Jeff Baker

Fridays 10:15 to 11:30am

Facilitators: Sung D & Sarah DeYoung

Are you a graduate student dealing with academic or dissertation distress?

Do you need a space to process a difficult interaction with your advisor or program?

Do you feel stuck in your personal and professional life?

Join us!

Embrace your thoughts and feelings instead of fighting or judging them.

This is a virtual group conducted with HIPAA Compliant Zoom

For more information contact Sarah DeYoung at deyoun80@msu.edu or go to caps.msu.edu

