

ACT at Duke NEWSLETTER

Winter 2023-24

"To live is the rarest thing in the world. Most people just exist."

-Oscar Wilde

Off The Press

ACT Carolinas gets a reboot!

ACT Carolinas is an affiliate of the Mid-Atlantic Chapter of ACBS. Past, present, and future members are invited to share their input as a group of ACT Carolinas members work to reinvigorate the sub-chapter. Please **complete the Interests and Needs Survey** or **contact Dr. Suzanne Bates** to learn more!

Consult with Peers on the Application of ACT!

The ACT at Duke Community Consultation Group meets online the 1st Wednesday of every month from 10am-11am.



[SIGN UP HERE](#)



Interested in incorporating mobile technology into your work with clients? Check out the new ACT-based mobile app, Psychflex.

New clinical tools and trainings are added monthly.

Interested in ACT training opportunities?

Check out the resources below!

PORTLAND
PSYCHOTHERAPY



True North
Therapy • Training • Consulting

Free ACT-Mini Course

Steven Hayes, PhD



February 26th to March 3rd is Eating Disorder Awareness Week

Nearly 30 million people will experience an eating disorder in their lifetime. The National Eating Disorders Association offers resources and community for individuals and loved ones of those experiencing an eating disorder. You can read about some of our eating disorder work [here](#).

