

ACT GROUP FOR ANXIETY MANAGEMENT



*If you find yourself struggling with worries, nervousness, stress, panic, or physical symptoms of anxiety (such as IBS, high blood pressure, headaches, or muscle tension/pain), you may benefit from this evidence-based treatment. This 10-session group will teach you how “common sense” reactions to anxiety are often the very things that keep you stuck, and how you can take **ACT**ion to feel better.*

- Learn why your anxiety and stress persist despite your best efforts and what you can do differently to experience greater success
- Change your relationship with your own thoughts and feelings
- Identify the life choices most likely to help you minimize your suffering

**Where: Integrated Behavioral Associates
169 Libbey Parkway Weymouth MA 02189**

Contact Dr. Lundquist at 781-551-0999 x421. This group may be covered by your health insurance. Please speak with Dr. Lundquist for details.



Tessa S. Lundquist, Ph.D., received her doctoral degree in Clinical Psychology from the University of Massachusetts Amherst. Dr. Lundquist completed her pre-doctoral internship in Clinical Psychology at the Albany Psychology Internship Consortium where she worked at the Albany Stratton VA Medical Center, Albany Medical Center, and the Capital District Psychiatric Center. She completed a Postdoctoral Fellowship in Integrated Primary Care and Geropsychology at the VA Maine Healthcare System.