



ACCEPTANCE & COMMITMENT THERAPY (ACT) for Chronic Pain

An 8 WEEK GROUP

Facilitators:

Monirée Varahramyan, QMHP

Monirée is a mental health therapist who has a Masters in Couples & Family Therapy from University of Oregon. She is excited to be co-facilitating this ACT group and has experienced the usefulness of ACT skills both professionally and personally.

Teresa Conner, CSWA

Teresa is a Social Worker for the WISH Program who has a Masters in Social Work from Hunter College in New York City. Teresa appreciates the components of mindfulness and acceptance that ACT embodies and is excited to co-facilitate ACT group for those living with chronic pain.

Fee:

This Mental Health Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available.

To Register:

Call us (503-238-5203) or ask Quest Staff at the Front Desk for assistance.

October 3rd- November 21st

Wednesday 2:00 PM - 3:00 PM

Location: Quest West Group Room

Acceptance and Commitment Therapy (ACT) helps you accept what is out of your personal control and commit to action that improves your life. The goal of ACT is to increase your potential for a full and meaningful life through 1) teaching psychological skills to assist you with coping with painful thoughts and feelings and 2) helping you to discover what is important to you (your values) and then use that knowledge to guide and inspire you.

This group is a good fit for anyone living with chronic pain. ACT brings understanding that there is suffering that comes with living with pain and how one's attempt to control their pain can lead to further suffering. ACT provides six core principles designed to free one of the struggle to control suffering, allowing room to live more fully.

You must be engaged in Mental Health Services to enroll in MH groups. To become a client of MH Services, please call our intake team at 503-238-5203.

BE WELL - BE YOU

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CENTER
FOR INTEGRATIVE HEALTH

