



Guest Series with Jordan Hollander: Becoming More Flexible

This is the third episode in a three-part series with our first guest, Jordan Hollander. This episode focuses on wrapping up the previous two podcasts on the concepts of Acceptance and Commitment Therapy (ACT) by exploring more about how and what we think impacting how effective we are as supporters. We review the six core skills of Psychological Flexibility so that we can all practice becoming more flexible people and supporters



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