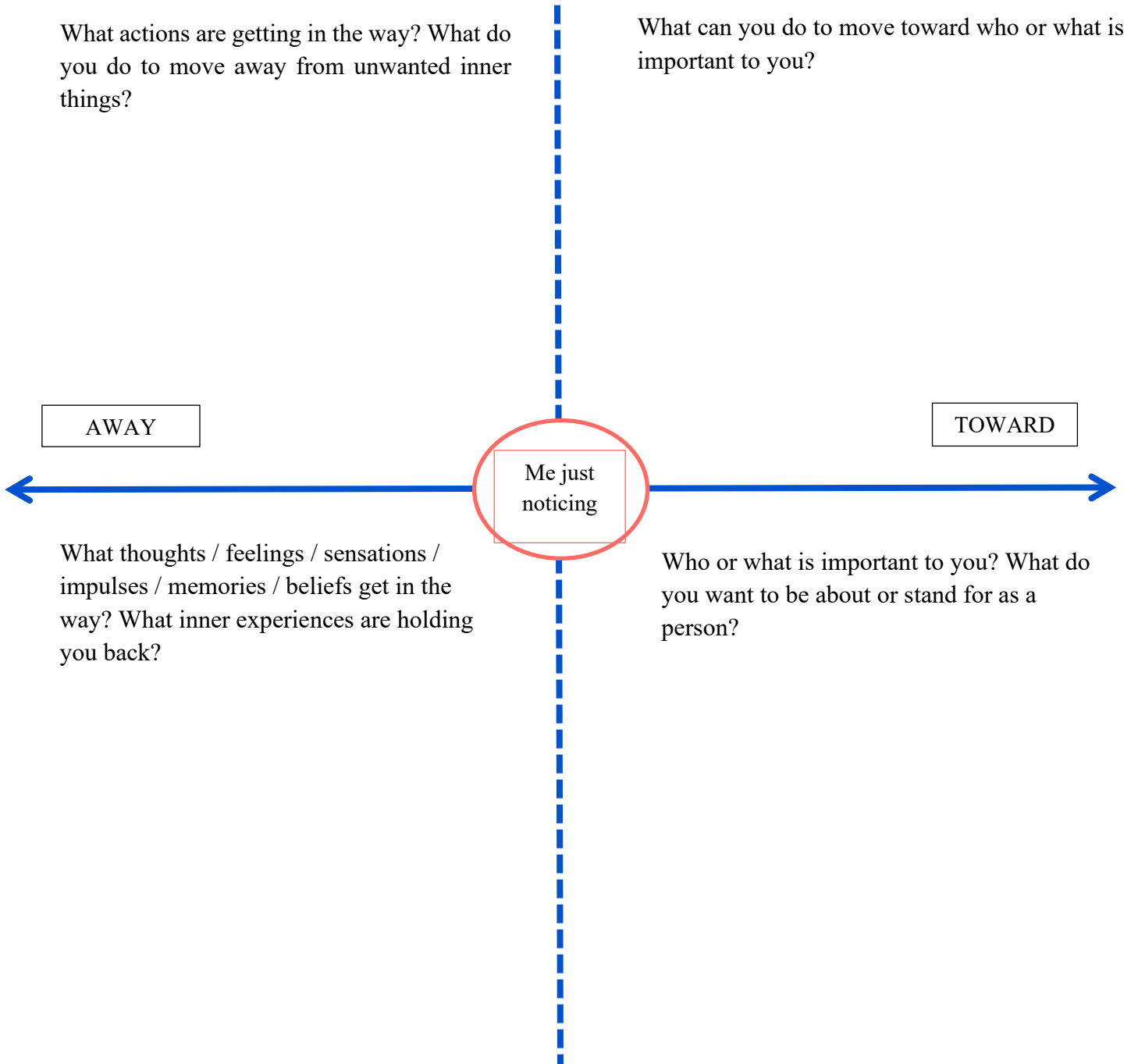


The ACT Matrix

By Michelle Woidneck, Ph.D., adapted from Polk, Hambright, and Websterand



Reference

Polk, K. L., & Schoendorff, B. (Eds.). (2014). *The ACT matrix: A new approach to building psychological flexibility across settings and populations*. Context Press/New Harbinger Publications.

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