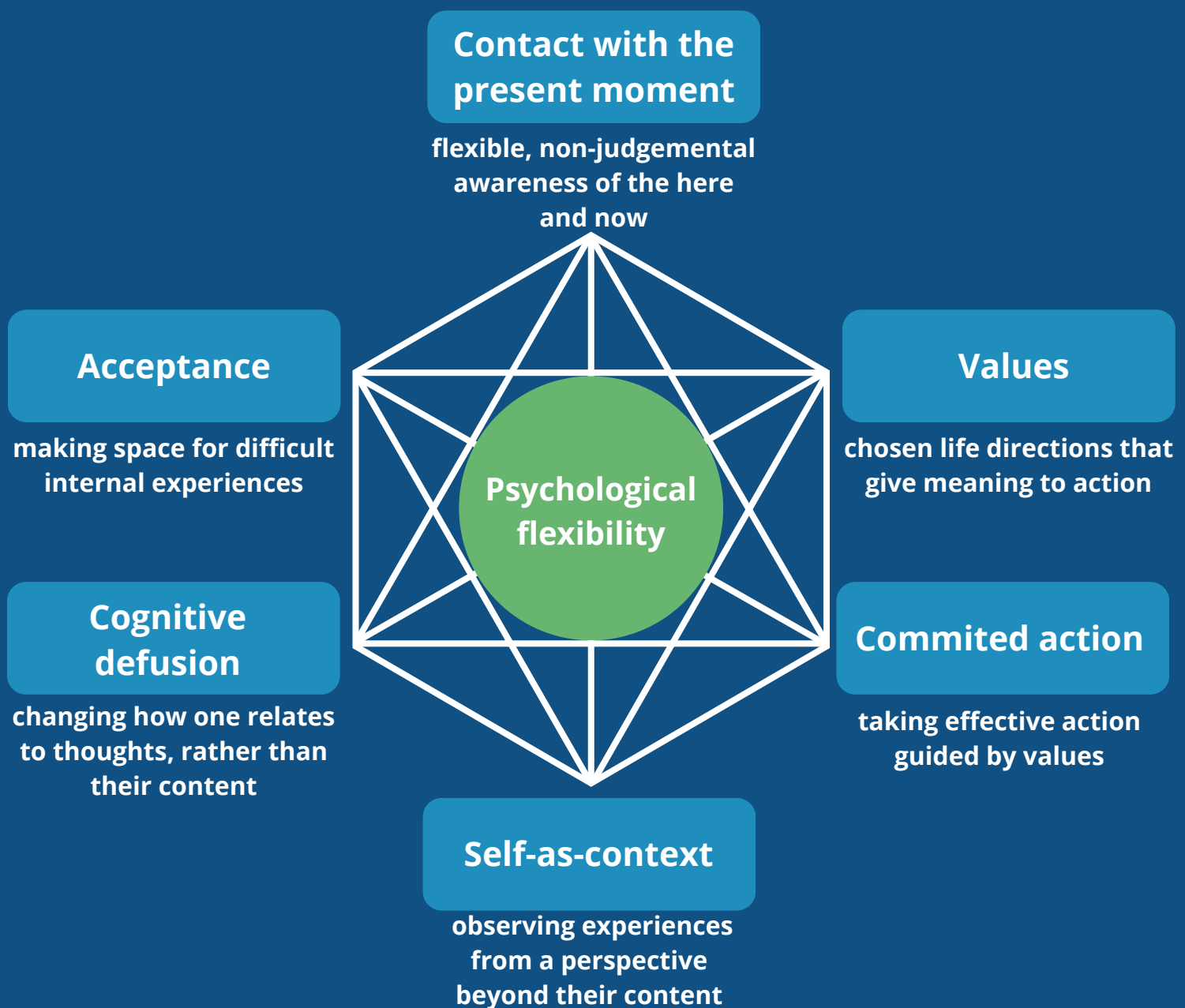




The Association  
for Child and Adolescent  
Mental Health

# Psychological Flexibility in Acceptance and Commitment Therapy (ACT)

Psychological flexibility is the ability to stay present with internal experiences (thoughts, emotions, sensations) while choosing behaviours that serve what matters. Psychological flexibility is supported by six interrelated processes:



Want to learn about ACT research  
in children and youth?

Join our upcoming event with Dr Victoria Samuel.