

**NOW ENROLLING!**

## Acceptance and Commitment (ACT) Skills Class for Stress

**with Dr. Jeanne Jakob, PhD, ABPP**

This class provides the fundamentals of

**Acceptance and Commitment Therapy**

Class material also reviews Psych 101, CBT and DBT concepts

The class is predominantly **skills-based and psychoeducational**

Complete this Google Interest Form to Learn More:

<https://forms.gle/BqYpax7NKcpCa8Vc7>



**Day:** TBD

**Time:** 1 HOUR ZOOM MEETING (Pacific Time)

followed by half-hour (optional) Q&A, guided  
mindfulness

**Length & Requirements:** Eight (8) 60-min Zoom sessions

California Residents Only; 18 years+

15-minute Complimentary Screening Call

**Cost:**

Covered by LYRA Health EAP Benefits OR

Self-Pay (\$125/session (paid in 1 or 2 installments)

Inquire about Sliding Fee options

**Dr. Jeanne Jakob** is a board-certified clinical psychologist.

✨ ✨ ✨ Dr. Jakob was recently awarded ✨ ✨ ✨

Lyra Health's 2024 "Putting Clients First" award



**RESERVE YOUR SPOT TODAY!**



**650.429.8787**



**INSIDE OUT PSYCHOLOGY WEBSITE:**

**[www.PsychInsideOut.Com](http://www.PsychInsideOut.Com)**