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BEYOND ADDICTION SHOW: WITH DR. JOSH KING

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February 13th 2020: What if You Aren't Alone? with Dr. Kelly Wilson

When you're dealing with mental health issues, especially substance use disorders, it's normal to feel as though your issues set you apart from everyone else. But, what if what you're dealing with is actually the same as what everyone else is dealing with? And what if your "problems" are actually your strengths? Dr. Kelly Wilson joins us to discuss how we are all connected and how that can help our mental health.



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Featured Guest



Kelly Wilson

Kelly G. Wilson is Professor Emeritus of Psychology at the University of Mississippi. He was Founding President of the Association for Contextual Behavioral Science and is one of the co-founders of Acceptance and Commitment Therapy. Dr. Wilson has devoted himself to the development and dissemination of Acceptance and Commitment Therapy, Relational Frame Theory, and their underlying theory and philosophy publishing 11 books, and over 100 articles and chapters.

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