

# Acceptance and Commitment Therapy (ACT)

Providing resources, education and clinical support to enhance overall wellbeing and ability to live life to the fullest.

## Who is the program for?

Patients recovering from a mental illness such as anxiety, bipolar disorder or depression this program may be useful in addressing individual clinical needs.

## Program content

- Psychological flexibility
- Learning how to be present
- Knowing what matters
- Doing what it takes
- Increased awareness
- Being in the here and now
- Mindfulness
- Understanding values
- Committed action
- Building motivation
- Doing what matters

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### About the program

This program is based on the principle of accepting what is out of the participant's personal control while committing to action to enrich their life and make it more meaningful. It aims for individuals to learn to handle painful thoughts and feelings in such a way to have less impact and influence (mindfulness skills), and to clarify what is truly important and meaningful (clarity values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

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### When is it held?

Every Friday from 9:15am to 3:00pm, over six weeks. Morning tea and lunch is provided.

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### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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