

Applied ACT

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

Patients who have attended the Acceptance and Commitment Therapy (ACT) Program are eligible and if interested in learning more about the application of ACT skills in a supportive group atmosphere, this program may be useful in addressing their individual clinical needs.

Program content

This program is based on the core ACT principles of defusion, mindfulness, acceptance, pure awareness, values and committed action.

The program clarifies and expands upon core principles through a range of didactic, experiential and practical exercises. It explores the application of the ACT skills to problem areas such as:

- Emotions
- Pain
- Grief and loss
- Relationships
- Traumatic experiences
- Unhealthy habits
- Self esteem
- Perfectionism
- The pursuit of happiness
- Motivation

Belmont
Private Hospital

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About the program

This program is for patients who have previously attended the ACT program and now wish to focus more on the application of skills to specific topics of interest while maintaining ongoing support for themselves. Participants will gain a deeper understanding of the positive impact ACT skills can have on all aspects of their life. The program involves reviewing, practicing and reinforcing previous skills, learning and applying new skills, and applying the core ACT principles in an integrated way.

It aims to assist individuals to better understand their difficulties from an ACT perspective, to develop an increased range of the skills and knowledge, increase confidence and practice when applying ACT skills and knowledge.

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When is it held?

Every Friday from 9:15am to 12:30pm. Lunch and light refreshments are 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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