

Acceptance and Commitment Therapy for Young Adults (ACT-YA)

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

About the program

The ACT-YA program is skills based and assists young people to tolerate intense feelings and decrease unhelpful behaviours and improve their coping skills. The program is based on ACT principles and combines standard ACT techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance. ACT can be helpful for improving symptoms of anxiety, depression and other mental health difficulties.

Program content

- Introduction to the ACT model
- Observing and Accepting Emotions
- How to Defuse and Unhook
- Getting Present
- Understanding Values
- Committed Action

Who is the program for?

If you are a young person aged 16-25 years and want to learn how to change the relationship with your thoughts and feelings and make your life more meaningful, this program may be useful in addressing your individual needs.

The program is useful for young people who experience various difficulties with their emotions and who have learned unhelpful ways of coping with stressful situations.

When is it held?

Every Monday from 12:45pm to 4:00pm, over 6 weeks. Afternoon tea is provided.

How much does it cost?

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

How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs Day programs.

For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email belmonttherapyprograms@aurorahealth.com.au