



The Victoria Clinic

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Acceptance and Commitment Therapy (ACT)



What:

Are you interested in living a fulfilling and meaningful life?

Do you find that the way you think and behave in response to your symptoms gets in the way of living this type of life?

The aim of Acceptance and Commitment Therapy (ACT) is to decrease the struggle with suffering to allow for increased valued living? This group will help to shift those who currently feel “stuck”, using Mindfulness to become more aware of unhelpful thought patterns and behaviours that contribute to feeling “stuck”. By increasing willingness to stop struggling with personal difficulties, more time and energy can be devoted to pursuing life goals that are personally meaningful.

Aims:

The goal of this ACT group is to teach participants to struggle less with what is out of their personal control and commit to action that improved and enriches their lives. Acceptance and Mindfulness skills are explored to help shift our relationship with painful emotions like fear, sadness, loneliness and stress. De-fusion skills are introduced as a way of distancing and reducing the impact of negative thoughts. Values are identified as an anchor in which we reorientate ourselves in those times where we feel lost or stuck.

Who:

The ACT program is suited for individuals who have difficulties struggling with painful thoughts and feelings associated with a range of mental health conditions. No previous mindfulness/meditation experience required.

Structure:

This is a 10 week program. Over the 10 weeks, participants will participate in activities and learn skills to reduce their struggle with painful thoughts and feelings, while pursuing life goals and directions that are personally meaningful.

When:

The group runs weekly on Wednesdays and is a full day, running from 9:30am to 3:00pm.

