

Acceptance & Commitment Therapy (ACT)

Practical tools and strategies for better managing unhelpful thoughts and feelings, freeing you to live a rich and meaningful life.

Who is the program for?

Acceptance and Commitment Therapy is a trans-diagnostic approach that is helpful for anyone working through anxiety, depression, bipolar or other mental health issues.

Program content

This program covers:

- Learning how to be present
- Increased awareness
- Mindfulness
- Making room for discomfort
- Understanding your values
- Knowing what matters
- Doing what matters
- Taking committed action
- Building motivation
- Psychological flexibility

A group setting is an ideal place to learn and practice these skills, as it offers a safe and supportive environment.

About the program

The Acceptance and Commitment Therapy (ACT) Day Program aims to equip participants with the skills to handle painful thoughts and feelings in such a way that they have less impact and influence on our behaviour (mindfulness skills), and to clarify what is truly important and meaningful (clarify values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

Program Requirements

Participants will attend a pre-program assessment prior to commencing in a group program. The aim of this assessment will be to complete pre-program tasks, consider goals for attendance and orientate participants to the specifics of the program.

The program requires individuals to demonstrate a clear commitment to changing their behaviour by attending all group-based program sessions.

The program is both practical and self-reflective. It includes learning new skills and practicing them during and between sessions as part of weekly homework tasks.

When is it held?

The Acceptance and Commitment Therapy Day Program is a 6-week program and is held once a week. Each session runs from 8:45am until 2:30pm. Morning tea and lunch is provided.



Acceptance & Commitment Therapy (ACT)

How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. All health funds have different rules. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur.

Townsville Private Clinic is also an accredited NDIS provider, as such you may utilise NDIS funding to cover the costs of the program.

Your Next Steps

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions and Assessment team on 1800 884 767.

For information on this program please contact the Townsville Private Clinic Day Programs Team. Phone 07 4431 1600 or email townsville@aurorahealth.com.au

