

Acceptance and Commitment Therapy (ACT) Day Program

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

Who is the program for?

If you are recovering from a mental illness such as anxiety, bipolar disorder or depression, this program may be useful in addressing your 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

Further information

For information on this program please contact
Townsville Private Clinic Day Programs:

P 07 4431 1600

F 07 4431 1666

E townsville@healthcare.com.au

About the program

The Acceptance and Commitment Therapy (ACT) Day Program is a six week closed group program. It is based on the principle of accepting what is out of your personal control while committing to taking action to enrich your life and make it more meaningful.

The aim of the group is for individuals to learn to handle painful thoughts and feelings in such a way that they have less impact and influence (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.

When is it held?

The Acceptance and Commitment Therapy (ACT) Day Program is held once weekly from 9:00am until 2:30pm. Morning tea and lunch is provided.

How to join

If you are interested in attending the Acceptance and Commitment Therapy (ACT) Day Program, you will need to discuss this with your treating Psychiatrist who will assess your suitability and, if appropriate, provide a referral.

How much does it cost?

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

Townsville
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