

# Acceptance and Commitment Therapy (ACT)

## 'Foundations' Day Program - Series One

**Who:** The ACT program is designed for adults who struggle to cope with difficult thoughts and feelings, who have become disconnected from their deepest values and who find themselves caught in a 'loop' of unwise choices and undesirable consequences.

The **'ACT - Foundations'** program is a supportive and non-threatening closed group program aimed at breaking the cycle between unhelpful or destructive emotions, feelings, thoughts and the behaviours they produce. ACT Foundations is offered to adults with a range of mental health problems. The group is led by one experienced facilitator.

**Content:** The ACT Foundations Day Program has **two modules:** Series I and Series II.

### Series I:

#### Group members will:

- Be introduced to mindfulness skills and practice how to be present with feelings, thoughts and urges
- Learn how to practice acceptance of unhelpful experiences, thoughts, emotions, urges and memories
- Develop greater awareness into the nature of their thoughts, emotions and urges
- Gain an awareness of their own values and take small steps to act on them
- Identify times of strong urges that are in conflict with personal values
- Identify difficult behaviours and begin to address the obstacles to action
- Learn to take committed actions toward their valued life direction.

**When:** Runs over 10 weeks and is offered on Tuesdays or Thursdays.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

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