

Acceptance and Commitment Therapy (ACT)

'Foundations' Day Program - Series Two

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'** 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 II is a 10-week continuation of ACT Series I and applies these principles to the individual's immediate, familial, and social worlds. Therefore, completion of ACT-Series I is required before Series II. Through the use of active listening, assertion and negotiation, the group member experientially learns to apply these relationship skills while accepting the difficult thoughts and emotions that may emerge.

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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dayprogram.intake@healthscope.com.au

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