

ACT for Anxiety

All of us experience worry, anxiety, and fear from time to time. However, if you find these emotions get in the way of living your everyday life, the ACT for Anxiety program may be suitable for you.

Acceptance and Commitment Therapy (ACT, pronounced like the word “act”) is a form of behavioural therapy that combines mindfulness skills with the practice of self-acceptance. The aim of ACT is to become less avoidant and less tangled up with difficult thoughts. This can increase your ability to be more present, flexible, kind with yourself, and accepting of your internal experiences just as they are.

This program will cover the six core ACT processes:

- **Contacting The Present Moment** - Being psychologically present: consciously connecting with whatever is happening right here, right now;
- **Defusion** - Learning to step back or detach from unhelpful thoughts, worries and memories;
- **Acceptance** - Opening up and making room for painful feelings and sensations;
- **The Observing Self** - Gaining greater awareness of whatever you are thinking or feeling or doing at any moment;
- **Values** - Exploring what you want your life to be about and what you want to stand for;
- **Committed action** - Taking action guided by your values and doing what matters – even if it’s difficult or uncomfortable.

Participants attending ACT programs commonly report significant and meaningful improvements in mindfulness, self-compassion, and the ability to detach from unpleasant thoughts; they also report feeling less avoidant and more accepting of anxiety, fear, and other unpleasant emotions.

Duration: 10 weeks as a half-day session.

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

9468 0177 or email Northpark.dayprogram@healthscope.com.au

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