

Acceptance and Commitment Therapy (ACT)

'Wise Choices' Day Program - Series One

Who: 'ACT – Wise Choices' is offered for people who are highly vulnerable due to their mental illness and have significant difficulties managing their distress. This is a structured psychotherapy that is led by two facilitators to enable appropriate support to be provided to vulnerable group members.

The ACT program is focused on helping people to live full, rich and meaningful lives, irrespective of their diagnosis. ACT proposes that this can occur through learning to be present with both positive and negative internal experiences and through having a clear understanding of personal values.

Content: The ACT Wise Choices Day Program has **three modules:** Series I, Series II and Series III.

ACT-Wise Choices, Series I:

This is a 10-week program that introduces and reinforces a range of skills and insights, including:

- Mindfulness, to help in the development of self-awareness and to enable capacity to be present with both positive and negative thoughts, feelings and urges
- Understanding personal values and taking small steps to act on them
- Understanding and identifying strong urges that are in conflict with personal values
- And Identifying difficult behaviours and addressing the obstacles to action.

When: Runs over 10 weeks and is offered on Wednesdays as a half day.

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

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