

## ACT for Depression

Acceptance & Commitment Therapy (ACT) for Depression is a program designed to assist people with depression by expanding behavioural change. This is done in a practical way, by generating and implementing a variety of strategies and techniques in response to the problems and obstacles they may face in relation to their depressive mood.

ACT incorporates mindfulness procedures along with other techniques and components to foster acceptance. In addition, the ACT for Depression program emphasizes the important role of becoming and remaining active in transforming the lives of group participants from ones of depression to ones of vitality and purpose.

**Content:** The ACT for Depression Day Program goes from general to specific.

### **This means that group members will:**

- Be introduced to ACT the approach
- Learn about mindfulness skills and practice exploring the usefulness and misconceptions about mindfulness.
- Be introduced to willingness and acceptance as alternatives to experiential control
- To expand the mindfulness exercises to the performance of daily activities
- Clarify personal values and identify value-congruent goals
- To engage in committed action and address ways of managing barriers to maintaining its practice.
- To increase willingness to experience unwanted thoughts and feelings surrounding persistent committed action
- To promote the post-program maintenance of therapeutic gains

**When:** Runs over 10 weeks and is offered as a half day program.

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](mailto:Northpark.dayprogram@healthscope.com.au)

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