

## ACT

### Acceptance and Commitment Therapy Program

The Acceptance & Commitment Therapy (ACT) Program is a 12 week half-day Program which is based on the principle of accepting what is out of your personal control while committing to taking action to enrich your life and make it more meaningful. It has a specific focus on increasing acceptance of emotions.

#### Target condition

ACT is evidence based for a range of conditions, including depression, bipolar disorder, anxiety, adjustment disorder, substance misuse, acute or chronic stress, personality disorders, post-traumatic stress disorder and complex trauma.

#### Program goals

The aim of the group is for individuals to learn to handle painful thoughts and feelings in such a way that they have less impact and influence on their life. It also helps to clarify what is truly important and meaningful to them and use that knowledge to guide, inspire and motivate them to set goals and take action that enriches their life.

(For more information about the ACT model please visit <https://www.actmindfully.com.au/about-act/>)

#### Facilitator

**Dr Sabrina Maeder**, Principal Clinical Psychologist.

The Program is overseen and reviewed by the Director of Psychiatry, Dr Manoj Ravindran.

#### How to Join

All prospective participants need to have been assessed by Dr Ravindran prior to joining, which requires a GP referral.

#### Cost:

People are admitted as a day patient and the program is funded by their private health funds. Any potential out-of-pocket expenses depend on the person's health fund.

#### When:

Duration: *12 weeks*

Day: *Tuesday mornings*

Time: *9.30am to 12.30pm*

Included: *Morning Tea (please advise of any dietary requirements)*

#### For more information

Contact Rivendell Clinic – Day Program

Tel: 6432 6101

Email: [#nwp.dayprograms@healthecare.com.au](mailto:#nwp.dayprograms@healthecare.com.au)