

# Acceptance and Commitment Therapy (ACT)

## What is ACT?

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ACT is a values based cognitive behavioural therapy that helps people become mindful to themselves and others, to understand their beliefs and values, and to live their best lives in line with their values.

The objective of ACT is not elimination of difficult feelings; rather, it is to be present with what life brings us and to "move toward valued behaviour".

Acceptance and commitment therapy invites people to open up to unpleasant feelings, and learn not to overreact to them, and not avoid situations where they are invoked. Its therapeutic effect is a positive spiral where feeling better leads to a better understanding of the truth.

## "Anxiety" from ACT Authors; Forsyth & Eifert

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Anxiety happens. It's not a choice. And attempts to "manage" your thoughts or "get rid" of worry, fear and panic can leave you feeling frustrated and powerless. But you can take back your life from anxiety without controlling anxious thoughts and feelings. You can avoid anxiety and start showing up to your life.

This course will help you understand how your mind can trap you, keeping you stuck and struggling with anxiety and fear. Learn to nurture your capacity for acceptance, mindfulness, kindness, and compassion. Use these qualities to shift your focus away from anxiety and onto what you really want your life to be about. As you do, your life will get bigger as your anxious suffering gets smaller.

## Referral Criteria

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This ACT course will form part of the ACC Integrated Services for Sensitive Claims delivered by South Psychology therapists.

Clients eligible for participation in the ACT course will be those with:

- An accepted ACC sensitive claim
- Are in the support to wellbeing phase of treatment
- Have approval by ACC to attend the ACT training group

## Zoom Clients

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We can accept clients via Zoom if they have the technology requirements: a computer, webcam and internet access.

## Programme Overview

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1. Engagement understanding
2. Commitment starting a new journey
3. Acceptance
4. Loving kindness to self and others
5. Mindfulness to others
6. Planning to achieve
7. Feel the fear and do it anyway
8. Forgiveness
9. Letting go
10. Approaching closure
11. Celebrations and moving on

## Course Information

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Location: TBC  
Dates: TBC  
Times: TBC

### For further information please contact:

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## South Coast Psychology

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