

Acceptance and Commitment Therapy (ACT)

Providing resources, education and clinical support to enhance overall wellbeing and ability to live life to the fullest.

Who is the program for?

Patients recovering from a mental illness such as anxiety, bipolar disorder or depression this program may be useful in addressing their individual clinical needs.

Program content

- Psychological flexibility
- Learning how to be present
- Knowing what matters
- Doing what it takes
- Increased awareness
- Being in the here and now
- Mindfulness
- Understanding values
- Committed action
- Building motivation
- Doing what matters

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About the program

This program is based on the principle of accepting what is out of the participant's personal control while committing to action to enrich their life and make it more meaningful. It aims for individuals to learn to handle painful thoughts and feelings in such a way to have less impact and influence (mindfulness skills), and to clarify what is truly important and meaningful (clarity values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

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When is it held?

Wednesday from 5:00pm to 8:00pm
Thursday from 11:30am - 2:30pm
over ten weeks.
Light refreshments are provided.

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How to join

Patients interested in attending this program will need to call 1300 122 144 for an over-the-phone assessment and obtain a referral with admission rights to The Hills Clinic Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, depending on their level of cover can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with The Hills Clinic Private Hospital. For patients without health fund coverage, a cost of \$200 per session applies.

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