

Acceptance and Commitment Therapy

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



Who is the program for?

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

Program content

- Psychological flexibility
- Living in the moment
- 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

About the program

This program 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. 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 (mindfulness skills), and to clarify what is truly important and meaningful (clarify values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

When is it held?

One day per week for ten weeks. Light refreshments are provided. Transport options may be available.

How to join

If you are interested in attending the Acceptance and Commitment Therapy (ACT) Day Program, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide a referral.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

Brisbane Waters

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