

# Day Program :

## Acceptance & Commitment Therapy (ACT)

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.

### What is the program about?

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 and to clarify what is truly important and meaningful.

### Who is the program for?

This program is well suited for people that are recovering from a mental illness such as anxiety, bipolar disorder or depression. This program can be incredibly useful in addressing their individual clinical needs.

### What does the program cover?

The program teaches participants to use ACT skills to guide, inspire and motivate themselves to set goals and take action that enriches their life.

Topics include:

- 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

### When is it held?

The day program is offered one day a week for a period of ten weeks per program.

### How can participants enrol?

Discuss interest and suitability with a General Practitioner (GP). A GP will then conduct an assessment and provide a referral if appropriate.

### 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.

For more information on the range of programs offered at Brisbane Waters Private Hospital's Central Coast Clinic visit: [www.centralcoastclinic.com.au](http://www.centralcoastclinic.com.au)

**Brisbane Waters**  
**Private Hospital**

**Central Coast Clinic**

21 Vidler Avenue, Woy Woy, NSW 2256

T: 02 4341 9522 F: 02 4342 7164 / E: [centralcoastclinic@healthcare.com.au](mailto:centralcoastclinic@healthcare.com.au)

W: [centralcoastclinic.com.au](http://centralcoastclinic.com.au)

healthcare<sup>TM</sup>