

# Acceptance and Commitment Therapy

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

## Who is the program for?

This program may be useful in addressing individual clinical needs of people recovering from a mental illness such as anxiety, depression or bipolar disorder.

## 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 one'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 (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.

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**When is it held?**

This closed group is held every Wednesday for six weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am	Registration and sign in
9:00am - 2:30pm	Group program
2:30pm - 3:30pm	Facilitated relaxation session

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**How to join**

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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**How much does it cost?**

Participants 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 Currumbin Clinic.

Currumbin  
Clinic