

Toronto Private Hospital

Acceptance Commitment Therapy

Providing resources, education and clinical support to enhance overall well-being and to live a valued life.

Who is the program for?

For individuals who want to learn ways to deal with painful thoughts and feelings, reconnect with their values to motivate positive life changes.

Program content

- Understanding the ACT hexaflex
- Defusing from thoughts
- Self-compassion
- Choosing acceptance
- Increasing connection
- Mindfulness skills
- Strengthening values
- Committing to action

About the program

ACT is a well-established behavioural therapy which aims to support you to live a life consistent with the person you want to be and the things that matter most to you. ACT aims to get you in touch with your values to guide positive life changes. ACT also uses mindfulness to help you to live in accordance with your values by teaching you to handle painful thoughts and feelings more effectively so that they have less impact on your life.

When is it held?

This group is held on Monday mornings 9.00am-12.00pm every week for 18 weeks.

How to join

A referral from a Psychiatrist or GP is required to access Toronto Therapy Services mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with Toronto Private Hospital.

Further information

For information on this program please contact the Toronto Private Hospital Day Programs Team.

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