

# The Acceptance and Commitment Therapy (ACT) Program

The Acceptance and Commitment Therapy (ACT) Program develops skills to manage mental health issues by using Mindfulness techniques. It then focuses on re-connecting with an individual's values, and uses this to guide positive changes in your life. ACT helps to learn skills to handle difficult thoughts and feelings more effectively so they have less impact and influence over you.

## Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

## When is it held?

This program runs for three hours once a week for 14 weeks. Please contact us on 1800 311 470 for the day and time of this program.

## How do I join?

Ask your GP or psychiatrist for a referral to Toronto Therapy Services. When we have received this we will contact you to arrange an intake assessment.

## Will I have to pay?

You will need private health insurance to cover the cost of your program. Our clerk can conduct a fund check to ensure you have the appropriate coverage.

For further information, contact the  
Toronto Therapy Services on 1800 311 470  
or visit [www.torontoprivate.com.au](http://www.torontoprivate.com.au)

## Who is the program for?

This program is for those who need to improve their skills to deal with painful thoughts and feelings and those who need to re-connect with their values to motivate positive life changes.

## Program content

Week 1	Introduction to ACT
Week 2	Mindfulness
Week 3	Mindfulness
Week 4	Demons on the Boat
Week 5	Defusion
Week 6	Defusion
Week 7	Review
Week 8	Observer Self 1
Week 9	Observer Self 2
Week 10	Values Clarification 1
Week 11	Values Clarification 2
Week 12	Committed Action
Week 13	Acceptance
Week 14	Review