

Acceptance and Commitment Therapy Masterclass Program

Providing resources, education and clinical support to enhance overall well-being, psychological flexibility and to live a rich and satisfying life.

Who is the program for?

Individuals who have a diagnosis of a mood or anxiety disorder, who have already completed the ACT introductory program and want to further enhance their ability to pursue their values and goals while minimising their suffering.

Program Content

- Psychological flexibility
- Mindfulness
- Self-compassion
- Committed action
- Grief and loss
- Breaking unhealthy habits
- Coping with anxiety
- Addressing perfectionism
- Pursuit of happiness
- Building motivation
- Aligning values and goals

About the program?

This half-day program aims to promote acceptance, self-compassion, acceptance of emotions and thoughts and ability to commit to values guided actions. It builds on skills developed in the introductory program, problem solving issues of implementation and overcome challenges. It details how to apply the ACT skills to a range of issues such as sleep, grief, relationships, procrastination, anxiety and depression.

When is it held?

One day a week over 24 weeks. Intake is every eight weeks. Morning tea is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 12:15pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover.

Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team

T: 02 4286 6847

E: sco.dayprograms@aurorahealth.com.au