

Acceptance and Commitment Therapy Program

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

Who is the program for?

Individuals who have a diagnosis of a mood or anxiety disorder and want to learn ways of accepting and living with their condition.

Program Content

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

About the program?

This full-day program aims to promote acceptance of what is out of one's control while still committing to action to improve their life to make it more meaningful. It teaches participants how to use mindfulness to tolerate painful thoughts and feelings to they have less of an impact, allowing the participant to clarify what is truly important and meaningful in life.

When is the held?

One day a week over 8 weeks. Intake is every four weeks. Morning tea and lunch is provided.

8:30am - 9:00am Registration
9:00am - 2:45pm 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