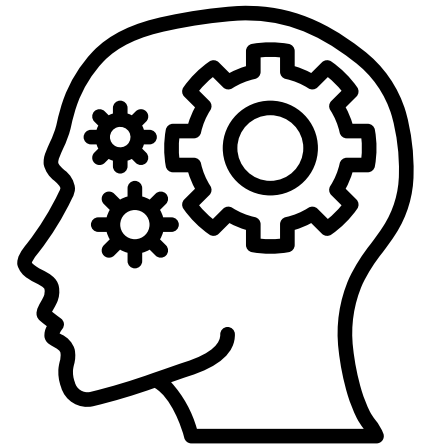


Acceptance Commitment Therapy (ACT)

What does this course cover?

This is an eight week online course to help people living with a long term health condition manage symptoms of anxiety and depression. The course is based on the principles of Acceptance Commitment Therapy (ACT).



How can ACT help me?

ACT is an evidence based behavioural therapy that can help us to accept rather than avoid unwanted thoughts and feelings. This change in perspective can help you to live life in a way that is important to you.

Session topics

- Identifying and understanding values
- Problem solving and acceptance
- Mindfulness
- Overcoming barriers
- Maintaining change

Frequently asked questions



I'm anxious about turning my camera on or speaking

We understand that speaking on a course or turning on your camera can be a source of anxiety.

However, we do encourage people to switch on their camera as we share experiences and participate in group discussions.

What if I can't make a session?

Please call us as soon as possible to let us know that you won't be able to attend.