

THERAPY GROUP



Live a fuller more meaningful life despite the challenges of your long-term health condition.



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ACCEPTANCE AND COMMITMENT THERAPY (ACT) FOR LONG-TERM PHYSICAL HEALTH CONDITIONS GROUP



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ACCEPTANCE AND COMMITMENT THERAPY (ACT) FOR LONG-TERM PHYSICAL HEALTH CONDITIONS GROUP

How can we achieve the highest quality of life despite the physical symptoms and limitations of living with a long-term condition?

ACT Therapy focuses on helping you live a rich and meaningful life, whilst learning new ways of approaching difficult thoughts and feelings. You can learn how to release from the struggles you face and be the person you want to be, despite life's difficulties.

ACT is a form of Cognitive Behavioural Therapy. The ACT approach teaches people how to relate to their experiences in a helpful way, focussing on connecting to values, and developing mindfulness, and "unhooking skills". Some clients find that ACT therapy is more suitable for their needs.

What to expect in the sessions

The group is made up of 12 sessions, with each lasting around 1.5 hours. We allow time for you to take a break and move around during the session, if needed.

This group nurtures a relaxed and informal atmosphere to make everyone feel safe. While there is no pressure to share personal experiences, participants are encouraged to actively engage in group discussions and exercises.

Sessions will include a mix of presentations, group exercises, and group discussions. You'll also take away ideas on how to practice your therapy skills away from the sessions.

Who will benefit

- Anyone with a long-term physical health condition/s who wants to further explore how this diagnosis impacts their mental health and /or how their mental health impacts their physical health
- Those with an open mind and willingness to make changes and try new ideas between sessions

Session content

Some of the topics we'll cover include:

- What is Acceptance and Commitment Therapy? Introduction to Mindfulness
- Values
- Unhooking Part 1
- Unhooking Part 2
- Acceptance
- Self Compassion (kindness)
- Values and Committed Action
- Committed Action – Away and Towards Moves
- Committed Action – Working with Difficulty
- Self as Context and the Observer Self
- Building Psychological Flexibility

Additional Considerations

Individual physical safety is our priority and its important to attend all 12 sessions.

This group is for those who are not currently experiencing ongoing acute crisis in their conditions, such as planned surgery or hospital admissions.

For more information, phone **01924 234 860**