



# Acceptance and Commitment Therapy (ACT) Group

## What is ACT?

Acceptance and Commitment Therapy (ACT) is a mindfulness-based behavioural therapy that is aimed at helping you to take active steps towards building a rich, meaningful life.

It does this by helping you to develop psychological skills to be able to deal with painful thoughts and feelings in better ways, so that they have much less impact and influence on your life. You clarify what is truly important and meaningful to you. Then, you can use this knowledge to guide, inspire and motivate you, to accept what is out of your personal control, while also committing to actions to change your life positively.

## What is mindfulness?

Mindfulness is the ability to be aware of what you are sensing and feeling in the moment, without interpretation or judgment. ACT gives you a vast range of tools to learn mindfulness skills, many of which only take a few minutes to master.

## Effectiveness?

There is a growing body of evidence showing that ACT is at least as effective as other therapies, such as CBT.



### Who is the group for?

Our group is for people with long-term neurological conditions, who face complex challenges, including anxiety, depression and difficulties adjusting to and accepting their diagnosis.



### Structure of the group?

Length:  
**7 week course**  
Timings:  
**Thursdays (10am -12pm)**  
Location:  
**Salford Royal / Remote**  
No. of people:  
**6-8**



### What about 1:1 therapy?

Remaining on the general waitlist will be discussed with you throughout the running of the group.

A final decision will be made at the end of all of the sessions.

