

What Is ACT

information

Research-informed use. This is reflective education, not individualized medical or mental-health advice. Use what fits, skip what does not, and seek appropriate professional or emergency support when distress or impairment is significant.

COMMITMENT THERAPY (ACT)? Acceptance and Commitment Therapy (ACT) is a popular approach to psychotherapy due to its strong research basis and clear treatment path. ACT is a semi-structured therapy approach which core focus is on the skills of mindfulness (the ability to stay present in the current moment) and acceptance around ones experiences, thoughts, emotions and feelings.

ACT is used to treat a wide range of conditions, such as anxiety, depression and substance use, but is also a great tool for managing stress and relationship difficulties. ACT is an action oriented approach, which works by focusing on accepting life experiences as they come, while not avoiding, denying, and struggling with inner emotions and, instead, accepting these deeper feelings.

The core skills of ACT are developed through mindfulness based exercises that encourage you to build a new and more compassionate relationship with difficult experiences. It also works on building the skills required to work with and through difficult emotions, feelings and sensations.

What stands out?

How might this inform one next step?

1. Keep in view
When going through ACT based therapy, the key stages you will encounter are:
ACCEPTANCE An open and non-judgemental acceptance of emotions and feelings.

2. Keep in view
DIRECTION Committing to a positive approach that will help move you forward.

3. Keep in view
ACTION Taking charge and making a conscious decision to stick with the positive direction you chose.