

WHAT IS ACCEPTANCE & COMMITMENT THERAPY?



ACCEPTANCE & COMMITMENT THERAPY (ACT) IS PRONOUNCED "ACT" AND IS DESCRIBED AS A "THIRD GENERATION CBT." ACT SHARES SIMILAR PRINCIPLES WITH CBT, BUT WITH SOME CLEAR DIFFERENCES.

ACT AS A FORM OF THERAPY IS ALL ABOUT ACCEPTING WHAT IS OUT OF YOUR PERSONAL CONTROL AND COMMITTING TO ACTION THAT IMPROVES AND ENRICHES YOUR LIFE.

"Changing our relationship to our thoughts and emotions, rather than trying to change their content, is the key to healing and realising our true potential."

Steven Hayes

BASIS OF ACCEPTANCE & COMMITMENT THERAPY (ACT)

The aim of ACT is to maximise human potential for a rich, full and meaningful life.

ACT does this by helping you to:

1. Develop psychological skills to deal more effectively with difficult thoughts and feelings, to reduce their impact and influence over you;
2. Clarify your values (your heart's deepest desires for how you want to behave as a human being; how you want to treat yourself, others and the world around you).
3. You then use these values to guide, inspire and motivate yourself to take action: to do what matters, face your fears, live meaningfully, and change your life for the better;
4. Focus your attention on what is important and engage fully in whatever you are doing.

Credit to Dr Russ Harris actmindfully.com.au

What does the "acceptance" part of ACT involve?

The "acceptance" part of ACT refers to allowing, noticing and accepting our experiences - within ourselves, in others, and in the world around us without trying to control things that are outside of our control. It is really common for humans to try to avoid or to control feelings and situations that make us feel uncomfortable. ACT is based on the idea that trying to control or avoid inner experiences is a fruitless task and can even make us feel worse.

What does the "commitment" part of ACT involve?

The "commitment" part of ACT refers to taking committed action towards your goals and values. ACT prioritises helping you to deeply connect with what is most important to you in your life - not simply goals - but what adds purpose and meaning to your life. The pull of your core values can help you to know exactly where to focus your energies and can help you to overcome obstacles as you shape the life you truly want.

What is mindfulness?

Mindfulness is a mental state of awareness, focus and openness, which allows you to engage fully in what you are doing at any moment. In a state of mindfulness, difficult thoughts and feelings have much less impact and influence over you.

ACT gives you a vast range of tools to learn mindfulness skills - many of which require only a few minutes to master.