



Acceptance and commitment therapy (ACT) for depression and anxiety

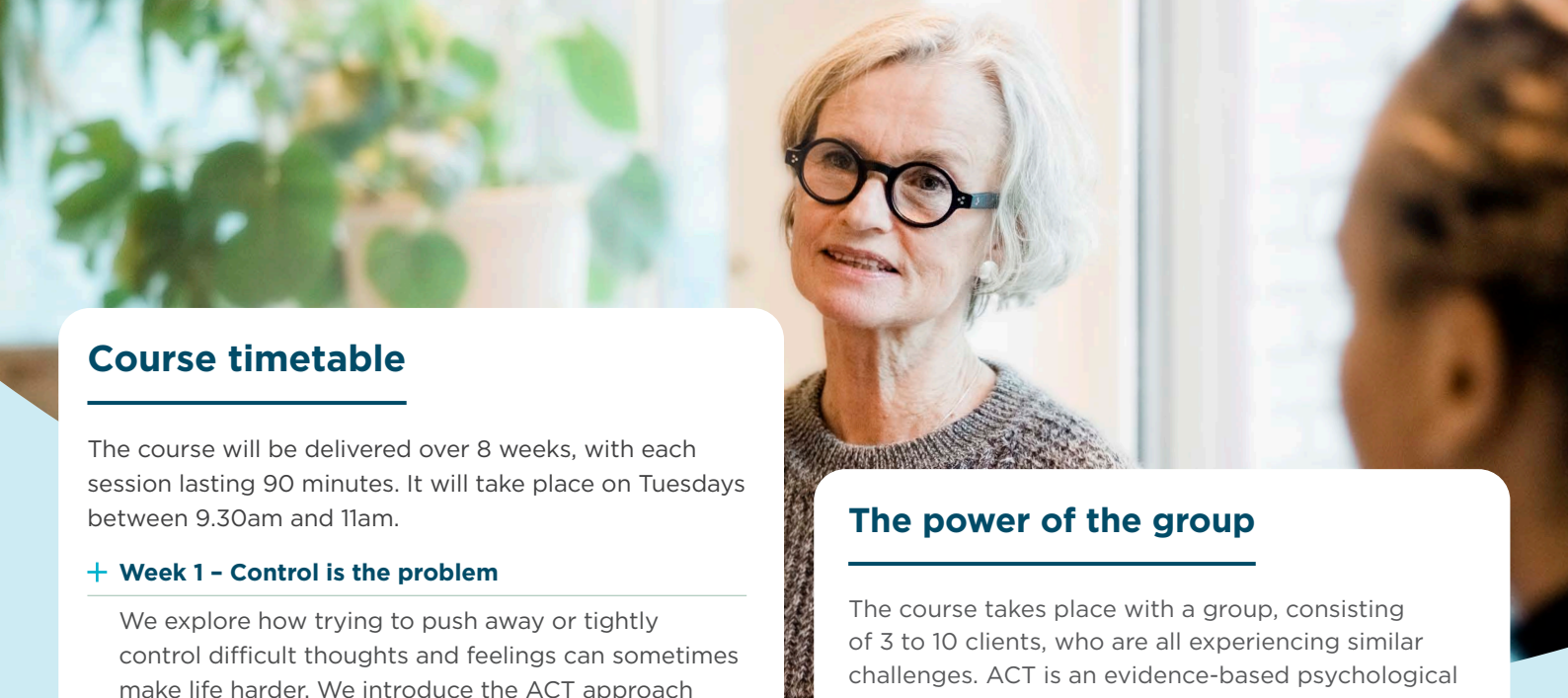
Bristol Park Clinic

Our ACT course is a structured outpatient therapy programme designed for adults experiencing anxiety, depression or emotional dysregulation. The focus of the course is to enhance psychological flexibility, reduce avoidance of difficult thoughts and feelings, support values-based living, and improve emotional regulation, using ACT principles.

ACT is particularly effective for depression and anxiety because it doesn't ask you to fight or suppress how you feel. Instead, it helps you develop a different relationship with difficult thoughts and emotions, so they have less control over your life. This approach encourages you to move towards what matters to you, even when things feel challenging.

The eight-session course will take place as part of a group. It will be available to people who are open to a group-based psychological intervention and are able to take part in reflective exercises and group discussions.





Course timetable

The course will be delivered over 8 weeks, with each session lasting 90 minutes. It will take place on Tuesdays between 9.30am and 11am.

+ Week 1 - Control is the problem

We explore how trying to push away or tightly control difficult thoughts and feelings can sometimes make life harder. We introduce the ACT approach and gently look at new ways of responding to these experiences.

+ Week 2 - Values

This week is about identifying what truly matters to you. We look at how your values can guide the choices you make and help you move towards a life that feels meaningful and fulfilling.

+ Week 3 - Willingness

Here, we learn how to make space for thoughts and feelings instead of struggling against them. We practise allowing emotions to be present, rather than avoiding or suppressing them.

+ Week 4 - Defusion

We look at simple techniques that help you step back from unhelpful thoughts, so they feel less overwhelming and have less power over your actions.

+ Week 5 - Observing self

This session focuses on developing a more noticing, grounded sense of self. We use mindfulness to help build calm awareness and perspective.

+ Week 6 - Committed action

We explore setting small, realistic goals based on your values, and taking steps towards the life you want, even when challenges or strong feelings show up.

+ Week 7 - Psychological flexibility

We bring together the skills learnt so far to support resilience, adaptability and a greater sense of balance in daily life.

+ Week 8 - Going forward

We reflect on what you've learnt, acknowledge progress, and create a personal plan to continue building and using these skills in everyday life.

The power of the group

The course takes place with a group, consisting of 3 to 10 clients, who are all experiencing similar challenges. ACT is an evidence-based psychological approach that helps people relate differently to their thoughts and feelings, reduce avoidance and move towards what matters most to them.

It's normal for people and their loved ones to find the thought of group sessions to be quite daunting. However, we will ensure that clients are given enough time to get to know their peers and hear their experiences, allowing them to build a level of trust. Participation in our group sessions often helps people to realise they're not alone and this experience develops a sense of closeness and support between group members.

Our specialists

Our ACT group is run by one of our highly experienced and accredited cognitive behavioural therapy (CBT) therapists.

In our group sessions, each person will receive personalised attention and support, and we will work with them to identify their unique needs and tailor the support to their specific situation.

Further information and pricing

The ACT course is available to people who are self-paying for their treatment.

The full eight-session course costs £960.

For more information, please contact Bristol Park Clinic on **0117 203 4007** or by emailing **BristolParkClinic@priorygroup.com**.

For the most up to date information on our services, please visit our website.