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A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
WINSTON CHURCHILL

Priory Hospital Chelmsford

Acceptance and commitment therapy (ACT)

ACT is a unique form of therapy that encourages patients to embrace their negative thoughts and feelings instead of trying to avoid, eliminate, fight them or feel guilty for them.

ACT offers a gentler approach compared to cognitive behavioural therapy (CBT), which challenges distressing thoughts, looks for evidence and comes up with a more rational response. In ACT, the thought is accepted as a thought, and then defused using techniques such as mindfulness, metaphors and language.

This therapy is formulation led in that clients are asked to write what pulls them away from living a meaningful life and what takes them towards it.

- A - Accept/allow** 
- C - Commit to take action** 
- T - Take action** 

Overview

ACT is based on six core processes:

- + Mindfulness: be here now
- + Values: know what matters
- + Committed action: do what it takes
- + Self as context: pure awareness
- + Defusion: watch your thinking
- + Acceptance: open up

Conditions helped by ACT include:

- + Anxiety
- + Depression
- + Obsessive compulsive disorder (OCD)
- + Workplace stress
- + Psychosis
- + Substance abuse
- + Coping with medical issues such as cancer, chronic pain and diabetes

Programme timetable

The rolling programme can be joined at the start of any block.

+ Step 1

Initial consultation with a consultant psychiatrist who may refer you for ACT therapy, or you may have an initial discussion/assessment with the facilitating therapist

+ Step 2

Attend a 2-week introduction to CBT course – Monday, 10am-12.30pm (or have a working knowledge of the CBT model)

+ Step 3

Join the ACT group, which is held regularly on a Wednesday morning. Includes eight half day sessions (four focusing on anxiety management and four focusing on depression management)



Meet our team

Mary Neal is an ACT therapist who has over 30 years' experience working in the NHS and helping people struggling with mild to severe psychological difficulties. She is fully accredited by the British Association of Behavioural and Cognitive Psychotherapists (BABCP) as a cognitive behavioural therapist. Mary is also a qualified registered mental nurse with the Nursing and Midwifery Council.

Mary specialises in ACT/CBT and eye movement desensitisation and reprocessing (EMDR). She has over 10 years' experience running groups to treat depression, anxiety, health anxiety and OCD.



About Priory Hospital Chelmsford

Located just outside London, we are set within a beautiful Grade II listed, 19th century building, complete with three acres of private gardens. We have an excellent reputation for providing high standards of treatment for a diverse range of mental health difficulties.

There is easy access from the A12, Stansted Airport, Central London, and we are close to excellent transport links to other neighbouring areas including Essex, Cambridgeshire, Suffolk and Norfolk.

More information

Insured and self-paying patients are welcomed. If you have private medical insurance, you should check the cover for your individual policy, and seek authorisation for your claim. A GP referral may be required by your insurer. Self-funded patients can book directly.

The cost of an initial consultation with a consultant psychiatrist will range between £300 to £400. The ACT programme includes eight half-day sessions, costing £2,752 in total.

For more information on costing, to discuss all therapy options, or to book a place, you can contact Priory Hospital Chelmsford's therapy department on:

Tel: 01245 345 345

Email: chelmsford@priorygroup.com

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

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