



Priory Hospital Roehampton

Acceptance and commitment therapy (ACT) pathway

Our ACT pathway runs over 6 full days across a 6-week period. It offers a safe, supportive space where you'll be introduced to ACT, an evidence-based approach known as a 'third-wave' therapy.

ACT focuses on helping you change how you relate to difficult or uncomfortable experiences linked to mental health challenges. Unlike traditional cognitive behavioural therapies, which often aim to reduce or eliminate symptoms, ACT helps you learn to make space for discomfort and respond to it differently. When you stop trying to push these very human experiences away, symptoms often reduce in both intensity and impact over time.

Before you begin, one of our clinicians will assess whether this pathway is right for you, giving you the information you need to decide whether you'd like to commit. The pathway takes place on 6 consecutive Wednesdays, excluding public holidays. It's an open pathway, so you can join at any point without waiting for a set start date.

You'll also be allocated a keyworker who acts as your main point of contact and is available to support you with any questions about the pathway.

The power of the group

The course takes place face-to-face with a wider group of patients, who are all experiencing similar challenges. This approach is evidence-based, with proven results, and has been found to be highly effective in the treatment of mental health conditions and other challenges.

Throughout the pathway, you'll be encouraged to share your experiences and learn from others in a supportive, safe and trusting space. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

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



What to expect

Each day of our ACT pathway consists of the following:

- + **9.30am-10.30am.** ACT progress review: this session gives you the opportunity to revisit each core ACT component covered week by week. You'll reflect on what's been helpful and explore any barriers you've experienced when putting the ACT skills into practice, with space for discussion and shared learning.
- + **11am-12pm.** Mindfulness training: mindfulness is a core part of ACT and helps you notice your experiences without judgement, including thoughts, urges and emotions. By practising mindfulness regularly, you can become more intentional in how you respond to uncomfortable experiences, rather than reacting automatically. Automatic responses such as avoidance can often maintain or intensify discomfort. Mindfulness encourages you to simply notice what's happening, without judgement or avoidance.
- + **12pm-1pm.** Lunch: provided in our dining room
- + **1pm-3pm.** ACT experiential learning: this session helps you learn and practise the core principles of ACT and apply them to your own life. When these principles are brought together over the 6 weeks, you'll develop a strong understanding of how they can help you build a greater capacity to become comfortable with uncomfortable experiences that often accompany mental health difficulties. Each week focuses on a different component of the six core ACT processes.
- + **3pm-4pm.** Supportive psychotherapy: this provides an open space for you and your peers to reflect, share and explore emotions, and receive support from each other and the therapist who facilitates the process. Themes can develop through the group, depending on what people want to share, for example, what has brought you to treatment, how you've managed since last week and goals for the coming week.

All groups take place on-site at Priory Hospital Roehampton.

Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based support. They have helped countless individuals like you to achieve a more fulfilling life.

In our group sessions, you'll receive personalised attention and support from our therapists, who will work with you to identify your unique needs and tailor the support to your specific situation.

Our highly trained and experienced therapists will provide you with:

- + **A safe and confidential space to share your experiences and feelings**
- + **Opportunities to learn from others who understand what you're going through**
- + **Evidence-based strategies to manage your challenges and build resilience**
- + **A community of support and encouragement to help you stay on track**

We understand that reaching out for support can be daunting, but we assure you that you'll be in good hands with our team of highly trained therapists.

Further information

If you wish to receive individual therapy as well as group therapy, this can be arranged. We will be happy to discuss alternative options with you.

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the pathway. Please contact us if you would like to discuss alternative treatment programmes.

Further information and pricing

The ACT pathway costs £632 per day. It is available on both a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

For more information, please contact Priory Hospital Roehampton on **020 8876 8261** or by emailing **roehampton@priorygroup.com**.

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