

TRAUMA-FOCUSED ACT

Acceptance & Commitment Therapy

Helping you move towards the life that matters to you



WHAT IS ACT?

Acceptance and Commitment Therapy (ACT) can help you develop a different relationship with difficult thoughts, feelings and experiences.

Rather than trying to eliminate every uncomfortable feeling, ACT focuses on building skills that can help you respond more flexibly while continuing to move towards the things that matter to you.

WHAT MIGHT WE EXPLORE?

Therapy may include:

- Difficult thoughts and emotions
- Feeling stuck or avoiding certain situations
- Your personal values
- Self-compassion
- Being present in the moment
- Responding differently to difficult experiences
- Taking achievable steps towards meaningful goals

A TRAUMA-FOCUSED APPROACH

When ACT is used in the context of trauma, Beth considers how past experiences may have affected your nervous system, relationships, sense of safety and everyday functioning.

Therapy is collaborative and paced according to your individual needs.

MORE THAN "POSITIVE THINKING"

ACT isn't about ignoring difficult feelings or simply thinking positively.

It's about building psychological flexibility so difficult thoughts and emotions have less influence over the choices you make and the life you want to build.

IS THIS SERVICE RIGHT FOR YOU?

Trauma-focused ACT may be helpful if difficult thoughts, emotions or past experiences are getting in the way of activities, relationships or goals that are important to you.

Beth can discuss your circumstances and goals to determine whether this approach may be appropriate.

Ready to Make a Referral?

SCAN TO REFER



www.bodywiseot.au