

Psychological Therapy Factsheet 1



This factsheet is about **Acceptance and Commitment Therapy**. We call this **ACT** for short. **ACT** is a **psychological therapy**.

Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

ACT will help you to

- ✓ **learn to be OK with things you cannot change**
- ✓ **commit to doing things that make your life better**



How ACT can help you

ACT helps you to think about your life in a different way so you can be happier.

ACT helps you to deal with thoughts and feelings that you might find difficult.

ACT helps you to accept who you are and what you can do.

ACT helps you to find out what is important to you so you can change your life for the better.

ACT helps you to look at any problems in your life and change them.

ACT helps people who might have mental health conditions like depression, anxiety or stress.



What happens in ACT

Therapy can take time to work so you may have to go for a few weeks or longer.



The therapy session will last from 50 minutes to 1 hour.

Your therapist will help you to look at what you need and help you to find a way forward.



You will need to go to every session and you might have to answer some questions about how the therapy is going.



You can find out more about **psychological therapy** and **ACT** on this website

www.babcp.com