

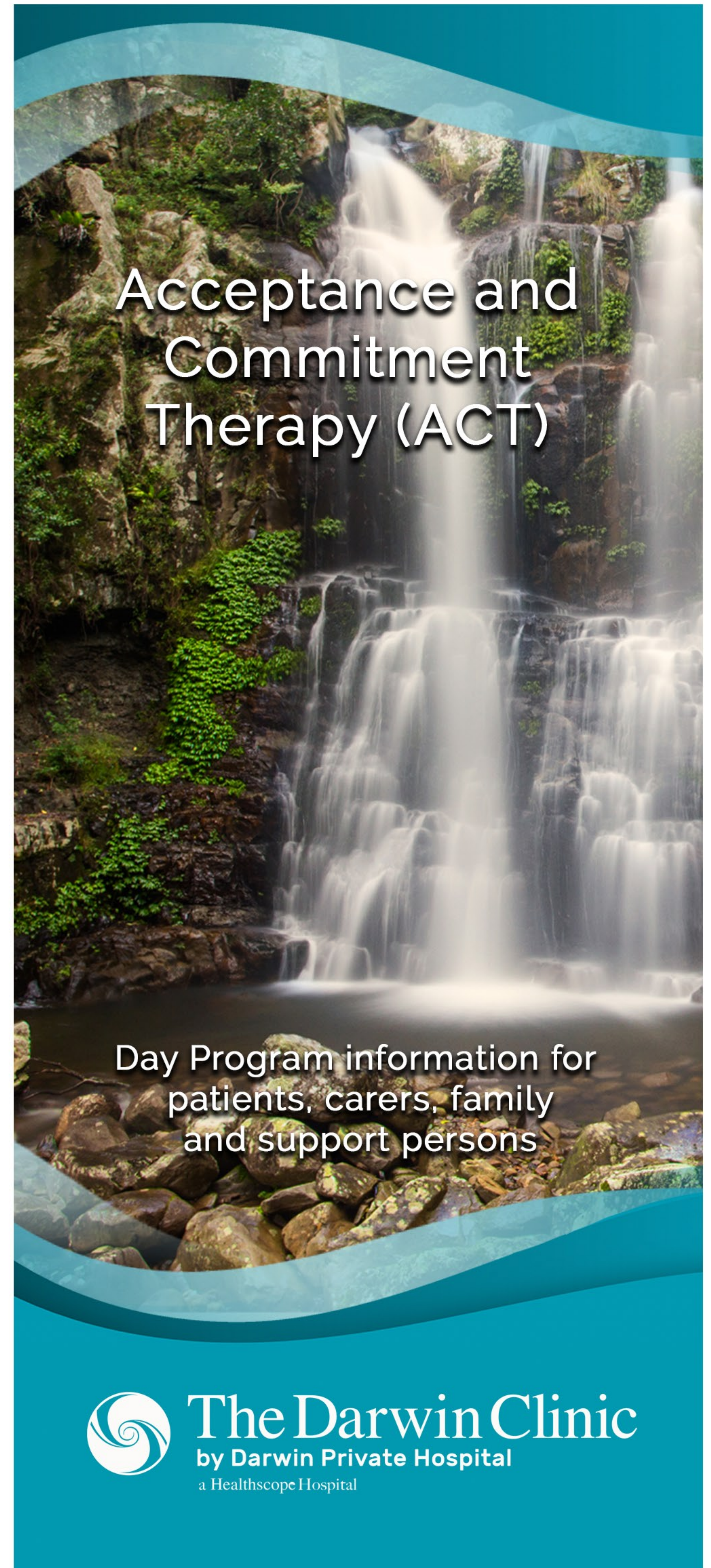


  
**The Darwin  
Clinic**  
by Darwin Private Hospital  
a Healthscope Hospital

- 📞 08 8982 6700
- 📠 08 8982 6799
- 📍 Darwin Private Hospital, Rocklands Drive, Tiwi
- 🌐 [www.darwinprivatehospital.com.au](http://www.darwinprivatehospital.com.au)



17.01.01 / March 2023



# Acceptance and Commitment Therapy (ACT)

Day Program information for  
patients, carers, family  
and support persons

  
**The Darwin Clinic**  
by Darwin Private Hospital  
a Healthscope Hospital

## About the Program:

The Acceptance and Commitment Therapy (ACT) Program offers a mindfulness values-based behaviour intervention.

The program is a therapeutic program which allows for the opportunity to develop psychological skills and share in discussion with others who may have had a similar experience.

Information handouts and resources are provided. Completion of homework and set tasks is encouraged.

ACT aims to enable people to become more psychologically flexible in living a meaningful life.

The program is for clients wanting more balance between values and actions and to reduce the impact of negative thoughts and feelings on their lives.

Groups will be facilitated by mental health trained professionals (Psychologists, Occupational Therapists, Social Workers and Mental health trained Nurses).

This 8 week program runs once a week for 3 hours from 10am.

## Cost

All referrals are subject to a health fund check prior to admission or commencing a program.

We have agreements with Private Health Funds, DVA, ADF, Workcover and MAC.

Self-funding is also an option.

Our Patient Services Staff will be pleased to answer any questions you may have in relation to cost.

## Referral / Admission

To be admitted to our programs, you will need to ask your General Practitioner for a referral to The Darwin Clinic to one of our accredited psychiatrists.

Admission, therapy and care is under the supervision of the attending psychiatrist. Treatment and care options are negotiated with the individual and is dependent on their mental health requirements

For further details, please contact The Darwin Clinic on 08 8982 6700.