

THERAPEUTIC APPROACHES

Acceptance and Commitment Therapy

ACT works on the client's relationship to difficult thoughts and feelings rather than trying to change their content, and builds committed action in the direction of what the person values.

The aim is psychological flexibility, not symptom elimination.

BEST SUITED TO

- Chronic pain, chronic illness and conditions where the symptom will not fully resolve
- Grief, loss and adjustment to permanent change
- Clients stuck in rumination, worry or struggle with their own internal experience
- Burnout, loss of direction, and questions of meaning and values
- Clients who have found CBT style thought challenging unhelpful or invalidating

TYPICAL COURSE

6 to 12 sessions as a standalone piece, and frequently woven through longer term work with other models.

INDICATIVE DIAGNOSES

Chronic pain and somatic symptom disorder; adjustment disorders; major depressive disorder; generalised anxiety disorder; prolonged grief disorder; substance use disorders; and psychological distress accompanying a chronic medical condition.

This list is indicative rather than exhaustive. Diagnosis guides the choice of approach but does not determine it on its own.