

## Living a Life That Matters: Our Acceptance and Commitment Therapy (ACT) Pathway

*Have you ever felt as though your mind is working against you — filling your days with worry, self-criticism, or thoughts that seem impossible to silence? Perhaps you've tried to push difficult feelings away, only to find they keep returning.*

*Acceptance and Commitment Therapy (ACT) offers a different approach: rather than fighting your inner world, you'll learn to change your relationship with it. This online ACT pathway has been designed for adults who want to build a richer, more meaningful life — guided throughout by a skilled ACT professional.*

Rather than working through content alone, you'll be supported by a qualified therapist who brings expertise, warmth, and clinical insight to your journey. Rooted in mindfulness and values-based living, ACT helps you step back from unhelpful thoughts, make room for difficult emotions, and take committed action towards the things that truly matter to you. Your therapist will work collaboratively with you, drawing on the six core processes of ACT to help you move forward:

- **Acceptance** — making room for difficult thoughts and feelings rather than struggling against them
- **Cognitive defusion** — learning to observe your thoughts without being controlled or defined by them
- **Present moment awareness** — developing mindful attention to your here- and-now experience
- **Self as context** — connecting with a stable sense of self beyond your thoughts, feelings, and story
- **Values clarification** — identifying what truly matters to you and what kind of person you want to be
- **Committed action** — building patterns of behaviour that move you steadily towards your values and goals

Delivered online for flexibility and convenience, this pathway combines the proven effectiveness of ACT with the personal guidance of a trained professional — so you have expert support as you learn to live more fully and freely. Sessions are paced to suit you, with your therapist providing ongoing encouragement, reflection, and skill- building throughout.

## **Flexible Appointments to Fit Around Your Life**

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the help they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage with therapy from the comfort of your own home.

## **Is This Pathway Right for Me?**

ACT is a modern, evidence-based therapy with a growing body of research supporting its effectiveness across a wide range of presentations, including:

- Anxiety and generalised anxiety disorder (GAD)
- Depression and low mood
- Chronic pain and long-term physical health conditions
- Stress and burnout
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Eating disorders and body image difficulties
- Substance misuse and addictive behaviours
- Low self-esteem and self-criticism
- Life transitions, loss, and existential difficulties
- Workplace difficulties and performance anxiety

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.

*This pathway is suitable for adults across a broad range of presentations and severity levels. ACT is a flexible, compassionate approach that meets you where you are.*