

Session 1

Objectives - By the end of Session 1, participants will be able to:

- Describe what ACT is and the new skills they will learn in this programme.
- Describe the commonly used control strategies (e.g. suppression of unwanted feelings) and see the potential adverse impact of such strategies.
- Engage with the Connect, breath, and open up exercise.

Session 2

Objectives - By the end of Session 2, participants will be able to:

- Understand what values are and how they are different from goals.
- Identify their own values in the key areas of their life.
- Identify the smallest step they could take that reflects their value.

Session 3

Objectives - By the end of Session 3, participants will be able to:

- See the differences between external barriers and internal barriers.
- Come up with some ideas to overcome their own external barriers, using a simple three-step problem-solving approach in order to take committed actions.
- Identify the smallest step they could take that reflects their value.

Session 4

Objectives - By the end of Session 4, participants will be able to:

- Describe when strategies to address internal barriers may be useful.
- Engage with exercises which help to develop their skills in seeing their thoughts, without being dominated by them.
- Identify the smallest step they could take that reflects their value.

Session 5

Objectives - By the end of Session 5, participants will be able to:

- See what it is like and how it can help to learn skills to be in the present moment.
- Engage with different types of present moment awareness exercises.
- Identify the smallest step they could take that reflects their value.

Session 6

Objectives - By the end of Session 6, participants will be able to:

- Describe why we often engage with repetitive self-critical judgements.
- See why self-critical judgements may not be helpful for us, to do what we most want to do.
- Engage with an exercise which helps to develop their skills in being kind towards oneself.
- Identify the smallest step they could take that reflects their value.

Session 7

Objectives - By the end of Session 7, participants will be able to:

- Reconnect with their own values.
- Describe a pattern of effective action that reflects their values.
- Describe helpful steps to take when emotional distress is too painful.

Session 8

Objectives - By the end of Session 8, participants will be able to:

- Summarise the skills they have learned and practiced during the programme.
- Identify some future challenges and see how some of the skills they have learned may help them to address such challenges.