

What is the ACT model?

The basic premise of the ACT model is that problems in living arise from the way in which we interact with our internal experiences, including our thoughts, feelings and bodily sensations. Rather than observe our experiences as they unfold in the present moment, we tend to be over attached to the content of our thoughts and struggle to avoid uncomfortable thoughts and feelings. While this is completely normal and natural, it often leads us to behave in ways that are ineffective and inconsistent with our personal values.

What to expect when working from this model:

- A therapeutic relationship that is genuine, warm and present, and based on the assumption "*That which is most personal, is most general*" (Carl Rogers).
- Compassionate curiosity about what has or has not been working in your life.
- Conversations about your personal values: who or what is important to you, and how you want to live the moments of your life.
- Strategies to unhook from unhelpful thoughts and open up to painful feelings, when doing so would be life-enhancing.
- Semi-structured sessions with agenda setting and home practice. Sessions are experiential and often include in session practice to explore new ways of responding to thoughts and feelings and learn new skills.

About ACT

Life can be painful, and it is completely natural to try to escape that pain. However, when life becomes about getting rid of unwanted thoughts and feelings, it can feel empty and less meaningful. ACT is a contemporary cognitive-behavioral therapy (CBT) that helps individuals let go of the struggle with difficult thoughts and feelings, so they can choose and pursue their personal values.

There are over 300 randomized controlled trials (RCTs) testing the efficacy of ACT for an array of clinical problems. ACT is identified as an evidence-based treatment by Division 12 of the American Psychological Association (APA). More information on the state of the science in support of ACT can be found on the main ACT website: www.contextualscience.org.

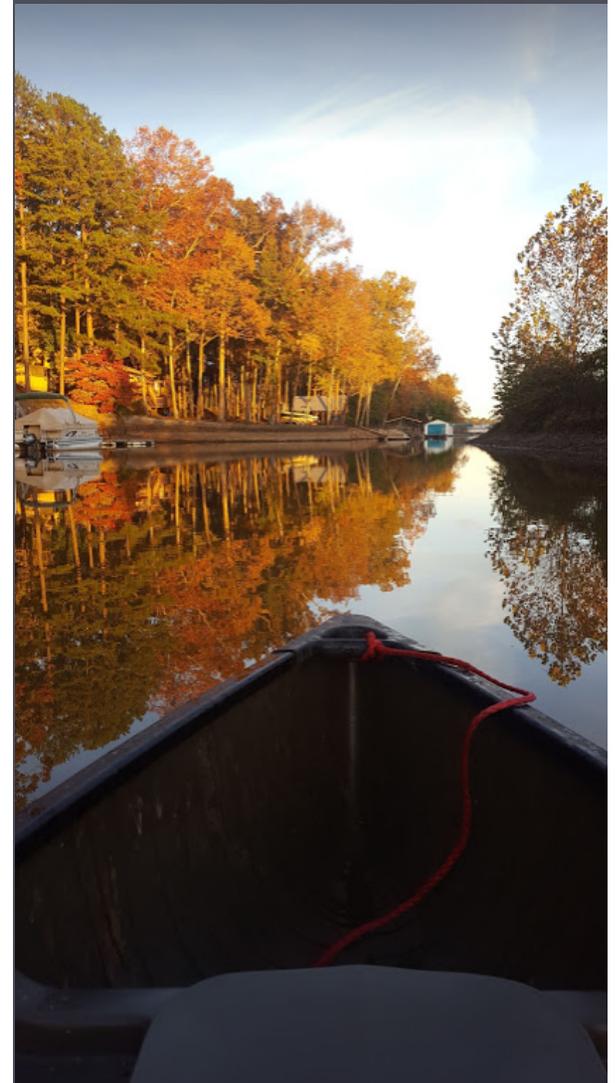


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ACT for Life

at the TAP Clinic





ACT for Life...

is a group therapy treatment for substance use or co-occurring substance use and mental health difficulties. The group is based on Acceptance and Commitment Therapy (ACT) and includes both didactic and experiential interventions. These interventions are designed to target the basic processes by which our experiences, feelings, and thoughts lead to engaging in the same behaviors over and over even though they do not work. The group is appropriate for people seeking a harm reduction or abstinence based approach.

Who is eligible?

Adults aged 18 years or older struggling with substance use or co-occurring substance use and mental health disorders.

Who may not be a good fit

- Individuals who are actively experiencing *severe* mood instability or psychosis, or who have other symptoms that may not be conducive to learning in a group setting.
- Substance use or other symptoms that requires inpatient detox, residential treatment, or other higher levels of care.

Group details

- ACT for Life is a 16-week group divided into 4 modules. All modules target each of the 6 ACT core processes (e.g., defusion, acceptance, present moment awareness) with each individual module targeting one of these processes in greater depth.
- Each 2-hour group session comprises 110 minutes of group therapy with a 10-minute break after the first hour.
- Group begins with a brief check-in exercise to offer the opportunity to share thoughts and experiences, and to re-orient to chosen values and goals. This may include a brief experiential exercise.



Steps to begin group

- Prior to group entry, you must complete a 45-50 minute initial intake assessment to determine fit and to identify your goal(s).
- Each participant must commit to at least 1 module (4 groups).
- Group enrollment is considered partially open, meaning that group members may join or exit at the start of each new module (every 4 weeks).

Step 1 - Contact **Daniel Merwin** @ merwin@tapclinicnc.com or call **919-300-6604** to discuss interest and general fit for the group.

Step 2 - Once an assessment is scheduled, you will be asked to read and complete your portion of the group paperwork. The paperwork will include a values worksheet to assist you in identifying, clarifying, and choosing your goals for group.

Step 3 - Complete a 45-50 minute intake assessment with a group leader.

Step 4 - If the group is good fit and you are interested in joining, you will be given a start date to join at the beginning of the next module.