

ACT on Anger : Responsible Action

The Bridge Foundation will be funding this programme for the next two years, from July 2011 until June 2013.

The programme is a six week group programme aimed at helping people reduce the negative impact of anger on their lives. It is for adults, male and female, any age. Participants may be voluntary or court directed.

The programme is run on Monday night from 7-8.30 p.m. at Uniting Care Gippsland, 126 Raymond Street, Sale, four times a year. Programmes start in February, May, August and October each year.

The cost of the course is \$200.00. Participants who have a current mental health care plan from their doctor can claim a rebate of \$122.00. Participants with a MHC Plan and a Health Care Card will be bulk billed.

The programme is delivered by experienced facilitators with qualifications in psychology, social work and family therapy.

The programme is overseen by an experienced Psychologist. To date three programmes have been delivered with good outcomes. The Bridge Foundation sees this programme as a genuine attempt to provide a much needed service to the community, and giving people improved strategies for living.

If you are interested in registering, or need more information, contact :

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DATES FOR 2011

August 1st	-	September 5th
October 24th	-	November 28th

Comments from previous participants

- The more I practise and review the exercises the easier life dramas are to deal with. Doing the course again has helped reinforce the benefit of learning these tools (exercises). I tell everyone about the course as I feel the tools are beneficial to life in general, people in general. If only I had done it earlier in life.*

- *I think I am doing OK.*
- *My passive behaviour is now thanks to this course. I don't shout any more, it's not worth it.*
- *There was minimal requirement for me to attend as it was at the insistence of my spouse that such a course would be of value; whereas I felt confidence in my ability to behave rationally under all circumstances encountered during my lifetime.*
- *t'was good*
- *I have learnt to stop my emotions and feelings to take over and am dealing with everything so much better now that this course has showed me how to do this! Thank you.*
- *I think you run a well organised program – it should benefit those people who are really able to commit themselves to truly analysing /answering the questions honestly. Participants should attempt to go over the supplied notes during the week. I found the course really helpful. I learnt a lot about my feelings and how to deal with them. This course has given me the tool that I needed to change my behaviour.*

Outcomes

90% reduce anger scale scores

95% improve sense of psychological well being

90% reduce stress, anxiety, depression

The course is based on ACT : **A**cceptance and **C**ommitment **T**herapy with a strong emphasis on mindfulness and acceptance.

Issues explored in the programme include:

<u>Values</u>	:	what is important. How are you living your life to meets these values?
<u>Acceptance</u>	:	what can you change and what do you have to let go?
<u>Willingness</u>	:	what is the smallest thing you can do to change your situation now?
<u>Goal setting</u>	:	make concrete/practical real goals

Skills taught include :

- assertiveness
- mindfulness
- relaxation
- defusion

Groups are interactive and include participation and practice between sessions to maximise results.