

# ACT for Psychosis Recovery

## Session 1

# What the Groups are About

- Developing life direction
- Increasing awareness of obstacles
- Learning the skills of open, aware, and active in order to respond more effectively to obstacles
- Connecting with each other and having fun!

# Ground Rules

- Respect what other people notice
- Keep what's said in the group within the group
- Listen to others
- Be punctual and attend the sessions
- Mobile phones on silent
- Any others?

# Warm up

- Discuss with the person next to you

*“What are three things you like to do?”*

# Automatic Pilot



# Noticing Exercise



What are the Important things in your Life?



# Examples of Values

- Relationships (e.g. to be more loving to your partner)
- Personal growth and health (e.g. maintaining good physical health)
- Work and education (e.g. a job that gives one a sense of satisfaction)
- Leisure (e.g. family activities one enjoys)



# Values Worksheet

## Meaningful Activity

(work, education, career, skills development)



## Leisure & Fun

(Playing, relaxing, having fun)

## Relationship

(friends, partner, family, co-workers)

## Others?

(other things that are important to you)

## Personal Growth / Health

(religion, spirituality, growth, health)

# Barriers to Values



# Passengers on the Bus



# Passengers on My Bus

My Value:



# Noticing Exercise



# Committed Action Worksheet: Active

My SMART action for the week:

(specific, meaningful, adaptive, realistic, time-framed)



Value(s) connected with my action:

Passengers that might come to the front of my bus:

# SMART Goals

- **Specific** – Specify the actions you will take
- **Meaningful** – Make it personally meaningful to you
- **Adaptive** – Does it help you to take your life forward?
- **Realistic** – Is it realistically achievable?
- **Time-framed** – Set a day, date and time

# Developing Aware Skills: Mindfulness Practice

**Mindfulness practice enables you to develop several skills:**

- the ability to focus and engage in what you are doing;
- the ability to let thoughts come and go without getting caught up in them;
- the ability to refocus when you realise you're distracted;
- and the ability to let your feelings be as they are without trying to control them.



**The noticing exercise that I intend to practice this week is:**

**You may find it helpful to record what you noticed during the mindfulness practice, and also any benefits you encounter that help you keep on track with getting active:**

**What I noticed (thoughts, feelings, sensations):**

**Benefits:**



# Feedback

- How did you find the session today?
- What did you notice?
- What did you find helpful or unhelpful, or both?
- What was the most memorable thing from today's session?