

# ACT for Psychosis Recovery

## Taster Session

# 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!

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)

# Barriers to Values



# Passengers on the Bus



# Automatic Pilot



# Noticing Exercise





# 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?