ACT for Depression Group

[Enter Clinic Name Here]

*What is ACT-D?*

Recommended by the DoD/VA, Acceptance and Commitment Therapy for Depression (ACT-D) is very effective for the treatment of depression and improves quality of life. ACT-D helps service members with depression make positive changes in their life guided by what is personally meaningful. In the group, you will learn skills that help ***accept*** a range of internal events (thoughts, emotions, sensations, images and memories) while also making and keeping behavioral ***commitments*** that reflect your personal values.

If you decide to participate in ACT-D, you will learn to:

**A**ccept your reactions

**C**hoose a valued direction

**T**ake action

Multiple studies have demonstrated the effectiveness of ACT-D in treating depression. Treatment is typically between 10 to 16 sessions to lead to significant improvement. ACT-D is particularly helpful for those coping with mild to moderate depression and has been shown to be just as effective as Cognitive Behavioral Therapy (CBT) and significantly better than no treatment for depression.

*Proven Results*

The (enter MTF MH Clinic name here) Clinic has been collecting local data for our ACT for Depression group. Results indicate that people who attend and complete a full course of this group reported a (enter % improvement in your group outcome measure scores here; i.e., 40% reduction in depression symptoms as measured by the PHQ-9).

(Instructions on how to edit chart:

1. Double click on chart
2. Design- Click on Edit data
3. Enter average Pre-score for group (baseline score on outcome measure such as PHQ-9)
4. Enter average Post-Score for group (scores on outcome measure upon completion of group

*Testimonials*

*“Enter past participant testimonial here.” – Anonymous, Military branch, rank*

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*ACT-D Group Information*

Date/Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To sign up for the group, speak with your provider or the front desk staff!