

# Acceptance and Commitment Therapy (ACT)



The aim of **Acceptance and Commitment Therapy (ACT)** is to help people to find more meaning and fulfilment in everyday life, whilst managing inner experiences such as difficult thoughts, emotions and physical struggles more effectively.

ACT has been shown to be helpful for people living with long-term health conditions like MS.

Join this 8-week online small Group Therapy session guided by **Dr Elizabeth Burnside** (Clinical Psychologist and ACT practitioner of Bangor University).

This course will give you guidance, technique and prompts to support your day-to-day life.

Sessions are held over Zoom and all details will be sent in a confirmation email on booking.

The group will start on;

**Thursday, October 5th at 6 pm (for 8 weeks)**

**email:**  
**[mscymru@mssociety.org.uk](mailto:mscymru@mssociety.org.uk)**

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)