

TACT GROUP Geelong



Trauma-Focused Acceptance and Commitment Therapy Course

A 10-week practical program based on **Acceptance and Commitment Therapy (ACT)** underpinned by trauma theory and practice

Participants learn:

- To understand trauma and to manage trauma symptoms through a mixture of learning, group discussions, individual reflection, writing, music, art, nature and movement
- A range of helping skills, grounding, body-centred exercises and mindfulness skills to assist in managing triggers and establishing safety

The **TACT Group** is suitable for female adults (18+) affected by sexual assault and family violence experiencing post-traumatic stress symptoms.

Information Session

Attendance recommended

Date: Tuesday 15 August 2017

Time: 11:00 to 12:00

Location: South Room

Barrabool Hills Conference Centre
(Baptist Church)

4 – 32 Province Boulevard, Highton

Group Sessions

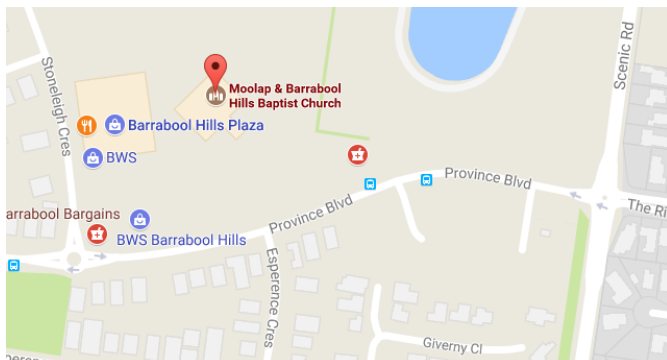
Date: Tuesday 5 September 2017 (1st of 10 Groups)

Time: 11:00 to 2:30

Location: South Room

Barrabool Hills Conference Centre
(Baptist Church)

4 – 32 Province Boulevard, Highton
Bus Route 43, Stop ID 45160



To Register

Contact **Reception** or **Colleen**

ph: 5222 4318/admin@barwoncasa.org

or Speak to your **Counsellor Advocate**