

## About Shan You Counselling Centre

Shan You Counselling Centre (SYCC) is a non-profit social service organisation set up in 1995 to provide professional counselling and clinical services, based on the guiding values of compassion, mindfulness, morality, and wisdom. Our services are available to all in the community, regardless of race, religion and ability to pay. Our services include:

- o **Counselling and psychotherapy for individuals, couples, and families**
- o **Mindfulness-based programmes for mental health conditions and mental wellness**
- o **Community outreach programmes on mental health and wellness**
- o **Professional training workshops for mental health and healthcare professionals**
- o **Suicide alertness training workshop**
- o **Marriage preparation programme**

SYCC is committed to deliver accessible and effective counselling and clinical services that enhance the mental and social well-being of individuals and families in the community. We strive to build a compassionate and mentally healthy community in which people are empowered to live good and meaningful lives.

## Our Counselling Services

We utilize various evidence-based psychotherapies, including Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy, Cognitive-Behavioural Therapy and Motivational Interviewing, to help our clients improve their mental wellness and achieve a better quality of life. Our team of counsellors and psychologists help clients with a wide spectrum of mental health and other issues, including:

- o **Anxiety and trauma-related issues**
- o **Depression**
- o **Bereavement and grief issues**
- o **Stress**
- o **Marital and couple issues**
- o **Family and relationship issues**

*The information provided in this brochure is for informational purposes only and is not professional advice, diagnosis, treatment or care, nor is it intended to be a substitute. Therefore, if you or the person you are supporting may be at risk, please consult a mental health professional.*

**A Public Education Campaign  
on Mental Health by:**

**SHAN YOU**

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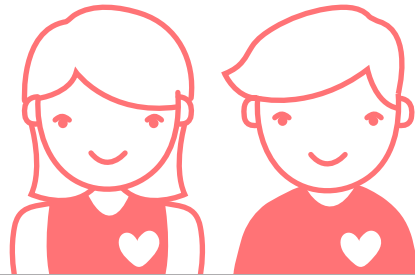
**Let's talk about  
AET & MBET**

the **Mental Health** **Let's Talk**  
**Elephant**  
in our Community

# Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) has emerged over the last decade as one of the most widely used and researched psychotherapies. From an ACT perspective, psychological distress and suffering are usually caused by experiential avoidance, and the resulting difficulties in taking workable action in accordance with one's personal values.

There are robust and growing research evidence showing ACT to be an effective treatment for a wide spectrum of mental health conditions, including stress, anxiety disorders, depression, chronic pain, and psychosis.



**MBCT integrates mindfulness meditation techniques with elements of Cognitive Therapy.**

Through an 8-week or intensive 5-day MBCT programme, one can:



Experience evidence-based mindfulness meditation practices



Learn the relationships between one's thoughts, feelings, bodily sensations, and action tendencies



Reflect on and discuss individual experiences with others and experienced MBCT teachers



Discover ways to let mindfulness and cognitive strategies be part of daily life and work

ACT utilizes acceptance and mindfulness strategies together with commitment and behavioural change strategies to increase one's psychological flexibility.

Simply put, ACT teaches one to:



Apply defusion techniques that allow changes in one's relationship with thoughts



Utilize acceptance techniques to create space for discomfort



Apply mindfulness strategies to be present to the moment intentionally and nonjudgmentally



Clarify one's personal values and what's important to lead a meaningful life



Set smart goals and be committed to a value-led life

# Mindfulness-based Cognitive Therapy (MBCT)

Mindfulness-Based Cognitive Therapy (MBCT) integrates mindfulness meditation techniques with elements of Cognitive Therapy. A number of clinical trials have shown MBCT to be a cost-effective approach for reducing relapse in people who have suffered repeated episodes of depression. In the UK, it is used to help persons with chronic fatigue, health anxiety, eating disorders, as well as people who are recurrently depressed and suicidal.

Mindfulness trains one to intentionally focus on what is happening in the here and now with openness and curiosity. This increased awareness over time of the nature of our mind allows one to develop greater freedom to respond intentionally rather than reacting automatically to life. Cultivating mindfulness has been associated with improvements in physical, psychological, and emotional health and greater quality of life.