

ACT WITH CHRONIC ILLNESSES

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ACT with HIV

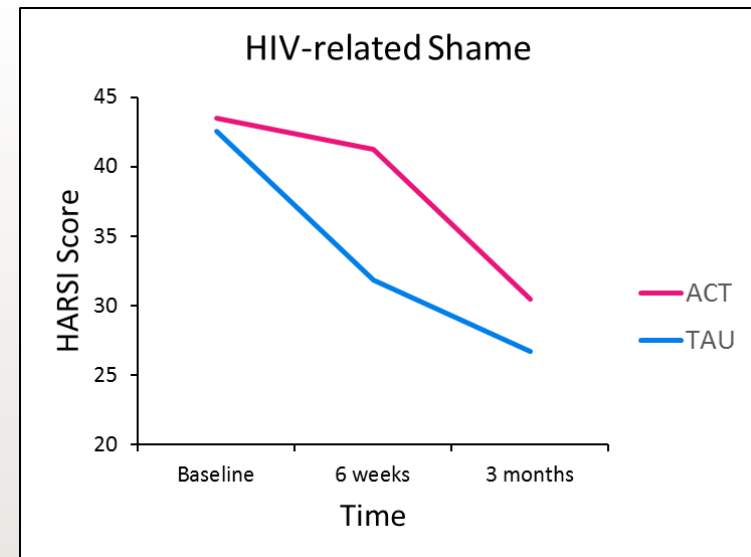
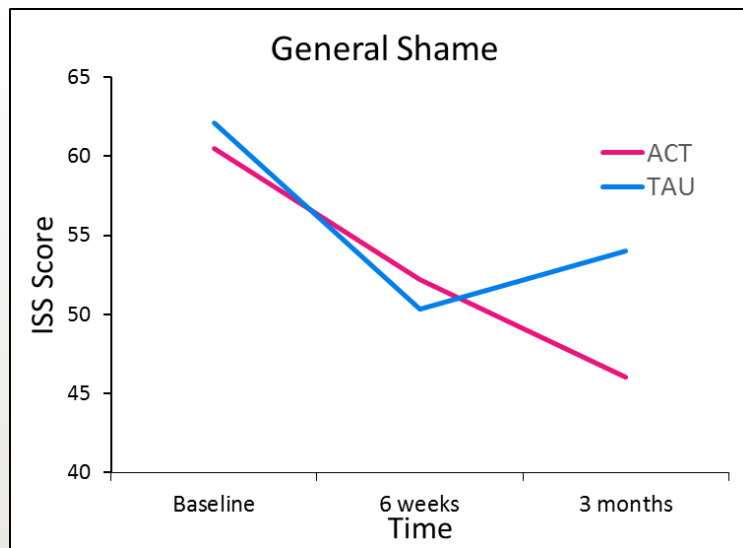
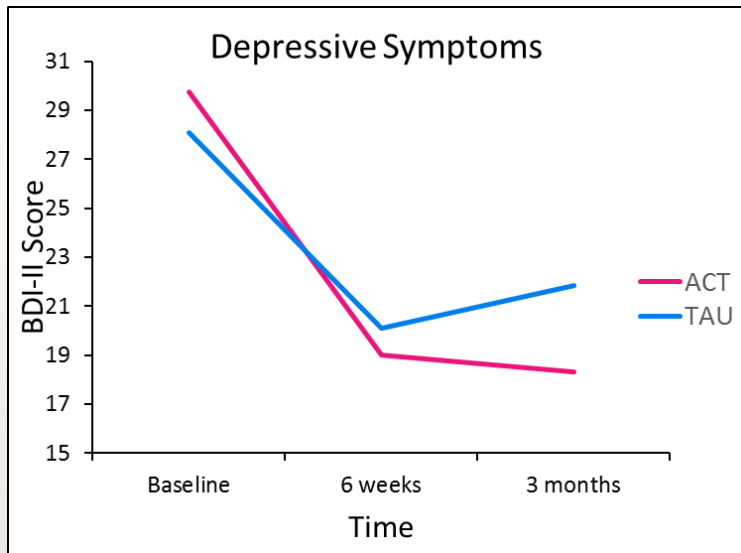
Reducing shame & depression among
HIV+ individuals through
Acceptance and Commitment Therapy:
A treatment manual

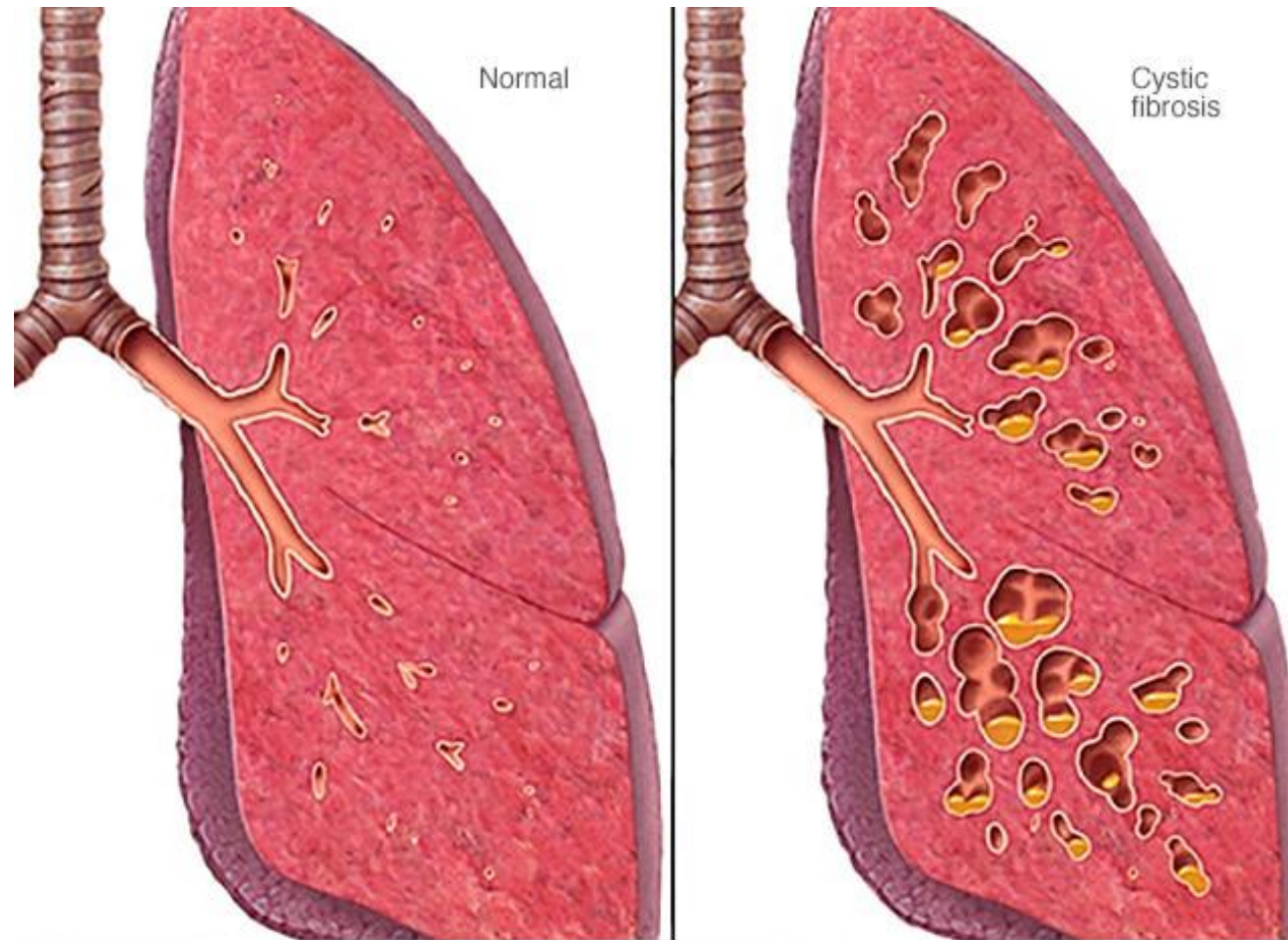


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Normal

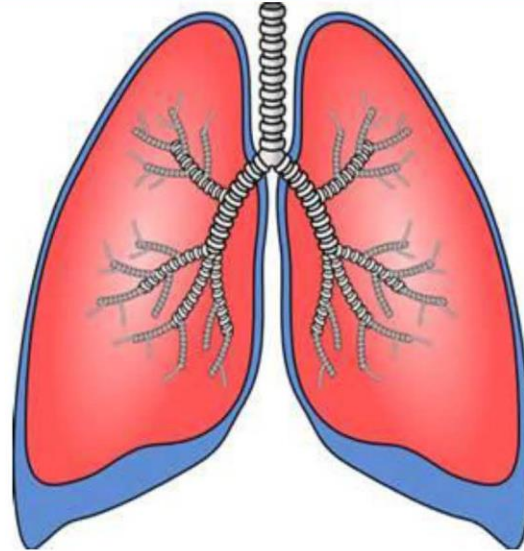
Cystic fibrosis



**CAN'T KEEP
CALM
'CAUSE
I CAN'T
BREATHE**

ACT with CF

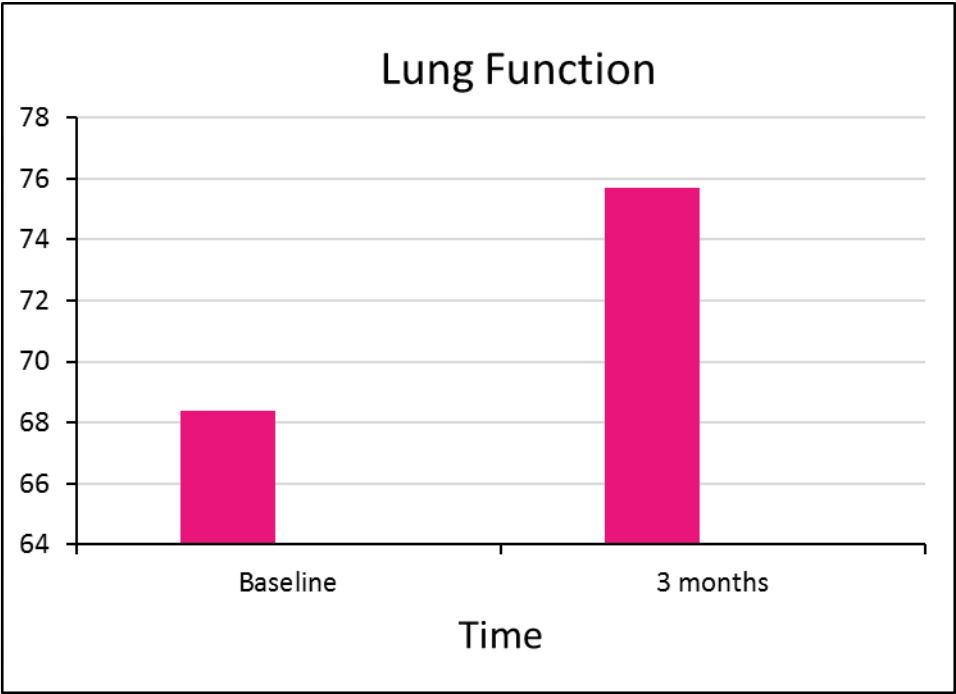
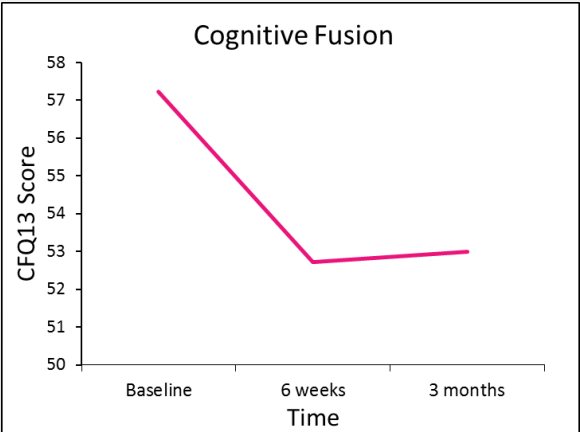
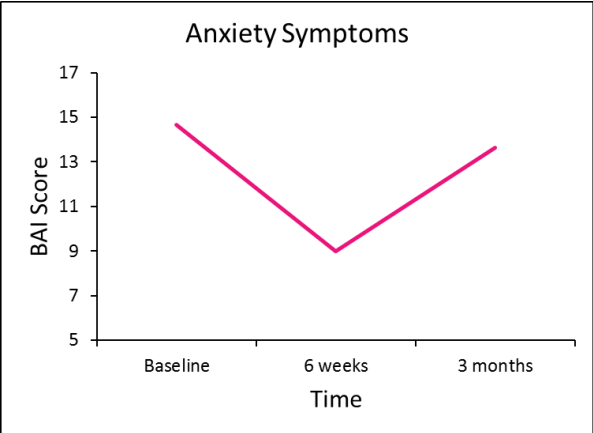
Reducing anxiety & depression among
individuals with cystic fibrosis through
Acceptance and Commitment Therapy:
A treatment manual



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No diffs in person vs telehealth



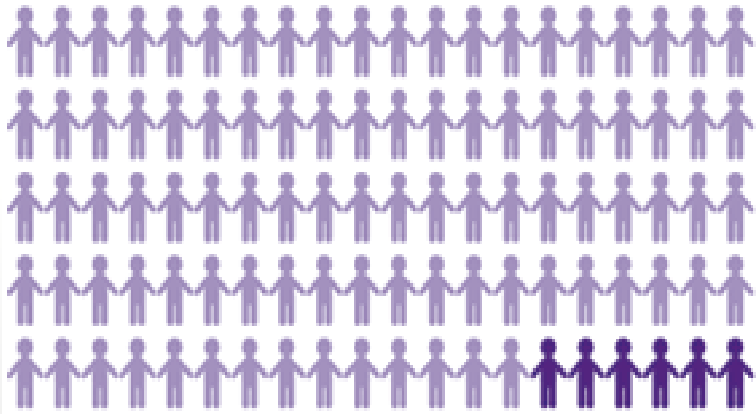
100% of patients wanted to continue with ACT after our 6 week study

“I fking love ACT!”

"ACT is a v. refreshing form of therapy - v. different from others I've tried & failed. It's v. practical & easy to fit into everyday life."

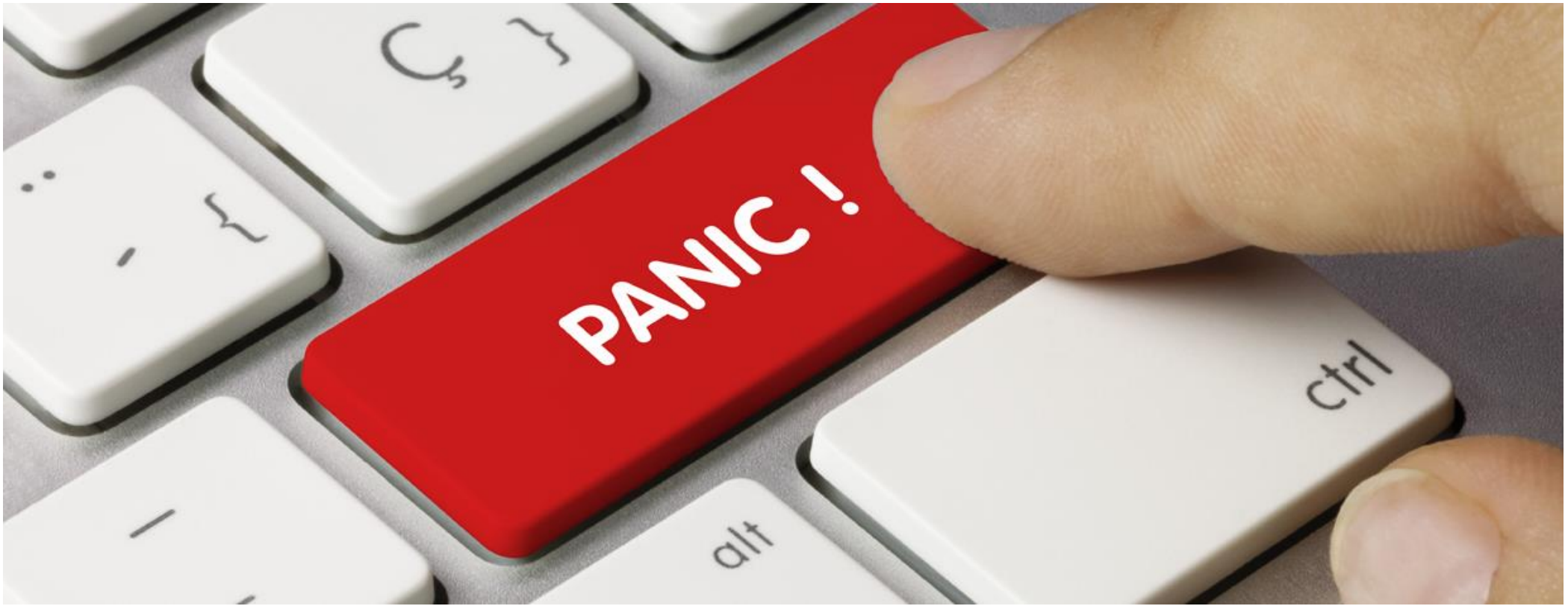
"Working through ACT with its focus on actionable items...[has] given me great tools to work through the varied challenges of CF."

For every 100 diagnosed



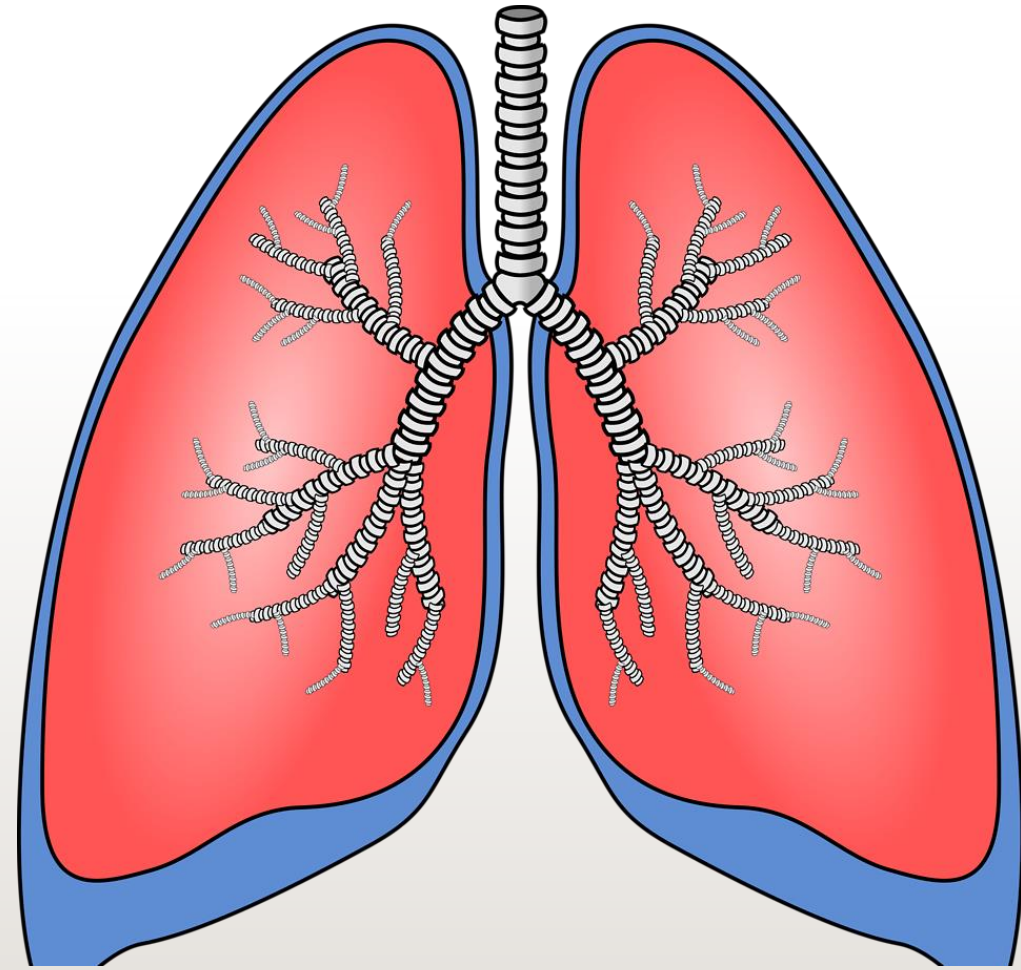
**Only 6 will survive
after five years.**

**Pancreatic cancer
has the **LOWEST**
relative survival rate of
all major cancers.**











.....like it's
1999!



McGill
UNIVERSITY