



The RMH Mental Health Training and Development
Unit: ACTivating Recovery Program Presents:

The Second Annual

ACT In Public Mental Health Forum

A highly engaging, skills focused forum, designed to provide simple and practical ways of integrating ACT based principles into your everyday role within public mental health.

Hear from your colleagues about ways of adapting specific core ACT processes to compliment the work your already do with consumers and carers.

This year's Keynote speaker is Dr Eric Morris, Consultant Clinical Psychologist & Psychology Academic at the Academic Psychology Unit, Northern Health and Senior Lecturer in the School of Psychology and Public Health, La Trobe University on the hot topic of **ACT for Sleep**.



**The Royal
Melbourne
Hospital**



Date: Tuesday,
23rd April, 2024

Time: 8:30-4:30

Location:
Centre of Theology
and Ministry

29 College Cres,
Parkville

Register [HERE](#)

Contact:
mhtdu@mh.org.au
for more
information

Keynote

“The balm of hurt minds... the chief nourisher in life’s feast”

Why public mental health services should focus on sleep, and how ACT can help.

Eric Morris, PhD

Northern Health and La Trobe University

We spend a good third of our lives sleeping... or attempting to. Sleep is core to our health and wellbeing, influencing our capacities to connect, engage, adapt, feel and heal. And yet up a third of the adult population struggle with insomnia symptoms and there are increasing rates of problems and health challenges linked to poor sleep quality. Our lifestyles seem built to interfere with sleep – it may be argued that insomnia and poor sleep are so common as to be obscured as a health priority. This is particularly the case in public mental health, where consumers with the greatest need experience limited access to evidence-based interventions, and healthcare workers can show high rates of sleep disorders. In this talk I will make the case for why sleep should be a strong focus of our efforts in mental health services. I will describe how Acceptance and Commitment Therapy can promote sleep - by bringing us into our bodies in open and aware ways, more in synch our life’s rhythms, and enabling the energy and flexibility to pursue valued directions.



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