



More information

The lifengage team

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Treating doctor or healthcare professional

Please download an information and referral form from:

www.lifengage.org.au

Entry to the project is open until:

1st February 2010.

Living with a mental health problem can be difficult at times.

The lifengage project invites you to try a short therapy program that may help.

The lifengage project

School of Psychological Science

La Trobe University

Victoria 3086 Australia

The lifengage project is funded by the National Health and Medical Research Council of Australia and conducted through La Trobe University. Approval to conduct the project has been granted by the governing Human Research Ethics Committees.

A psychological treatment trial

About the project

For people who live with psychosis, unusual and troubling experiences can get in the way of fully participating in life.

The purpose of the lifengage project is to find out whether we can reduce the impact of psychosis on people's lives by comparing two psychological treatments: Acceptance and Commitment Therapy (ACT) and Befriending Therapy.

What you will be asked to do

If you choose to take part you will complete an initial assessment with a research interviewer. You will then be randomly allocated to receive eight one-to-one sessions of either ACT or Befriending with a psychologist. Both treatments are provided free of charge.

The therapies are an extra service available in addition to the usual mental health care you receive.

You will complete a further research assessment at the end of therapy and a final assessment six months later.

More about the treatments

Acceptance and Commitment Therapy (ACT)

ACT is a behaviour therapy that emphasises such processes as acceptance, living in the present moment and values in helping clients move on in their lives. In this trial, ACT will be used to teach participants skills to step back from distressing symptoms and to support them in doing things they value in life.

Befriending Therapy

Befriending is a therapy based on companionship. It involves talking about hobbies, interests or enjoyable things in life and might include topics such as sport, current events, news and travel. The therapy may also involve activities like going for a walk or playing a game. It is different from ACT because it doesn't involve talking about symptoms, worries or other things that cause stress.

While this project is intended to compare the two treatments, both therapies show promise in being helpful for symptoms of psychosis.

Location

Research assessments and therapy can take place at your usual treatment service or at the Psychology Clinic at La Trobe University, Bundoora.

Who are we looking for?

If you:

- Are aged between 18 and 65 years;
- Have experiences that are unusual, troubling and ongoing;
- Have been diagnosed with a psychotic illness such as schizophrenia;
- Are taking anti-psychotic medication;
- Are interested in taking part in this treatment trial,

then please take this brochure along to your treating doctor or healthcare professional to discuss. Your treating doctor or healthcare professional can refer you to the lifengage project by downloading an information and referral form from www.lifengage.org.au.

You can also refer yourself to the project by contacting the lifengage team directly.

