

Introducing ACE

Acceptance & Commitment Education

Our innovative new programme designed to help you make positive steps towards improving your mental health and wellbeing while living with cardiomyopathy.

What is meant by 'Acceptance & Commitment'?

The ACE programme is based on the principles of Acceptance & Commitment Therapy (ACT). ACT focuses on:

- **mindfulness**
- **acceptance**
- **values- driven living**

Research shows that it can help improve health outcomes for people with heart conditions like cardiomyopathy.

ACCEPTANCE: A willingness to experience difficult thoughts and emotions without trying to avoid or control them. ACT encourages us to notice them, label them, and allow them to be present. This helps us to create some separation from our thoughts and emotions and reduces the energy we spend on battling them.

COMMITMENT: Knowing what we value most in life, focusing on making small meaningful steps that provide a sense of direction and fulfilment, even when life feels challenging.

ACE helps you make choices towards living a life that reflects what's important to you.



Cardiomyopathy^{UK}
the heart muscle charity



How will it work?

ACE is a 6-session, weekly online group programme that offers a safe and supportive space for you and others affected by cardiomyopathy to explore the emotional impact of the condition.

We'll work towards building a personalised ACE toolkit that can be used in our everyday lives to help us focus on the things that really matter.



Who can take part?

Anyone 18-years or older affected by cardiomyopathy – either directly diagnosed or supporting someone with a diagnosis.

The **ACE** programme offers an introduction to techniques and practices that can help you build and maintain resilience. It is not a form of traditional counselling and may not be suitable for individuals currently experiencing trauma or living with severe or complex mental health difficulties.

Who will be leading the programme?

Cardiomyopathy UK staff members who have completed **ACT** training and will receive continuous clinical supervision from a Chartered Principal Health Psychologist.

Our staff members are not trained counsellors or therapists, but will be there to enable learning, lead the group through different ACT-informed techniques and practices, and facilitate positive, constructive discussion.



Adrian Taylor
Education & Information
Manager



Christie Jones
Communities Engagement
Manager



Emma Cottington
Wellbeing Manager

When are the programmes happening and how do I register to take part?

We will be offering 3, 6-session programmes across 2025, with space for 12 participants on each programme. Each of the 6 sessions lasts between 60 and 90 minutes and hosted over a secure Zoom connection.

You can join the ACE waiting list by emailing services@cardiomyopathy.org with the subject line '**Ask about ACE**'.

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