



An Australian Government Initiative

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Page content updated 19/10/2019

Accept New  
Patients

## Brisbane ACT Centre

We are Queensland's first Acceptance and Commitment Therapy (ACT - spoken as one word, not the initials) clinical psychology centre. ACT is modern CBT (cognitive behaviour therapy). Our skilled ACT therapists will gently, expertly help you overcome your struggle with painful thoughts and feelings, and help you build a more rich, full and personally meaningful life – the life *you* want.

ACT therapists teach simple, proven, positive mindfulness skills: helping you effectively handle difficult thoughts and feelings. We take the time to learn what you really care about. We help you take purposeful life steps each day. Positive psychology skills which emphasize effective, valued ACTION.

### How can ACT therapy help me?

ACT therapists realise we all struggle, and can easily get stuck in life's problems. ACT skills can quickly ease your mental and physical pain AND improve personal, relationship, and professional performance. Mindful psychology skills are used for one key aim: growing the life you want to live.

### We help people struggling with:

- Anxiety/panic
- Depression
- Bipolar
- PTSD
- Acute stress
- Substance dependence
- Eating disorders
- Chronic pain /illness
- Psychotic disorders
- Medication side effects
- Work stress or injury
- Attention problems
- Career transitions
- Sexual issues
- Relationship issues
- Life coaching
- Sleep problems
- Autism spectrum
- Teen anxiety etc.
- Self-esteem



### Our Programs

[View All](#)

No program(s) found.

### Our Events

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### Attached Documents

[Brisbane-ACT-Centre-brochure-\(002\).pdf](#)[DSF2087.jpg](#)

Listing created: 9/01/2017

Listing last updated: 23/01/2017

### Help improve our website

Did you find what you were looking for today?:

Yes

No

We appreciate your feedback and thank -you for taking the time to help improve our website. Please use the form below to provide comments about your experience on our site today.

Name\*:

## Details

Phone: 07 3193 1072

Fax: 07 3193 1073

Email: [rob@brisbaneactcentre.com.au](mailto:rob@brisbaneactcentre.com.au)

[View our Website](#)

[View our Facebook page](#)

[View our LinkedIn page](#)

## Address

Brisbane ACT Centre,  
7 Marie Street,  
MILTON 4064 QLD

## Opening Hours

<b>Monday</b>	8:00am - 9:00pm
<b>Tuesday</b>	8:00am - 9:00pm
<b>Wednesday</b>	8:00am - 9:00pm
<b>Thursday</b>	8:00am - 9:00pm
<b>Friday</b>	8:00am - 9:00pm
<b>Saturday</b>	-
<b>Sunday</b>	-

### Notes on open hours:

Saturday sessions by arrangement

### Notes on public holiday hours:

We are closed on public holidays

-

## Fees & Charges

Please enquire for details All our Centre's therapists are registered for Medicare rebate and registered with private health insurers.

Bulk billing is not available

Electronic Rebates Available

## Services Provided

Counselling

Occupational Therapy

## Health Practitioners

Dr Rob Purssey

Dr Nga Tran

Rosalind (Roz) Hurst

Rhys Burridge

Georgia Watkins-Allen

Bernadette Devenish

Megan Callow

Nikita Kotlarov

Jenny Laing

Jeremy Villanueva

Robbie Ellett

Claire Welshe

Renae Jarrett

Suzanne Staal

Tomas Tapper

## Contact

E-mail\*:

Phone Number:

Feedback message:

**NOTE:** This will be sent to our website coordinator to make improvements to our website not the above organisation.

## Service Age Criteria

No specific age

## Referrals

-

## Spoken Languages

English

## Target Groups

Children  
Chronic Disease  
General Public  
Mental Health  
Parents / Families  
Youth  
Women  
Men  
Sexual Health

**Tagged** [mental health](#), [psychology](#), [therapy](#), [mindfulness](#), [brisbane](#), [CBT](#)

**Categorised under** [Men's Health](#), [Sexual Health & Sexuality](#), [Women's Health](#), [Child and Youth Health - Child & Youth Counselling](#), [Mental Health - Mental Health Services](#), [Mental Health - Counselling](#), [Mental Health - Psychologists](#), [Mental Health - Psychiatrists](#)

## Our Location

*Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambeh, Yuggera and Bundjalung peoples.*

*Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health*

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