

About Acceptance and Commitment Therapy (ACT)

ACT is a type of psychotherapy that has been scientifically proven to be effective. It combines mindfulness and values-based approaches to help people stay focused on the present moment and accept their thoughts and feelings without judging them. The goal of ACT therapy is to help individuals navigate difficult emotions and improve their ability to take meaningful actions that align with their values, even when they are going through challenging times in life.

About Natural Language Processing machine learning model

Natural Language Processing model is a kind of machine learning that can manipulate human language or data that resembles human language, in the way that it is written, spoken, and organised.