

I am writing to extend my deepest gratitude to the Institute of Health Psychology and the family of Keshia Handa for the grant awarded in honour and memory of their beloved. This grant has been instrumental in supporting my professional development during this crucial phase of my career.

As a recent graduate entering my first year in the field of health psychology, I am acutely aware of the importance of continuous learning and skill development. The opportunity to participate in the Acceptance and Commitment Therapy (ACT) for Beginners course, made possible by your generous grant, has been nothing short of transformative for me.

The course provided a comprehensive overview of ACT principles and techniques, offering a blend of theoretical insights and practical applications. I immersed myself in understanding the core concepts of psychological flexibility, mindfulness, and value-driven action, gaining a deeper appreciation for their relevance in addressing the multifaceted challenges within the realm of Health Psychology.

One of the most significant outcomes of the course has been the acquisition of practical skills that I can directly apply in my professional endeavours. Despite being in my early stages of practice, I now feel equipped with a toolkit of evidence-based strategies to effectively engage with clients, navigate complex psychological issues, and promote holistic well-being.

Moreover, the culturally sensitive approach inherent in ACT resonated deeply with me, reaffirming the importance of tailoring interventions to meet the diverse needs of individuals and communities. This aspect has not only enriched my understanding of cultural competence but has also instilled a sense of empathy and inclusivity in my practice.

While I am immensely grateful for the skills and knowledge gained through this course, I am also mindful of the journey ahead. As a recent graduate, I recognise that I still have much to learn and experience to gain. However, the foundation laid through the ACT for Beginners course has ignited a passion for lifelong learning and professional growth that I am eager to nurture.

Once again, I extend my heartfelt thanks to the Institute of Health Psychology and the family of Keshia Handa for their generosity and unwavering support. Your contribution has not only empowered me in my early career but has also honoured the memory of Keshia in a truly meaningful way.

With sincere appreciation,

Musheerah Nuha