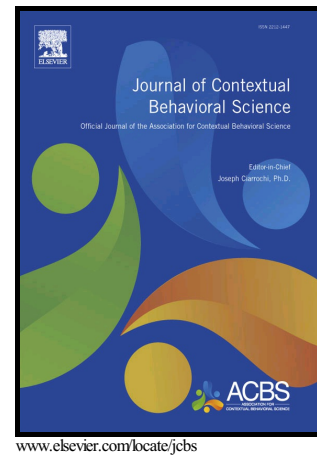


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Pilot of an Acceptance and Commitment Therapy and Schema group intervention for Mental Health Carer's Interpersonal Problems

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Introduction

The term 'mental health carer' refers to any person who voluntarily provides ongoing care and assistance to another person because of mental health issues (Carers Recognition Act, 2010). The last decade has seen increased focus on the complex interpersonal patterns that exist between carers and care receivers. This has been in response to advocacy by carers for recognition of the interpersonal aspects of their role (Wilkinson & McAndrew, 2008;

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