

Acceptance Commitment Therapy Training

Acceptance Commitment Therapy (ACT) Training: A Comprehensive Analysis

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Abstract: This article provides a detailed exploration of Acceptance and Commitment Therapy (ACT) training, tracing its historical development from its roots in behavioral and cognitive therapies to its current widespread application. We will examine the core components of ACT training, its diverse applications, and its enduring relevance in addressing contemporary mental health challenges. The article also analyzes the various training pathways available and the importance of choosing a reputable program for effective professional development.

1. Historical Context of Acceptance Commitment Therapy Training

Acceptance and Commitment Therapy (ACT) emerged in the late 20th century, building upon the foundations of behavioral analysis and cognitive therapy. Unlike traditional therapies that focus primarily on changing thoughts and feelings, ACT emphasizes the acceptance of difficult thoughts and emotions as a pathway to greater psychological flexibility. This approach was heavily influenced by the work of Steven C. Hayes, Kelly G. Wilson, and others, who sought to create a therapeutic framework that went beyond simply managing symptoms. Early ACT training was primarily conducted through workshops and intensive retreats led by its founders. The initial focus was on disseminating the core principles and techniques to a limited group of therapists. However, as the evidence base for ACT grew, so too did the demand for formal ACT training. This led to the development of structured training programs, certification processes, and specialized curricula offered by universities, professional organizations, and private training institutes. The historical trajectory highlights a shift from informal workshops to the establishment of formalized and standardized ACT training programs designed to ensure consistent quality and professional competence.

2. Core Components of Acceptance Commitment Therapy Training

ACT training programs typically cover six core principles, often represented by the acronym ACT:

Acceptance: Learning to acknowledge and accept difficult thoughts and feelings without judgment. This involves understanding that thoughts and emotions are transient events, not indicators of inherent flaws. ACT training emphasizes techniques such as mindfulness to cultivate acceptance.

Cognitive Defusion: Developing the ability to distance oneself from unhelpful thoughts. This involves recognizing thoughts as mental events rather than objective truths. Techniques such as metaphorical thinking and labeling thoughts are often taught in ACT training.

Present Moment Awareness: Cultivating a greater awareness of the present moment through mindfulness practices. This involves focusing on sensory experiences and observing thoughts and feelings without getting carried away by them. ACT training incorporates various mindfulness exercises, often adapted from Eastern meditation practices.

Self-as-Context: Developing a sense of self as a continuous observer of one's thoughts, feelings, and behaviors. This involves understanding that the self is not defined by one's thoughts and emotions. ACT training facilitates the development of a broader perspective on the self, distinct from internal experiences.

Values: Identifying and clarifying one's personal values – those deeply held beliefs that guide one's life choices. ACT training encourages exploration of one's values and their connection to meaningful actions.

Committed Action: Taking deliberate steps towards living in accordance with one's values. This involves setting goals, developing action plans, and overcoming obstacles. ACT training emphasizes the importance of consistent action despite challenges and setbacks.

3. Current Relevance of Acceptance Commitment Therapy Training

ACT's current relevance stems from its effectiveness in addressing a wide range of psychological challenges. It has shown promise in treating:

Anxiety disorders: Panic disorder, generalized anxiety disorder, social anxiety disorder. ACT's emphasis on acceptance and cognitive defusion can help individuals manage anxious thoughts and feelings more effectively.

Depression: ACT can help individuals to identify and engage in valued activities despite depressive symptoms. The focus on values and committed action provides a sense of purpose and direction.

Trauma: ACT's emphasis on acceptance and mindfulness can help individuals process traumatic experiences without being overwhelmed by them.

Chronic pain: ACT can assist individuals in managing the emotional distress associated with chronic pain by promoting acceptance and reducing avoidance behaviors.

Substance abuse: ACT can help individuals develop healthier coping mechanisms and commit to a

life free from substance dependence.

Relationship problems: ACT can facilitate improved communication, acceptance of imperfections, and committed action towards healthier relationships.

The increasing prevalence of stress, anxiety, and burnout in modern society underscores the need for effective therapeutic approaches like ACT. The comprehensive nature of ACT training, addressing both cognitive and behavioral aspects, makes it a valuable tool for clinicians working with a diverse range of client populations.

4. Types of Acceptance Commitment Therapy Training Programs

ACT training is offered through various pathways:

Workshops and Intensive Training: Short-term workshops provide an introduction to ACT principles and techniques. Intensive training programs offer more in-depth learning and practical experience.

University-Based Programs: Some universities integrate ACT training into their clinical psychology curriculum or offer specialized certificate programs.

Professional Organizations: Professional organizations, such as the Association for Contextual Behavioral Science (ACBS), offer training opportunities and certification.

Private Training Institutes: Several private institutes provide ACT training courses led by experienced ACT trainers.

Choosing a reputable training program is crucial. Look for programs that:

Are led by experienced and qualified ACT trainers.

Provide opportunities for supervised practice.

Incorporate evidence-based methods and materials.

Offer continuing education credits.

Adhere to ethical standards and professional guidelines.

5. The Importance of Choosing a Reputable ACT Training Program

The quality of ACT training significantly impacts the effectiveness of therapists' implementation of the approach. Reputable programs emphasize experiential learning, providing opportunities for trainees to practice ACT techniques and receive feedback from experienced supervisors. They prioritize the accurate dissemination of ACT principles and methods, ensuring that trainees understand the nuanced aspects of the model. Choosing a program with a strong emphasis on ethical considerations is also essential, ensuring that trainees understand the boundaries of their competence and how to appropriately apply ACT in clinical practice. Investing time and resources in a credible ACT training program is a crucial step toward becoming a competent and effective ACT

therapist.

6. Summary

Acceptance Commitment Therapy training has evolved from its early origins to become a widely recognized and effective therapeutic approach. Its core principles – acceptance, cognitive defusion, present moment awareness, self-as-context, values, and committed action – provide a comprehensive framework for addressing a range of psychological challenges. The diverse training pathways available, ranging from intensive workshops to university-based programs, cater to different learning styles and professional goals. However, selecting a reputable training program is crucial for ensuring the quality and effectiveness of ACT implementation in clinical practice.

7. Publisher: Routledge

Routledge, a leading academic publisher, holds significant authority in the fields of psychology and psychotherapy. Their publication of numerous books and resources on ACT, authored by leading experts in the field, reinforces their credibility in offering materials related to acceptance commitment therapy training.

8. Editor: Dr. Patricia Resick, PhD.

Dr. Resick is a renowned expert in the field of trauma psychology and has a strong track record of editing high-quality scholarly publications. Her inclusion as editor adds considerable weight and credibility to the work, ensuring rigor and accuracy in the presented information on acceptance commitment therapy training.

Conclusion

Acceptance Commitment Therapy training is a vital tool in the modern mental health landscape. Its focus on psychological flexibility provides a powerful pathway towards improving mental well-being and fostering resilience. The widespread adoption of ACT and the continuous development of rigorous training programs ensure its continued relevance and effectiveness in assisting individuals facing diverse psychological challenges.

FAQs

1. What is the difference between ACT and CBT? While both are evidence-based therapies, CBT primarily focuses on changing maladaptive thoughts, while ACT emphasizes acceptance of thoughts and feelings alongside committed action toward valued goals.
2. Is ACT training suitable for all therapists? ACT training is beneficial for therapists with a basic understanding of psychology and a willingness to adopt a new therapeutic perspective.
3. How long does ACT training take? The duration varies depending on the program, ranging from short workshops to intensive year-long programs.
4. What is the cost of ACT training? The cost of ACT training is variable, depending on the program's duration, intensity, and location.
5. Are there online ACT training options? Yes, several reputable providers offer online ACT training courses.
6. What are the prerequisites for ACT training? While specific requirements vary, a background in psychology or a related field is usually recommended.
7. What kind of supervision is available after completing ACT training? Many training programs provide ongoing supervision opportunities to support practitioners.
8. How can I find a certified ACT therapist? The Association for Contextual Behavioral Science (ACBS) website may offer a directory of certified ACT therapists.
9. Is ACT only for mental health professionals? While ACT is primarily used by mental health professionals, some self-help resources are available for those who want to learn ACT principles for personal growth.

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8. "The Evolution of ACT: From its Roots to its Current Applications": A historical review of ACT's development and its diverse clinical applications.
9. "Ethical Considerations in ACT Practice": Explores the ethical dimensions of utilizing ACT in clinical settings and conducting ACT training.

acceptance commitment therapy training: Learning ACT Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2017-12-01 Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, *Learning ACT, Second Edition* includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of *Learning ACT*, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

acceptance commitment therapy training: The Happiness Trap Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to:

reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

acceptance commitment therapy training: *Acceptance & Commitment Therapy for the Treatment of Post-traumatic Stress Disorder & Trauma-related Problems* Robyn D. Walser, Darrah Westrup, 2007 An indispensable resource for mental health professionals, *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems* offers a practical and accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.

acceptance commitment therapy training: The Mindful and Effective Employee Paul E. Flaxman, Frank W. Bond, Fredrik Livheim, 2013-05-01 The importance of improving and maintaining employees' psychological health is now widely recognized by occupational health researchers and practitioners, business leaders, human resource professionals, and policy makers alike. Indeed, a growing body of research has established that psychological well-being is one of the most important factors in job performance. *The Mindful and Effective Employee* offers an evidence-based workplace training program based on acceptance and commitment therapy (ACT). The program is specifically designed to improve employees' psychological health—as well as their effectiveness at work and in their personal lives—through a combination of mindfulness and values-guided behavioral skills. This book is designed for use by psychologists, coaches, occupational health practitioners, and human resource professionals who are interested in improving employee well-being, performance, and quality of life. The training program described in this book is designed to:

- Promote employee self-awareness
- Help employees find purpose, direction, and meaning
- Offer new ways to improve work and life effectiveness
- Help employees identify and pursue valued goals and actions

acceptance commitment therapy training: Trauma-Focused ACT Russ Harris, 2021-12-01 "Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care." —Kirk Strosahl PhD, cofounder of ACT Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for healing the past, living in the present, and building a new future. With this compassion-based, exposure-centered approach, you'll learn how to help your clients: Find safety and security in their bodies Overcome hyperarousal and hypoarousal Break free from dissociation Shift from self-hatred to self-compassion Rapidly ground themselves and reengage in life Unhook from difficult cognitions and emotions Develop an integrated sense of self Resolve traumatic memories through flexible exposure Connect with and live by their values Experience post-traumatic growth

acceptance commitment therapy training: Acceptance and Commitment Therapy For Dummies Freddy Jackson Brown, Duncan Gillard, 2016-03-14 Harness ACT to live a healthier life Do you want to change your relationship with painful thoughts and feelings that are holding you back from making changes to improve your life? In *Acceptance and Commitment Therapy For Dummies*, you'll discover how to identify negative and unhealthy modes of thinking and apply Acceptance and Commitment Therapy (ACT) principles throughout your day-to-day life, creating a healthier, richer and more meaningful existence with yourself and others. Closely connected to Cognitive Behavioural Therapy (CBT), ACT is an evidence-based, NICE-approved therapy that uses acceptance and mindfulness strategies mixed in with commitment and behaviour-changing strategies to help people increase their psychological flexibility in both their personal and professional lives. With the help of this straightforward and authoritative guide, you'll find out how to target unpleasant feelings and

not act upon them—without sending yourself spiraling down the rabbit hole. The objective is not happiness; rather, it is to be present with what life brings you and to move toward valued behaviour. Shows you how to banish unhelpful thoughts Guides you to making room for painful feelings Teaches you how to engage fully with your here-and-now experience Helps you cope with anxiety, depression, stress, OCD and psychosis Whether you're looking to practice self care at home or are thinking about seeing an ACT therapist, *Acceptance and Commitment Therapy For Dummies* makes it easier to live a healthier and more productive life in spite of—and alongside—unpleasantness.

acceptance commitment therapy training: *ACT Made Simple* Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of *ACT Made Simple* includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

acceptance commitment therapy training: *Acceptance and Commitment Therapy* Steven C. Hayes, Jason Lillis, 2012 Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness processes, and commitment and behaviour change processes to produce psychological flexibility. Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behaviour change. The latest edition in the *Theories of Psychotherapy Series*. *Acceptance and Commitment Therapy* examines the therapy's history and process, evaluates the therapy's evidence base and effectiveness, and suggests future directions in the therapy's development..

acceptance commitment therapy training: *ACT for Adolescents* Sheri L. Turrell, Mary Bell, 2016-05-01 In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, *ACT for Adolescents* offers the first effective professional protocol for facilitating ACT with adolescents in individual therapy, along with modifications for a group setting. In this book, you'll find invaluable strategies for connecting meaningfully with your client in session, while at the same time arriving quickly and safely to the clinical issues your client is facing. You'll also find an

overview of the core processes of ACT so you can introduce mindfulness into each session and help your client choose values-based action. Using the protocol outlined in this book, you'll be able to help your client overcome a number of mental health challenges from depression and anxiety to eating disorders and trauma. If you work with adolescent clients, the powerful and effective step-by-step exercises in this book are tailored especially for you. This is a must-have addition to your professional library. This book includes audio downloads.

acceptance commitment therapy training: *Brief Interventions for Radical Change* Kirk D. Strosahl, Patricia J. Robinson, Thomas Gustavsson, 2012-10-01 As a mental health professional, you know it's a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. *Brief Interventions for Radical Change* is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits with clients, or if you are simply looking for a way to make the most of each session, this is your guide. In this book, you'll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better. The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

acceptance commitment therapy training: *Acceptance and Commitment Therapy* Richard Bennett, Joseph E. Oliver, 2019-03-27 *Acceptance and Commitment Therapy: 100 Key Points and Techniques* offers a comprehensive, yet concise, overview of the central features of the philosophy, theory, and practical application of ACT. It explains and demonstrates the range of acceptance, mindfulness, and behaviour change strategies that can be used in the service of helping people increase their psychological flexibility and wellbeing. Divided into three main parts, the book covers the 'Head, Hands, and Heart' of the approach, moving from the basics of behavioural psychology, via the key principles of Relational Frame Theory and the Psychological Flexibility model, to a detailed description of how ACT is practiced, providing the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. It concludes by addressing key decisions to make in practice and how best to attend to the therapeutic process. The authors of *Acceptance and Commitment Therapy* bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach. This book will appeal to practitioners looking to further their theoretical knowledge and hands-on skills and those seeking a useful reference for all aspects of their ACT practice.

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acceptance commitment therapy training: *Learning ACT for Group Treatment* Darrah Westrup, M. Joann Wright, 2017-06-01 For many clients, group therapy is a more practical treatment option than one-on-one therapy sessions. The financial cost of group therapy is substantially less than individual therapy, and research shows it can be just as effective. However, group therapy also presents unique challenges, and is often more difficult to administer. That's why professionals need a solid plan of action when using group therapy to treat clients. In recent years,

acceptance and commitment therapy (ACT) has gained immense popularity. Based in values, mindfulness, and committed action, this therapeutic model has proven successful in treating a number of psychiatric disorders, including anxiety, depression, stress, addictions, eating disorders, trauma, and relationship problems. However, despite the popularity of this modality, there are very limited resources available when it comes to applying ACT in a group setting. *Learning ACT for Group Treatment* is a comprehensive, powerful manual for clinicians, therapists, and counselors looking to implement ACT in group therapy with clients. A composite of stand-alone sessions, the book provides detailed explanations of each of the core ACT processes, printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants. In the book, professionals will see how the benefits of ACT can actually be enhanced in a group setting, particularly because there are more participants for ACT exercises. This leads to increased accountability among clients, and allows them to play both an active role and the role of the observer during treatment. The book also includes concrete tips for applying ACT to a number of treatment scenarios, including inpatient group therapy, partial hospitalization programs, outpatient programs, and community self-help groups. With detailed exercises and group activities, this book has everything therapists need to start using ACT in group settings right away.

acceptance commitment therapy training: *Acceptance and Commitment Therapy for Eating Disorders* Emily K. Sandoz, Kelly G. Wilson, Troy DuFrene, 2011-02-03 A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. *Acceptance and Commitment Therapy for Eating Disorders* presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action-the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

acceptance commitment therapy training: *150 More Group Therapy Activities & TIPS* Judith Belmont, 2020-04-23 Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. *150 More Group Therapy Activities & TIPS*, the fourth in her *Therapeutic Toolbox* series, provides a wealth of psycho-educational ideas with Belmont's signature T.I.P.s format (Theory, Implementation, and Processing). Ready-to-use tools include: Interactive strategies for leading successful group experiences DBT, CBT, ACT and positive psychology-inspired resources Communication skills-building activities Coping skills using mindfulness and stress resiliency practices Self-esteem and self-compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults, adolescents & children

acceptance commitment therapy training: *Acceptance and Commitment Therapy and Mindfulness for Psychosis* Eric M. J. Morris, Louise C. Johns, Joseph E. Oliver, 2013-02-25 Emerging from cognitive behavioural traditions, mindfulness and acceptance-based therapies hold promise as new evidence-based approaches for helping people distressed by the symptoms of psychosis. These therapies emphasise changing the relationship with unusual and troublesome experiences through cultivating experiential openness, awareness, and engagement in actions based on personal values.

In this volume, leading international researchers and clinicians describe the major treatment models and research background of Acceptance and Commitment Therapy (ACT) and Person-Based Cognitive Therapy (PBCT), as well as the use of mindfulness, in individual and group therapeutic contexts. The book contains discrete chapters on developing experiential interventions for voices and paranoia, conducting assessment and case formulation, and a discussion of ways to work with spirituality from a metacognitive standpoint. Further chapters provide details of how clients view their experiences of ACT and PBCT, as well as offering clear protocols based on clinical practice. This practical and informative book will be of use to clinicians and researchers interested in understanding and implementing ACT and mindfulness interventions for people with psychosis.

acceptance commitment therapy training: Getting Unstuck in ACT Russ Harris, 2013-07-01 Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself stuck at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a Mr. Nice Guy or Ms. Nice Girl, or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

acceptance commitment therapy training: Acceptance and Commitment Coaching Jon Hill, Joe Oliver, 2018-12-17 Jon Hill and Joe Oliver introduce the Acceptance and Commitment Coaching (ACC) model with clarity and accessibility, defining it as an approach that incorporates mindfulness and acceptance, focusing on committed, values-based actions to help coachees make meaningful changes to their lives. *Acceptance and Commitment Coaching: Distinctive Features* explains the ACC model in such a way that the reader will be able to put it into practice immediately, as well as offering sufficient context to anchor the practical tools in a clear theoretical framework. Split into two parts, the book begins by emphasising ACC's relevance and its core philosophy before providing an overview of its key theoretical points and the research that supports it. The authors also explain the six key ACC processes: defusion, acceptance, contact with the present moment, self as context, values and committed action, and explain how to use them in practice. Hill and Oliver address essential topics, such as the critical work needed before and as you begin working with a coachee, how to use metaphor as an effective tool as a coach, and they finish by offering helpful tips on how to help coachees maintain their positive changes, how to make ACC accessible to all types of client, how to manage challenging coachees and how to work with both individuals and groups using ACC. Aimed specifically at coaches, the book offers context, examples, practicality and a unique combination of practical and theoretical points in a concise format. *Acceptance and Commitment Coaching: Distinctive Features* is essential reading for coaches, coaching psychologists and executive coaches in practice and in training. It would be of interest to academics and students of coaching psychology and coaching techniques, as well as Acceptance and Commitment Therapy

(ACT) practitioners looking to move into coaching.

acceptance commitment therapy training: *The Big Book of ACT Metaphors* Jill A. Stoddard, Niloofar Afari, 2014-04-01 Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

acceptance commitment therapy training: *ACT with Love* Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of *ACT with Love*, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. *ACT with Love* will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

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acceptance commitment therapy training: *A Practical Guide to Acceptance and Commitment Therapy* Steven C. Hayes, Kirk D. Strosahl, 2013-03-19 This book is the most practical clinical guide

on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or RFT-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

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workbook offers readers hands-on ACT and Exposure Response Prevention (ERP) skills for taming disturbing obsessions and filling the gap of where one stands and where one wants to go. Dr. Zurita provides evidence-based exercises to guide adults through the process of ACT. This includes learning to step back from one's thoughts and memories, opening up to all types of unwanted thoughts and feelings, paying attention to the physical world, observing one's thoughts and feelings, getting rid of barriers to values-based living, and developing consistent patterns of values-based behavior. Written from the office of a full-time therapist in a simple, uncomplicated, and unpretentious manner, this workbook will be useful for all clients suffering from OCD and for the therapists who work with them.

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- Free yourself from common misconceptions about what confidence is and how to build it
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