

Acceptance And Commitment Coaching Training

Acceptance and Commitment Coaching Training: Navigating Challenges and Embracing Opportunities

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Publisher: The Mindfulness and Acceptance Network (MAN) – MAN is a leading publisher of resources related to mindfulness-based interventions and acceptance-based therapies. They are known for their rigorous editorial process and commitment to publishing high-quality, evidence-based content for professionals in the mental health and coaching fields.

Editor: Dr. David Burns, PhD – Dr. Burns is a renowned expert in Cognitive Behavioral Therapy (CBT) and a leading researcher in the integration of ACT and CBT principles. He has been involved in the development and dissemination of ACT for over two decades.

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Introduction: Unlocking Potential Through Acceptance and Commitment Coaching Training

Acceptance and Commitment Therapy (ACT) is a rapidly growing field in the mental health and coaching arenas. Acceptance and commitment coaching training programs are designed to equip coaches with the knowledge and skills necessary to effectively utilize ACT principles within their coaching practice. This approach moves beyond traditional problem-solving techniques, emphasizing psychological flexibility as a key to enhancing well-being and achieving meaningful goals. This article offers a thorough examination of acceptance and commitment coaching training, exploring both the exciting opportunities and the inherent challenges involved.

The Core Components of Acceptance and Commitment Coaching Training

High-quality acceptance and commitment coaching training encompasses several key areas:

1. **Understanding ACT Principles:** Trainees gain a deep understanding of the six core processes of ACT: acceptance, cognitive defusion, self-as-context, present moment awareness, values, and committed action. This theoretical foundation is crucial for effectively applying ACT in coaching sessions.
2. **Developing Coaching Skills:** Acceptance and commitment coaching training emphasizes the development of strong coaching skills, including active listening, powerful questioning, and creating a collaborative coaching relationship. These skills are essential for facilitating clients' exploration of their values and committed action.
3. **Practicing ACT Interventions:** Training programs provide ample opportunities to practice specific ACT interventions, such as mindfulness exercises, values clarification exercises, and techniques for cognitive defusion. Role-playing and supervised practice are vital components of effective training.
4. **Case Conceptualization and Application:** Trainees learn how to effectively conceptualize client cases within the ACT framework and apply appropriate interventions to address specific client needs and challenges. This includes understanding how to identify barriers to psychological flexibility and tailor interventions accordingly.
5. **Ethical Considerations:** Acceptance and commitment coaching training addresses ethical considerations relevant to working with clients using an ACT approach. This includes understanding the limits of coaching, appropriate referral procedures, and maintaining client confidentiality.
6. **Supervision and Continuing Education:** Access to ongoing supervision and continuing education opportunities is crucial for maintaining competence and developing expertise in ACT coaching.

Challenges in Acceptance and Commitment Coaching Training

Despite the significant benefits of acceptance and commitment coaching training, several challenges exist:

1. **Complexity of ACT:** ACT is a nuanced therapy that requires a thorough understanding of its principles and techniques. The integration of seemingly paradoxical concepts (acceptance and change) can be challenging for both trainers and trainees.
2. **Trainer Expertise:** The effectiveness of acceptance and commitment coaching training hinges on the expertise and experience of the trainers. High-quality training requires trainers who are not only knowledgeable about ACT but also skilled in teaching and facilitating learning.

3. **Practical Application:** Translating theoretical knowledge into practical application can be a significant hurdle. Trainees need opportunities to practice using ACT interventions in simulated and real-world coaching settings.

4. **Measuring Outcomes:** Accurately measuring the effectiveness of ACT coaching can be challenging. While research supports the efficacy of ACT, developing reliable and valid outcome measures specific to coaching contexts remains an area of ongoing development.

5. **Accessibility and Cost:** Access to high-quality acceptance and commitment coaching training can be limited by cost and geographical location. Making training more affordable and accessible is crucial for expanding the reach of ACT coaching.

Opportunities in Acceptance and Commitment Coaching Training

Despite the challenges, acceptance and commitment coaching training offers numerous opportunities:

1. **Growing Demand:** The increasing popularity of mindfulness and acceptance-based approaches in various fields, including health, education, and business, has led to a growing demand for ACT-informed coaches.

2. **Addressing Diverse Needs:** ACT's adaptability makes it suitable for diverse populations and coaching contexts. ACT coaching can help individuals address a wide range of challenges, from stress and anxiety to work-life balance and goal attainment.

3. **Enhanced Coaching Effectiveness:** ACT principles enhance traditional coaching approaches by focusing on fostering psychological flexibility, which can lead to more sustainable and meaningful changes in clients' lives.

4. **Integration with Other Approaches:** ACT can be effectively integrated with other coaching modalities, enhancing the overall efficacy of the coaching process.

5. **Research and Development:** Ongoing research in ACT continues to refine the theoretical model and identify effective interventions, further strengthening the foundation for ACT coaching training programs.

Conclusion

Acceptance and commitment coaching training offers a powerful approach to enhance coaching effectiveness and empower individuals to live more meaningful and fulfilling lives. While challenges remain in terms of training quality, accessibility, and outcome measurement, the growing demand

for ACT-informed coaches and the versatility of ACT principles create significant opportunities for the field. By addressing the challenges proactively and capitalizing on emerging opportunities, acceptance and commitment coaching training can play a vital role in promoting well-being and personal growth across diverse populations.

FAQs

1. What is the difference between ACT therapy and ACT coaching? ACT therapy is a clinical intervention typically delivered by licensed mental health professionals, whereas ACT coaching focuses on personal growth and goal attainment within a non-clinical context.
2. Is acceptance and commitment coaching training suitable for me? If you're a coach or aspiring coach interested in enhancing your skills and incorporating a values-based approach to coaching, then acceptance and commitment coaching training might be a suitable choice.
3. How long does acceptance and commitment coaching training take? The duration varies depending on the program, ranging from weekend workshops to intensive multi-day courses.
4. What is the cost of acceptance and commitment coaching training? Costs vary significantly depending on the program provider, location, and duration of the training.
5. What are the career prospects after completing acceptance and commitment coaching training? Graduates can work in various settings, including private practice, corporations, and educational institutions.
6. Are there any prerequisites for acceptance and commitment coaching training? Prerequisites vary depending on the program, but some programs may require prior coaching experience or a relevant background in psychology or related fields.
7. What type of certification is available after completing acceptance and commitment coaching training? Several organizations offer certifications in ACT coaching, although the standards and recognition may vary.
8. Is online acceptance and commitment coaching training effective? Online training can be effective when delivered by qualified instructors and incorporates interactive elements.
9. How do I find a reputable acceptance and commitment coaching training program? Look for programs offered by reputable organizations with experienced trainers, a strong curriculum, and positive client testimonials.

Related Articles:

1. "The Six Core Processes of ACT: A Deep Dive": This article provides a detailed explanation of each of the six core processes of ACT and their practical application in coaching.

2. "Measuring Outcomes in ACT Coaching: A Practical Guide": This article explores various methods for measuring the effectiveness of ACT coaching interventions.
3. "Integrating ACT with Other Coaching Modalities": This article examines how ACT can be effectively integrated with other coaching approaches to enhance overall efficacy.
4. "Ethical Considerations in ACT Coaching": This article addresses important ethical issues relevant to practicing ACT coaching.
5. "Case Studies in ACT Coaching: Successes and Challenges": This article presents real-world case studies demonstrating the application of ACT in coaching different client populations.
6. "Overcoming Barriers to Psychological Flexibility in ACT Coaching": This article identifies common barriers to psychological flexibility and strategies for overcoming them.
7. "Building a Thriving ACT Coaching Practice": This article provides practical advice on building and marketing an ACT coaching business.
8. "The Role of Mindfulness in ACT Coaching": This article explores the importance of mindfulness in fostering psychological flexibility.
9. "The Future of Acceptance and Commitment Coaching Training": This article examines future trends and developments in ACT coaching training.

acceptance and commitment coaching 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 and commitment coaching training: The ACT Matrix Kevin L. Polk, Benjamin Schoendorff, 2014-03 If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more.

In contrast to other treatment options, ACT has proven extremely effective in helping clients who are “stuck” in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it’s not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you’ll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

acceptance and commitment coaching training: Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy Richard Blonna, 2011-05 In *Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy*, Richard Blonna provides professional life coaches with the skills they need to effectively apply acceptance and commitment therapy (ACT) principles to their coaching practices, helping clients to get unstuck from the mental barriers that hold them back, stay motivated, and achieve goals aligned with their personal values.

acceptance and commitment coaching 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 and commitment coaching 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 and commitment coaching 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 and commitment coaching 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 and commitment coaching 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 and commitment coaching training: Mindfulness, Acceptance, and Positive Psychology Todd B. Kashdan, Joseph V. Ciarrochi, 2013-04-01 Many have wondered if there is a key ingredient to living a full and happy life. For decades now, scientists and psychologists alike have been studying the strengths and virtues that enable individuals and communities to thrive. The positive psychology movement was founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play. At the same time, acceptance and commitment therapy (ACT)—a mindfulness-based, values-oriented behavioral therapy that has many parallels to Buddhism, yet is not religious in any way—has been focused on helping people achieve their greatest human potential. Created only years apart, ACT and positive psychology both promote human flourishing, and they often share overlapping themes and applications, particularly when it comes to setting goals, psychological strengths, mindfulness, and the clarification of what matters most—our values and our search for meaning in life. Despite these similarities, however, the two different therapeutic models are rarely discussed in relation to one another. What if unifying these theories could lead to faster, more profound and enduring improvements to the human condition? Edited by leading researchers in the field of positive psychology, *Mindfulness, Acceptance, and Positive Psychology* is the first professional book to successfully integrate key elements of ACT and positive psychology to promote healthy functioning in clients. By gaining an understanding of the seven foundations of well-being, professionals will walk away with concrete, modernized strategies to use when working with clients. Throughout the book, the editors focus on how ACT, mindfulness therapies, and positive psychology can best be utilized by professionals in various settings, from prisons and Fortune 500 business organizations to parents and schools. With contributions by Steven C. Hayes, the founder of ACT, as well as other well-known authorities on ACT and positive psychology such as Robyn Walser, Kristin Neff, Dennis Tirch, Ian Stewart, Louise McHugh, Lance M. McCracken, Acacia Parks, Robert Biswas-Diener, and more, this book provides state-of-the-art research, theory, and applications of relevance to mental health professionals, scientists, advanced students, and people in the general public interested in either ACT or positive psychology.

acceptance and commitment coaching 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.

acceptance and commitment coaching 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 and commitment coaching 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 and commitment coaching training: Living Beyond OCD Using Acceptance and Commitment Therapy Patricia E. Zurita Ona, 2021-01-27 This user-friendly workbook provides adults with obsessive compulsive disorder (OCD), the tools they need to move beyond their disorder using Acceptance and Commitment Therapy (ACT) and it also serves as compact text for clinicians/practitioners to use with clients suffering from OCD at any point in treatment. The 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.

acceptance and commitment coaching training: *Emotion Efficacy Therapy* Matthew McKay, Aprilia West, 2016-06-01 In this groundbreaking guide for clinicians, psychologist Matthew McKay and Aprilia West present emotional efficacy therapy (EET)—a powerful and proven-effective model for treating clients with emotion regulation disorders. If you treat clients with emotion regulation disorders—including depression, anxiety, post-traumatic stress disorder (PTSD), bipolar disorder, and borderline personality disorder (BPD)—you know how important it is for these clients to take control of their emotions and choose their actions in accordance with their values. To help, emotion efficacy therapy (EET) provides a new, theoretically-driven, contextually-based treatment that integrates components from acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT) into an exposure-based protocol. In doing so, EET targets the transdiagnostic drivers of experiential avoidance and distress intolerance to increase emotional efficacy. This step-by-step manual will show you how to help your clients confront and accept their pain, and learn to apply new adaptive responses to emotional triggers. Using a brief treatment that lasts as little as eight weeks, you will be able to help your clients understand and develop a new relationship with their emotions, learn how to have mastery over their emotional experience, practice values-based action in the midst of being emotionally triggered, and stop intense emotions from getting in the way of creating the life they want. Using the transdiagnostic, exposure-based approach in this book, you can help your clients manage difficult emotions, curb negative reactions, and start living a better life. This book is a game changer for emotion exposure treatment!

acceptance and commitment coaching training: *ACT Daily Journal* Diana Hill, Debbie Sorensen, 2021-05-01 Dramatically change your life in just minutes a day with this powerful guided journal. When you are faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you've made a commitment to live according to your core values, the 'real-world' has a way of driving a wedge between you and a deeper, more meaningful life. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With The ACT Daily Journal, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it's now. By applying ACT to your life, you'll learn how to roll with life's punches, and stay in contact with the present moment, even when you have unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it's never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it's a framework for living well. It helps us accept. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

acceptance and commitment coaching 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 and commitment coaching training: *Professional Coaching* Susan English, OSB, EdD, MCC, Janice Manzi Sabatine, PhD, PCC, Philip Brownell, MDiv, PsyD, 2018-12-07 Incorporating a wealth of knowledge from international experts, this is an authoritative guide to

provide a comprehensive overview of professional coaching. Grounded in current research, it addresses the historical, ethical, theoretical, and practice foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession, including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy, the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive overview of a fast-growing field Includes contributions from international experts Covers historical, professional, philosophical, and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

acceptance and commitment coaching training: Developmental Coaching Stephen Palmer, Sheila Panchal, 2012-07-26 Developmental Coaching explores many of the common transition points we experience throughout life, including teenage transitions, becoming a parent, mid-life and retirement. The book sets these transitions in their social context and reviews them in the light of generational factors. The book is introduced with key psychological concepts from areas such as lifespan development and positive psychology, in addition to insights from other disciplines, including management theory and sociology. The main topics of discussion are: coaching tools and techniques broader societal and generational trends how coaching can help individuals to realise positive growth. With case studies throughout, Developmental Coaching offers an essential resource for practising coaches, coaching psychologists, counsellors and other professionals who wish to further their knowledge of the developmental aspects of coaching and dealing with life transitions.

acceptance and commitment coaching training: ADKAR Jeff Hiatt, 2006 In his first complete text on the ADKAR model, Jeff Hiatt explains the origin of the model and explores what drives each building block of ADKAR. Learn how to build awareness, create desire, develop knowledge, foster ability and reinforce changes in your organization. The ADKAR Model is changing how we think about managing the people side of change, and provides a powerful foundation to help you succeed at change.

acceptance and commitment coaching training: ACT for Psychosis Recovery Emma K. O'Donoghue, Eric M.J. Morris, Joseph E. Oliver, Louise C. Johns, 2018-03-01 ACT for Psychosis Recovery is the first book to provide a breakthrough, evidence-based, step-by-step approach for group work with clients suffering from psychosis. As evidenced in a study by Patricia A. Bach and Steven C. Hayes, patients with psychotic symptoms who received acceptance and commitment therapy (ACT) in addition to treatment as usual showed half the rate of rehospitalization as those who did not. With this important guide, you'll learn how a patient's recovery can be both supported and sustained by promoting acceptance, mindfulness, and values-driven action. The journey of personal recovery from psychosis is immensely challenging. Patients often struggle with paranoia, auditory hallucinations, difficulties with motivation, poor concentration and memory, and emotional dysregulation. In addition, families and loved ones may have trouble understanding psychosis, and stigmatizing attitudes can limit opportunity and create alienation for patients. True recovery from psychosis means empowering patients to take charge of their lives. Rather than focusing on pathology, ACT teaches patients how to stay grounded in the present moment, disengage from their symptoms, and pursue personally meaningful lives based on their values. In this groundbreaking book, you will learn how to facilitate ACT groups based on a central metaphor (Passengers on the Bus), so that mindfulness and values-based action are introduced in a way that is engaging and memorable. You will also find tips and strategies to help clients identify valued directions, teach clients how to respond flexibly to psychotic symptoms, thoughts, and emotions that have been barriers to living a valued life, and lead workshops that promote compassion and connection among

participants. You'll also find tried and tested techniques for engaging people in groups, particularly those traditionally seen as "hard to reach"—people who may be wary of mental health services or experience paranoia. And finally, you'll gain skills for engaging participants from various ethnic backgrounds. Finding purpose and identity beyond mental illness is an important step in a patient's journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the insight needed to achieve lasting well-being.

acceptance and commitment coaching training: ACT Made Simple Russ Harris, 2021-10-04 ACT Made Simple is a comprehensive guide to a powerful, evidence-based approach to psychological well-being--full of tools, techniques, and strategies to maximize human potential for a rich and meaningful life.

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begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven-effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

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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.

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