

values acceptance and commitment therapy

Values Acceptance and Commitment Therapy: Embracing Change Through Meaningful Living

values acceptance and commitment therapy is a powerful psychological approach that has been gaining attention for its unique blend of mindfulness, acceptance, and behavioral change strategies. Unlike traditional therapies that often focus on symptom reduction, this approach encourages individuals to live a rich, meaningful life by aligning their actions with deeply held personal values. If you're curious about how this therapy works and why it's resonating with so many people, read on for a comprehensive exploration.

What Is Values Acceptance and Commitment Therapy?

Values acceptance and commitment therapy, often abbreviated as ACT, is a form of psychotherapy rooted in behavioral science and mindfulness techniques. It was developed in the 1980s by Steven C. Hayes and colleagues and has since evolved into an evidence-based practice used to treat a wide range of mental health issues, including anxiety, depression, chronic pain, and stress.

The core idea behind ACT is simple yet profound: instead of trying to eliminate difficult thoughts or feelings, individuals learn to accept them as natural experiences while committing to actions that align with their core values. This approach helps people move past avoidance and emotional struggle, fostering psychological flexibility—the ability to be present, open, and committed to behaviors that enrich one's life.

The Role of Values in Therapy

At the heart of values acceptance and commitment therapy lies the emphasis on values—those personally meaningful life directions that give purpose and motivation. Values are different from goals; they're more like guiding principles or compass points rather than checklists to complete. For example, someone's value might be "connection," "creativity," or "honesty." ACT encourages clients to identify these values clearly, which becomes the foundation for committed action.

By focusing on values, ACT helps individuals clarify what truly matters to them beyond fleeting emotions or societal expectations. This clarity can be empowering, providing a sense of direction even when life feels chaotic or overwhelming.

Key Principles and Processes of Values Acceptance and Commitment Therapy

Values acceptance and commitment therapy relies on six core processes that work together to cultivate psychological flexibility. Understanding these elements can provide insight into how ACT helps transform people's relationships with their thoughts and behaviors.

1. Acceptance

Acceptance involves embracing thoughts, feelings, and sensations without trying to change, avoid, or suppress them. Rather than battling inner experiences, ACT encourages a willingness to experience them fully and without judgment.

2. Cognitive Defusion

This process helps individuals distance themselves from their thoughts, recognizing that thoughts are just words or images, not absolute truths. Cognitive defusion techniques might include observing thoughts without attachment or labeling them as "just thoughts."

3. Being Present

Mindfulness is a cornerstone of ACT. Being present means engaging fully with the current moment, observing experiences with openness and curiosity instead of distraction or rumination.

4. Self-as-Context

This concept refers to the idea that there's a flexible, observing self distinct from one's thoughts and feelings. Recognizing this perspective allows individuals to see themselves as more than their internal experiences.

5. Values Clarification

As mentioned earlier, this step involves identifying what truly matters. Therapists guide clients in exploring and articulating their values to create a meaningful framework for action.

6. Committed Action

Finally, ACT emphasizes taking concrete steps guided by values. This commitment to valued behavior, even in the face of discomfort, is what leads to lasting change and personal growth.

How Values Acceptance and Commitment Therapy Differs from Other Therapies

While many therapies aim to reduce symptoms or change thought patterns, values acceptance and commitment therapy takes a different route. Instead of trying to fix or control thoughts and feelings, ACT focuses on changing the relationship with those experiences.

For example, cognitive-behavioral therapy (CBT) often works by challenging and restructuring negative thoughts. In contrast, ACT teaches acceptance and mindfulness strategies to reduce the impact of those thoughts without necessarily disputing their content. This can be especially helpful for people who have struggled with rumination or who find cognitive restructuring difficult.

Additionally, the strong focus on values in ACT distinguishes it from some other approaches. By anchoring therapy in what matters most to the individual, ACT fosters motivation and resilience even when life presents challenges.

Practical Applications of Values Acceptance and Commitment Therapy

Values acceptance and commitment therapy is versatile and can be applied across various settings and populations. Its principles have been adapted for individual therapy, group sessions, and even self-help formats.

ACT for Anxiety and Depression

Many people with anxiety or depression find relief through ACT's emphasis on acceptance. By learning to observe distressing thoughts and feelings without avoidance, they reduce the struggle that often exacerbates symptoms. Committing to values-based actions helps break the cycle of withdrawal and inactivity common in these conditions.

Managing Chronic Pain and Physical Health Issues

Chronic pain can be debilitating, especially when attempts to control or eliminate pain lead to frustration. ACT helps individuals accept pain sensations while focusing on living a meaningful life despite discomfort. This shift often improves quality of life and reduces the emotional burden associated with chronic health problems.

Enhancing Workplace Well-Being

ACT has also found a role in occupational settings, where stress and burnout are prevalent. Teaching employees mindfulness, acceptance, and values-driven behavior can improve resilience, job satisfaction, and overall mental health.

Tips for Integrating Values Acceptance and Commitment Therapy into Daily Life

You don't have to be in therapy to benefit from some of the principles of values acceptance and commitment therapy. Here are a few ways to start incorporating its wisdom into everyday living:

- **Practice Mindfulness:** Spend a few minutes each day observing your thoughts and feelings without judgment. Notice them as passing events rather than facts you must act on.
- **Identify Your Values:** Reflect on what matters most to you in life. Consider areas like relationships, career, health, or personal growth.
- **Set Small, Values-Based Goals:** Choose actions that align with your values, even if they seem minor. Consistent steps build momentum.
- **Accept Discomfort:** Recognize that difficult emotions are part of life. Instead of avoiding them, practice allowing them to be present while continuing to move forward.
- **Use Defusion Techniques:** When negative thoughts arise, try labeling them ("I'm having the thought that...") or visualize them as leaves floating down a stream to reduce their impact.

Research and Effectiveness of Values Acceptance and Commitment Therapy

Scientific studies have supported the effectiveness of values acceptance and commitment therapy across diverse populations and conditions. Meta-analyses show that ACT can significantly reduce symptoms of anxiety, depression, and stress, often with effects comparable to or better than traditional cognitive-behavioral therapy.

Moreover, ACT's emphasis on psychological flexibility has been linked to improved well-being and resilience, suggesting benefits extend beyond symptom relief. This makes ACT an appealing choice for those seeking a holistic approach to mental health.

Emerging Trends and Future Directions

The field of ACT continues to grow, with new adaptations and applications emerging. Digital ACT programs, mobile apps, and virtual therapy sessions are making this approach more accessible. Researchers are also exploring how ACT principles can support populations facing unique challenges, such as veterans, adolescents, and people with substance use disorders.

As awareness increases, values acceptance and commitment therapy is likely to become an even more integral part of mental health care worldwide.

Understanding values acceptance and commitment therapy offers a fresh perspective on psychological healing—one that honors the complexity of human experience and the power of living intentionally. Whether you're a mental health professional, someone seeking support, or simply curious about new ways to cultivate well-being, embracing the principles of ACT can open doors to greater freedom, resilience, and fulfillment.

Frequently Asked Questions

What is Values Acceptance and Commitment Therapy (ACT)?

Values Acceptance and Commitment Therapy (ACT) is a form of psychotherapy that uses mindfulness and behavioral strategies to help individuals accept their thoughts and feelings while committing to actions aligned with their personal values.

How does ACT differ from traditional cognitive behavioral therapy (CBT)?

Unlike traditional CBT, which focuses on challenging and changing negative thoughts, ACT emphasizes accepting thoughts and feelings without judgment and encourages commitment to value-driven behaviors to improve psychological flexibility.

What role do personal values play in Acceptance and Commitment Therapy?

In ACT, personal values serve as a guiding compass for behavior change. Therapy helps individuals identify their core values and commit to actions that align with those values, fostering a meaningful and fulfilling life.

Can ACT be effective for anxiety and depression?

Yes, ACT has been shown to be effective in treating anxiety, depression, and other mental health conditions by helping individuals accept unpleasant thoughts and feelings while engaging in valued life activities.

What are the core processes involved in Values Acceptance and Commitment Therapy?

The six core processes in ACT include acceptance, cognitive defusion, being present, self as context, values clarification, and committed action. Together, these processes enhance psychological flexibility and promote mental well-being.

Additional Resources

Values Acceptance and Commitment Therapy: A Deep Dive into Its Principles and Applications

values acceptance and commitment therapy (ACT) has emerged as a significant psychological intervention within the realm of cognitive-behavioral therapies. Rooted in a unique blend of mindfulness and behavioral change strategies, ACT aims to enhance psychological flexibility by encouraging individuals to embrace their personal values while accepting difficult emotions rather than fighting them. This therapeutic approach has gained traction across various clinical and non-clinical settings, offering a fresh perspective on mental health treatment that diverges from traditional symptom-focused therapies.

Understanding Values Acceptance and Commitment Therapy

At its core, values acceptance and commitment therapy is designed to help individuals live a meaningful life in alignment with their core values, despite the presence of pain, stress, or emotional discomfort. Unlike conventional therapies that often prioritize symptom reduction, ACT centers on the development of psychological flexibility – the ability to remain in contact with the present moment and act in ways consistent with personal values, even in the face of unwanted thoughts or feelings.

This approach operates under the premise that suffering is a natural part of human experience. Instead of attempting to eliminate distressing feelings or thoughts, ACT encourages acceptance of these experiences while committing to behavior change based on identified values. This nuanced stance differentiates ACT from avoidance-based strategies and fosters resilience by promoting adaptive coping mechanisms.

Core Components of ACT

The therapeutic process of values acceptance and commitment therapy revolves around six interrelated core processes:

- **Acceptance:** Embracing thoughts, emotions, and sensations without unnecessary attempts to control or avoid them.
- **Cognitive Defusion:** Learning to perceive thoughts and feelings as transient mental events rather than literal truths.
- **Being Present:** Cultivating mindfulness and awareness of the current moment.
- **Self-as-Context:** Developing a sense of self that is distinct from thoughts and feelings, fostering perspective.
- **Values Clarification:** Identifying what truly matters to the individual, serving as a compass for behavior.
- **Committed Action:** Engaging in behaviors aligned with identified values, even when faced with obstacles.

Each of these elements contributes to building psychological flexibility, which is the hallmark of ACT's therapeutic endeavor.

Comparisons with Other Therapeutic Modalities

In the landscape of contemporary psychotherapy, values acceptance and commitment therapy is often compared to traditional Cognitive Behavioral Therapy (CBT). While CBT primarily targets the modification of maladaptive thoughts to alleviate distress, ACT shifts the focus toward changing the relationship with one's thoughts rather than their content. This distinction is crucial; ACT promotes a non-judgmental stance toward thoughts and feelings, reducing the struggle against internal experiences.

Moreover, ACT integrates mindfulness principles more explicitly than many CBT variants. This incorporation allows clients to foster a greater awareness of the present moment, enhancing the capacity to observe mental phenomena without attachment or resistance. Such mindfulness elements position ACT closer to third-wave behavioral therapies, which emphasize acceptance and experiential change.

Effectiveness and Evidence Base

Research into values acceptance and commitment therapy has expanded significantly over the past two decades. Meta-analyses indicate that ACT is effective in treating a broad spectrum of psychological disorders, including anxiety, depression, chronic pain, and substance use disorders. For instance, a 2020 meta-analysis published in the Journal of Contextual Behavioral Science reported that ACT produced moderate to large effect sizes in reducing symptom severity compared to control groups.

A notable strength of ACT lies in its transdiagnostic applicability, making it suitable for diverse populations and conditions. Its emphasis on values-driven behavior has also shown promise in enhancing quality of life and well-being beyond mere symptom management. However, some critiques point out that while ACT's empirical support is robust, more high-quality randomized controlled trials are necessary to establish long-term efficacy across various clinical settings.

Applications Across Different Contexts

Values acceptance and commitment therapy has been adapted for use in multiple environments, ranging from individual psychotherapy to group interventions, and even digital platforms. Its flexibility allows practitioners to tailor the approach to specific client needs and cultural backgrounds.

Clinical Settings

In clinical psychology, ACT is deployed to address conditions such as:

- **Chronic Pain:** Helping patients accept pain sensations while engaging in meaningful activities.
- **Depression and Anxiety:** Facilitating value-based living despite distressing moods or thoughts.
- **Obsessive-Compulsive Disorder:** Reducing the impact of intrusive thoughts through cognitive defusion techniques.

These applications highlight ACT's capacity to shift clients' focus from symptom control to value-consistent action, which can result in sustained improvements.

Workplace and Performance Enhancement

Beyond traditional therapy, values acceptance and commitment therapy principles have been integrated into coaching, leadership development, and performance psychology. By encouraging individuals to clarify their values and commit to aligned behaviors, ACT frameworks support enhanced motivation, resilience, and productivity. This adaptability underscores the therapy's relevance in non-clinical spheres where psychological flexibility is a valuable asset.

Digital and Telehealth Adaptations

Recent advancements in telepsychology have seen the rise of ACT-based online interventions. Digital platforms offer interactive exercises and mindfulness practices that align with ACT's core principles, making therapy more accessible. Preliminary data suggest that web-based ACT programs can effectively reduce symptoms of depression and anxiety, although engagement rates and long-term adherence remain areas for further exploration.

Strengths and Limitations of Values Acceptance and Commitment Therapy

No therapeutic model is without its challenges, and ACT is no exception. Its strengths are evident in its holistic, values-centered approach and its applicability across a wide range of psychological issues. The acceptance component reduces experiential avoidance, which is often a maintaining factor in many disorders, while committed action promotes proactive life changes.

However, some limitations merit consideration:

- **Conceptual Complexity:** Some clients find the abstract nature of ACT's processes, such as self-as-context, difficult to grasp initially.
- **Therapist Training:** Effective delivery of ACT requires specialized training and skill, which can limit its availability.
- **Measurement Challenges:** Quantifying psychological flexibility and value-consistent behavior can be complex, affecting research precision.

Despite these challenges, ongoing developments in training and measurement tools are addressing some of these barriers.

Integrating Values Acceptance and Commitment Therapy in Practice

For mental health professionals considering ACT, a key to success lies in balancing theoretical understanding with practical application. Utilizing experiential exercises, metaphors, and mindfulness practices can enhance client engagement. Moreover, therapists often blend ACT with other approaches to tailor interventions based on individual client profiles.

The increasing body of literature suggests that ACT's strength is not only in symptom alleviation but also in fostering a richer, more meaningful engagement with life, even amid adversity. This perspective resonates with contemporary views on mental health, which emphasize well-being and functionality rather than mere absence of disorder.

As the field evolves, values acceptance and commitment therapy continues to shape the dialogue around psychological treatment by championing acceptance, mindfulness, and values-based living as pathways to mental health and resilience.

Values Acceptance And Commitment Therapy

values acceptance and commitment therapy: The Oxford Handbook of Acceptance and Commitment Therapy Michael P. Twohig, Michael E. Levin, Julie M. Petersen, 2023 In The Oxford Handbook of Acceptance and Commitment Therapy, Michael P. Twohig, Michael E. Levin, and Julie M. Petersen bring together contributions from the world's leading scholars to create a comprehensive volume on established areas of ACT. The Handbook presents the first scholarly review of the treatment as it has developed over the past two to three decades. Featuring 33 chapters on key aspects of the treatment, the contributors offer analysis on ACT's conceptual and

theoretical underpinnings, applications to specific populations and problems, methods of implementation, and other special topics. They will further cover theory, empirical support, and scholarly descriptions of treatment application.

values acceptance and commitment therapy: *Acceptance and Commitment Therapy for Anxiety Disorders* Georg H. Eifert, John P. Forsyth, 2005-08-01 Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment—a traditional approach that implies, at least on some level, that there is something 'wrong' with the client—ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office. The book comes with a CD-ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging.

values acceptance and commitment therapy: *Acceptance and Commitment Therapy* Koa Whittingham, Lisa Coyne, 2019-06-15 *Acceptance and Commitment Therapy: The Clinician's Guide for Supporting Parents* constitutes a principles-based guide for clinicians to support parents across various stages of child and adolescent development. It uses Acceptance and Commitment Therapy (ACT) as an axis to integrate evolution science, behaviour analysis, attachment theory,

emotion-focused and compassion-focused therapies into a cohesive framework. From this integrated framework, the authors explore practice through presenting specific techniques, experiential exercises, and clinical case studies. - Explores the integration of ACT with established parenting approaches - Includes a new model - the parent-child hexaflex - and explores each component of this model in depth with clinical techniques and a case study - Emphasizes how to foster a strong therapeutic relationship and case conceptualization from an acceptance and commitment therapy perspective - Covers the full spectrum of child development from infancy to adolescence - Touches upon diverse clinical presentations including: child anxiety, neurodevelopmental disorders, and child disruptive behavior problems, with special emphasis on infant sleep - Addresses how best to support parents with mental health concerns, such as postnatal depression - Is relevant for both novices and clinicians, students in psychology, social work and educational professionals supporting parents

values acceptance and commitment therapy: 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.

values acceptance and commitment therapy: Essentials of Acceptance and Commitment Therapy Sonja Batten, 2011-03-11 'The literature on Acceptance and Commitment Therapy (ACT) is vast but if you want to dig down to the essentials of ACT you've found the right volume. Nothing central is left out and nothing unnecessary is left in. Written by one of the world's experts on ACT, this book delivers. Highly recommended.' - Dr Steven C. Hayes, Foundation Professor, University of Nevada This practical, easy-to-use book introduces the theory and practice of Acceptance and Commitment Therapy (ACT), a key contextual third wave CBT approach. The book takes the reader through the therapeutic stages from start to end, showing how to use acceptance and mindfulness together with commitment and behaviour change strategies to improve mental health. This is a uniquely concise and clear introduction that does not require prior knowledge of the approach. It puts the emphasis on practical interventions and direct applicability in real practice avoids jargon and complex language is full of case examples to translate the theory into practice includes key points and questions to test readers' comprehension of the topics covered. After reading this book, readers will be able to apply basic ACT interventions for common problems, and will know if they are interested in more in-depth training in ACT. This is a must-have overview of ACT for CBT trainees on graduate level courses in the UK and worldwide. It will also be of value to practitioners on ACT workshops and short courses, as preliminary or follow-up reading.

values acceptance and commitment therapy: Acceptance and Commitment Therapy Paul E. Flaxman, J.T. Blackledge, Frank W. Bond, 2010-11-16 This accessible and concise book provides an excellent guide to the key features of Acceptance and Commitment Therapy (ACT), explaining how it differs from traditional cognitive behaviour therapy.

values acceptance and commitment therapy: 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.

values acceptance and commitment therapy: Acceptance & Commitment Therapy for Anxiety Disorders Georg H. Eifert, John P. Forsyth, 2005 Accompanying CD-ROM includes client worksheets, questionnaires, and inventories.

values acceptance and commitment therapy: Acceptance and Commitment Therapy, Second Edition Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson, 2016-08-29 Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT—from conceptual and empirical foundations to clinical techniques—written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research. *Psychological flexibility is now the central organizing focus. *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation. *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

values acceptance and commitment therapy: Innovations in Acceptance and Commitment Therapy (ACT) for Acquired Brain Injury Richard Coates, 2024-10-08 Acceptance and Commitment Therapy (ACT) allows people with acquired brain injury to develop psychological flexibility, in order to lead a vital life, despite all the difficult thoughts, feelings and brain injury symptoms that are present. *Innovations in Acceptance and Commitment Therapy (ACT) for Acquired Brain Injury* brings together contributions from highly experienced clinicians, using innovative approaches in ACT for acquired brain injury, in the context of individuals, working with relatives, groups and multidisciplinary teams. This book will be a valuable resource for clinical psychologists, clinical neuropsychologists, counselling psychologists, cognitive behaviour therapists, psychiatrists and counsellors working therapeutically with clients with acquired brain injury.

values acceptance and commitment therapy: *Acceptance and Commitment Therapy for Behavior Analysts* Mark R. Dixon, Steven C. Hayes, Jordan Belisle, 2023-03-16 This book provides a thorough discussion of acceptance and commitment therapy or training (ACT) and a guide for its use by behavior analysts. The book emphasizes how the intentional development of six core behavioral processes – values, committed action, acceptance, defusion, self-as-context, and present moment awareness – help establish the psychological flexibility needed to acquire and maintain adaptive behaviors that compete with maladaptive behavior patterns in verbally able clients. Split into three parts, the book discusses the history and controversy surrounding the rise of acceptance and commitment strategies in behavior analysis and shows how the processes underlying ACT are linked to foundational behavioral scientific principles as amplified by stimulus equivalence and relational learning principles such as those addressed by relational frame theory. In a careful step-by-step way, it describes the best practices for administering the acceptance and commitment procedures at the level of the individual client, organizational systems, and with families. Attention is also given to the ethical and scope-of-practice considerations for behavior analysts, along with recommendations for conducting on-going research on this new frontier for behavior analytic treatment across a myriad of populations and behaviors. Written by leading experts in the field, the book argues that practice must proceed from the basic tenants of behavior analysis, and that now is the opportune moment to bring ACT methods to behavior analysts to maximize the scope and depth of behavioral treatments for all people. *Acceptance and Commitment Therapy for Behavior Analysts* will be an essential read for students of behavior analysis and behavior therapy, as well as for individuals on graduate training programs that prepare behavior analysts and professionals that are likely to use ACT in their clinical practice and research.

values acceptance and commitment therapy: *Acceptance and Commitment Therapy for Eating Disorders* Emily Sandoz, Kelly 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.

values acceptance and commitment therapy: *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.

values acceptance and commitment therapy: *Learning Acceptance and Commitment Therapy* Debrin P. Goubert, M.D., Niklas Törneke, M.D., Robert Purssey, M.D., FRANZCP, Josephine Loftus, M.D., MRCPsych, Laura Weiss Roberts, M.D., M.A., Kirk D. Strosahl, Ph.D., 2020-06-04 The Benefits of ACT in Psychiatric Practice : Letters From the Front Lines -- An Overview of ACT : From

Basic Behavioral Science Foundations to a Model of Human Resilience -- The Practice of Functional Psychiatry -- Learning to Treat Your Patient With CARE : Mastering the Basic Moves of ACT -- ACT Dancing : Learning Advanced ACT Moves -- The Art and Science of Functional Psychopharmacology -- ACT in Outpatient Psychiatric Practice -- ACT in Consultation-Liaison Psychiatry -- ACT in the Inpatient Psychiatric Unit -- Teaching ACT in Residency, Institutional, and Programmatic Settings.

values acceptance and commitment therapy: *Acceptance and Commitment Therapy for Borderline Personality Disorder* Patricia E. Zurita Ona, 2020-12-01 Clients with borderline personality disorder (BPD) need compassionate and proven-effective care to help them manage emotions, improve interpersonal relationships, and move beyond negative beliefs about themselves. This book outlines a new treatment framework utilizing acceptance and commitment therapy (ACT) to help clinicians treat BPD and emotion dysregulation problems with a focus on values and forgiveness. With this guide, clinicians will learn to target the fundamental cause of BPD for better treatment outcomes and happier, healthier clients.

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values acceptance and commitment therapy: *Acceptance and Commitment Therapy for Chronic Pain* JoAnne Dahl, Carmen Luciano, Kelly Wilson, 2005-04-05 Professionals who work with patients and clients struggling with chronic pain will benefit from this values-based behavior change program for managing the effects of pain. Acceptance and Commitment Therapy for Chronic Pain addresses case formulation and clinical techniques for working with pain patients through a combination of practical instruction and a treatment scenario narrative that follows a patient through an ACT-based intervention. An invaluable resource for rehabilitation specialists, psychologists, physicians, nurses, and others.

values acceptance and commitment therapy: *Practicing Acceptance and Commitment Therapy with Head and Heart* Lieve Bruyninx, Yvonne Barnes-Holmes, Ciara McEnteggart, Marjolein Vleugel, Roy Thewissen, 2024-09-05 This book will help readers balance the essential scientific concepts underlying Acceptance and Commitment Therapy (ACT) with their clinical practice, reconnecting ACT with its behavioural therapeutic roots and Relational Frame Theory. Clinicians often struggle to understand the science (the “head”) that should underpin their clinical practice/work (the “heart”). Without a core understanding of the scientific concepts underlying ACT, clinicians struggle to understand how to adapt ACT in practice for specific client or group situations and why. In response to that, this book is structured to help readers understand the why of each intervention and how to use that to guide the next move. Through a mix of explanations, personal examples, exercises for the therapist, short cases, and metaphors, the book provides a series of science-driven concepts that teach the reader to use the ACT toolbox with skilful interventions. This manual is a must-read for any ACT trainee or practitioner, helping them systematically connect techniques with the rationale for their use.

values acceptance and commitment therapy: *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

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