

acceptance and commitment therapy online training

Acceptance and Commitment Therapy Online Training: A Critical Analysis of its Impact on Current Trends

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Abstract: This analysis examines the burgeoning field of acceptance and commitment therapy (ACT) online training, exploring its strengths, limitations, and impact on current trends in mental health care delivery. We delve into the efficacy of online ACT training compared to in-person modalities, consider the accessibility and affordability it offers, and discuss the challenges related to technological limitations, therapist-client rapport, and the potential for misuse. Finally, we propose strategies to maximize the effectiveness and ethical considerations surrounding acceptance and commitment therapy online training.

1. The Rise of Online ACT Training: A Paradigm Shift in Mental Healthcare

The demand for mental health services has significantly increased globally, yet accessibility remains a major barrier for many. Traditional in-person therapy often faces limitations in terms of geographical reach, cost, and scheduling conflicts. Acceptance and commitment therapy online training has emerged as a viable solution, leveraging technology to overcome these hurdles. The proliferation of online platforms, video conferencing tools, and readily available internet access has facilitated the widespread adoption of acceptance and commitment therapy online training programs, reaching individuals previously underserved by traditional therapeutic models. This shift reflects a broader trend in telehealth, which is rapidly transforming how mental healthcare is delivered.

2. Evaluating the Efficacy of Online ACT Training

While in-person ACT has robust empirical support, the efficacy of acceptance and commitment therapy online training requires careful evaluation. Studies have shown promising results, indicating

comparable outcomes to in-person interventions for certain conditions like anxiety and depression. However, factors such as the quality of the online program, the participant's technological literacy, and their motivation significantly influence treatment outcomes. Future research should focus on rigorously comparing online and in-person ACT interventions, accounting for these mediating variables and exploring the effectiveness of various online delivery formats (e.g., live sessions, pre-recorded modules, blended learning).

3. Accessibility, Affordability, and Reach: The Benefits of Online ACT Training

One of the most significant advantages of acceptance and commitment therapy online training is its enhanced accessibility. Geographical limitations are eliminated, enabling individuals in remote areas or with limited mobility to access quality ACT interventions. Online programs often offer more flexible scheduling options, accommodating busy lifestyles. Furthermore, online platforms can reduce the overall cost of therapy, making ACT more affordable for individuals with financial constraints. This increased accessibility and affordability contribute to reducing health disparities and promoting equity in mental healthcare access. The democratization of ACT via acceptance and commitment therapy online training has the potential to significantly impact global mental wellbeing.

4. Challenges and Limitations: Addressing the Gaps in Online ACT Training

Despite its potential, acceptance and commitment therapy online training faces several challenges. The absence of a physical therapeutic relationship can hinder the development of rapport and trust between the therapist and client. Technological limitations, such as poor internet connectivity or technical glitches, can disrupt sessions and compromise therapeutic progress. Furthermore, the potential for misuse or the lack of appropriate safeguards raises ethical concerns. The self-directed nature of some online programs necessitates careful design to ensure adequate support and guidance are provided to prevent potential harm or misuse of the techniques.

5. Ensuring Quality and Ethical Considerations in Online ACT Training

The quality of acceptance and commitment therapy online training programs varies considerably. To ensure effectiveness and ethical practice, several factors require attention. Rigorous training and certification of online ACT therapists are crucial. Programs should incorporate strategies to address the challenges of online interaction, such as building rapport remotely and addressing technical issues effectively. Clear guidelines and policies regarding data privacy, confidentiality, and client safety must be in place. The development of standardized quality metrics and accreditation processes for online ACT programs is essential to safeguard the integrity and effectiveness of this modality.

6. The Future of Acceptance and Commitment Therapy Online Training: Integrating Technology and Innovation

The future of acceptance and commitment therapy online training involves integrating innovative technologies to enhance the therapeutic experience. Virtual reality (VR) and augmented reality (AR)

technologies can provide immersive and engaging therapeutic environments. Artificial intelligence (AI) can personalize interventions and provide tailored support to clients. Gamification techniques can improve motivation and engagement. These technological advancements have the potential to improve the accessibility, effectiveness, and overall user experience of acceptance and commitment therapy online training, making it a more powerful tool for promoting mental well-being.

7. Current Trends and Future Directions in Online ACT Training

The field of acceptance and commitment therapy online training is constantly evolving. Current trends include the increasing use of blended learning models (combining online and in-person components), the development of specialized online programs for specific populations (e.g., adolescents, individuals with chronic pain), and the integration of technology to enhance the therapeutic process. Future directions may involve further research on the efficacy of different online delivery formats, exploring the potential of personalized interventions using AI, and developing innovative approaches to address the challenges of delivering ACT remotely.

Conclusion

Acceptance and commitment therapy online training presents a significant opportunity to expand access to effective mental health services. While challenges exist, careful consideration of efficacy, accessibility, affordability, ethical implications, and technological innovation will ensure the responsible and effective development of this promising approach. By addressing the limitations and capitalizing on its strengths, acceptance and commitment therapy online training can play a vital role in improving mental well-being on a global scale.

FAQs

1. Is online ACT as effective as in-person ACT? Studies suggest comparable effectiveness for certain conditions, but factors like program quality and individual factors influence outcomes.
1. What are the benefits of online ACT training? Increased accessibility, affordability, flexible scheduling, and wider reach.
1. What are the potential drawbacks of online ACT training? Challenges in building rapport, technological limitations, ethical considerations, and potential for misuse.
1. How can I find a reputable online ACT program? Look for certified therapists, programs with clear policies and procedures, and evidence-based approaches.

1. Is online ACT suitable for all mental health conditions? While effective for various conditions, it may not be suitable for all individuals or severe mental illnesses.
1. What technological skills are needed for online ACT? Basic computer and internet skills are usually sufficient.
1. Is my privacy protected in online ACT? Reputable programs adhere to strict confidentiality and data protection protocols.
1. How much does online ACT training cost? Costs vary widely depending on the program and provider.
1. What if I experience technical difficulties during an online session? Reputable programs have protocols in place to address such issues, potentially rescheduling or offering alternative support.

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1. "Developing a Quality Assurance Framework for Online Acceptance and Commitment Therapy Programs": This article proposes a framework for evaluating the quality of online ACT programs, suggesting quality indicators, accreditation processes, and strategies to ensure efficacy and ethical practice.

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acceptance and commitment therapy online 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.

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acceptance and commitment therapy online 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 therapy online 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 therapy online 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 and commitment therapy online 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 therapy online 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 therapy online training: ACT in Practice Patricia A. Bach, Daniel J. Moran, 2008 Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; ACT in Practice will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models.

acceptance and commitment therapy online 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 therapy online 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 coaches 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 therapy online training: ACT in Steps Michael P. Twohig, Michael E. Levin, Clarissa W. Ong, 2020-09 ACT in Steps will help new ACT therapists (professionals and graduate students) more effectively deliver ACT in their applied work.

acceptance and commitment therapy online 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 and commitment therapy online 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 and commitment therapy online 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 and commitment therapy online training: 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.

acceptance and commitment therapy online 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 therapy online 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 and commitment therapy online 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 therapy online training: Mastering the Clinical Conversation Matthieu Villatte, Jennifer L. Villatte, Steven C. Hayes, 2019-09-06 This compelling book provides psychotherapists with evidence-based strategies for harnessing the power of language to free clients from life-constricting patterns and promote psychological flourishing. Grounded in relational frame theory (RFT), the volume shares innovative ways to enhance assessment and intervention using specific kinds of clinical conversations. Techniques are demonstrated for activating and shaping behavior change, building a flexible sense of self, fostering meaning and motivation, creating powerful experiential metaphors, and strengthening the therapeutic relationship. User-friendly features include more than 80 clinical vignettes with commentary by the authors, plus a Quick Guide to Using RFT in Psychotherapy filled with sample phrases and questions to ask. See also two works by Paul L. Wachtel—*Therapeutic Communication*, Second Edition, which provides another vital perspective on language in psychotherapy, and *Making Room for the Disavowed*, which integrates psychodynamic thinking with ACT and other contemporary approaches.

acceptance and commitment therapy online 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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