

# **acceptance and commitment therapy session plan**

## **Acceptance and Commitment Therapy Session Plan: A Comprehensive Guide**

**Author:** Dr. Emily Carter, PhD, Licensed Psychologist with 15 years of experience specializing in Acceptance and Commitment Therapy (ACT) and mindfulness-based interventions. Dr. Carter has published extensively on ACT and its applications in various clinical settings.

**Publisher:** Mindfulness and Acceptance Publishing, a leading publisher of resources for mental health professionals specializing in evidence-based therapies, including ACT.

**Editor:** Dr. David Miller, PhD, a renowned expert in ACT and the co-author of several influential books on the topic. Dr. Miller has over 20 years of experience training clinicians in ACT.

**Keywords:** acceptance and commitment therapy session plan, ACT session plan, ACT therapy, mindfulness, values, cognitive defusion, self-as-context, present moment awareness, committed action, psychological flexibility, clinical psychology, mental health

**Summary:** This comprehensive guide provides a detailed blueprint for developing effective acceptance and commitment therapy (ACT) session plans. It outlines best practices for structuring sessions, addressing common pitfalls, and maximizing client engagement. The guide covers key ACT principles, including mindfulness, values clarification, cognitive defusion, self-as-context, and committed action, and integrates these elements into a practical framework for therapists. Furthermore, it offers strategies for adapting the ACT session plan to various clinical presentations and client needs.

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## **I. Understanding the Foundation of an Effective Acceptance and Commitment Therapy Session Plan**

An effective acceptance and commitment therapy session plan moves beyond simply addressing symptoms and instead focuses on fostering psychological flexibility – the ability to contact the present moment fully as a conscious human being, and to persist or change one’s behavior in the service of chosen values. This involves six core processes:

1. **Mindfulness:** Cultivating present moment awareness without judgment. The ACT

session plan should incorporate mindfulness exercises tailored to the client's needs, such as body scans, mindful breathing, or focused attention practices.

1. Cognitive Defusion: Learning to observe thoughts and emotions as passing events rather than absolute truths. Techniques like naming thoughts, metaphorical imagery, and the "thank you, next" exercise can be integrated into the session plan.
1. Self-as-Context: Developing a sense of self as an observer rather than being identified with thoughts and feelings. This might involve exploring the client's values and sense of self outside of their struggles.
1. Values Clarification: Identifying what truly matters to the client and aligning their actions with these values. The session plan should allocate time for exploring and prioritizing values across different life domains.
1. Committed Action: Taking steps towards living in accordance with one's values, even in the face of discomfort or difficulty. Developing behavioral experiments and action plans are key components of a successful ACT session plan.
1. Present Moment Awareness: Cultivating an increased awareness of the present without judgment. Using mindfulness exercises and techniques such as mindful movement can significantly aid this process.

## **II. Structuring Your Acceptance and Commitment Therapy Session Plan: A Step-by-Step Guide**

A typical ACT session follows a flexible structure, adaptable to the client's needs. However, a consistent framework is helpful:

- A. Check-in (5-10 minutes): Begin with a brief check-in on the client's experience since the last session. This allows for a smooth transition and identifies potential areas of focus for the current session.
- B. Setting the Agenda (5 minutes): Collaboratively determine the key areas to be explored

during the session. This promotes client agency and ensures the session aligns with their priorities.

C. Focusing on the Present Moment (10-15 minutes): Incorporate mindfulness exercises to ground the client in the present moment. This can be followed by gently exploring any present emotional or physical sensations.

D. Targeting Specific Difficulties (20-30 minutes): Address specific challenges identified by the client using ACT principles. This might involve cognitive defusion techniques, values clarification, or committed action planning. This is the core of the acceptance and commitment therapy session plan.

E. Exploring Values and Committed Action (15-20 minutes): Explore the client's values and discuss specific actions they can take to move toward living in alignment with their values. This is the main focus of the session.

F. Review and Homework (5-10 minutes): Summarize the key takeaways from the session and assign homework to reinforce ACT skills practiced during the session. This homework often involves practicing mindfulness or engaging in committed actions related to values.

G. Closing (5 minutes): End the session with a brief summary and a clear plan for the next session.

### **III. Common Pitfalls in Acceptance and Commitment Therapy Session Plan**

Overemphasis on Acceptance: Focusing solely on acceptance without balancing it with committed action can leave clients feeling overwhelmed and passive.

Insufficient Values Work: Without a clear understanding of the client's values, ACT interventions may lack direction and purpose.

Lack of Collaboration: Imposing ACT techniques on the client rather than collaborating to develop a personalized plan can lead to resistance and disengagement.

Ignoring the Client's Past: While ACT is future-oriented, understanding the client's history can provide valuable context and help tailor the treatment approach.

Insufficient Behavioral Activation: Not actively supporting clients to engage in value-consistent behaviors can impede progress.

### **IV. Adapting the Acceptance and Commitment Therapy Session Plan to Diverse Needs**

The acceptance and commitment therapy session plan should be flexible enough to adapt to diverse clinical presentations and client needs. For instance, clients with trauma might require a more gradual introduction to mindfulness practices, while those with severe anxiety may benefit from a greater emphasis on cognitive defusion techniques.

## **Conclusion**

A well-structured acceptance and commitment therapy session plan is a crucial element for successful ACT implementation. By focusing on psychological flexibility and integrating the six core processes of ACT, therapists can help clients cultivate a more fulfilling and meaningful life. Remember to tailor the plan to each individual client's needs and regularly evaluate its effectiveness, adjusting as necessary.

## FAQs

1. What if a client resists mindfulness exercises? Explore alternative ways to connect with the present moment, such as body awareness or mindful movement. Respect their resistance and don't force the issue.
1. How can I help clients identify their values? Use values cards, questionnaires, or open-ended discussions to help them explore their core values across different life domains.
1. What if a client struggles with committed action? Start small with achievable goals and gradually increase the challenge as they build confidence.
1. How do I address avoidance behaviors in ACT? Use metaphors and paradoxical interventions to highlight the futility of avoidance and promote willingness to experience difficult emotions.
1. How can I integrate ACT with other therapies? ACT can be effectively integrated with other evidence-based treatments to provide a comprehensive approach to mental health.
1. What are some common measurement tools used to monitor progress in ACT? Several measures of psychological flexibility and related constructs can be used, including the AAQ-II, the WCST, and client-reported outcome measures.
1. How do I deal with a client who is experiencing a crisis during a session? Prioritize safety and utilize crisis intervention strategies. Collaborate with the client to develop

a safety plan and if necessary, refer to crisis services.

1. Is ACT suitable for all clients? While ACT is effective for many, it may not be suitable for all clients, particularly those with severe cognitive impairment or active psychosis. Careful assessment is crucial.
1. How often should ACT sessions be scheduled? Session frequency is typically determined based on client need and clinical judgment, however, weekly sessions are common.

## **Related Articles:**

1. "Developing a Personalized ACT Treatment Plan": This article focuses on tailoring ACT to individual client needs and preferences, covering assessment and treatment planning strategies.
1. "Working with Avoidance in ACT": A detailed guide on addressing avoidance behaviors using various ACT techniques, including metaphors, paradoxical interventions, and behavioral experiments.
1. "The Role of Mindfulness in ACT": An in-depth exploration of the importance of mindfulness in achieving psychological flexibility and its application in different stages of ACT.
1. "Values Clarification in ACT: A Practical Guide": This article presents practical strategies and exercises for effective values clarification in therapy sessions.
1. "Measuring Progress in ACT: Outcome Measures and Assessments": A review of commonly used outcome measures for assessing progress in ACT, including their strengths and limitations.

1. "ACT for Specific Disorders: Anxiety, Depression, and Trauma": This article demonstrates the application of ACT to specific mental health conditions, highlighting tailored techniques.
1. "Integrating ACT with Other Therapies: A Collaborative Approach": This article explores the benefits of combining ACT with other therapeutic modalities for enhanced treatment outcomes.
1. "Ethical Considerations in ACT": This article explores ethical considerations related to the application of ACT, including informed consent, client autonomy, and cultural competence.
1. "Supervision and Training in ACT": This article focuses on the importance of supervision and training in developing competence in delivering effective ACT treatment.

**acceptance and commitment therapy session plan:** *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 session plan:** *The Happiness Trap* Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment - 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 therapy session plan: 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 session plan: Acceptance and Commitment Therapy for Borderline Personality Disorder** Patricia E. Zurita Ona, 2020-12-01 Motivate your BPD clients with values-based treatment! This 16-week ACT protocol will help you get started today. As you know, clients with borderline personality disorder (BPD) and emotion dysregulation often struggle with negative beliefs about themselves—beliefs that can lead to feelings of shame, problems with personal relationships, and dangerous behaviors. And while dialectical behavior therapy (DBT) is the standard treatment for BPD, more and more, acceptance and commitment therapy (ACT) has shown promising results when treating BPD clients by helping them focus on their core values and forgiveness. Acceptance and Commitment Therapy for Borderline Personality Disorder provides a comprehensive program for delivering ACT to clients with BPD. Using the session-by-session, 16-week protocol in this professional guide, you can help clients work through the main driver behind BPD—experiential avoidance—and gain the psychological flexibility needed to balance their emotions and begin healing. You can use this protocol on its own, or in conjunction with treatment. With this guide, you'll learn to target the fundamental causes of BPD for better treatment outcomes and happier, healthier clients.

**acceptance and commitment therapy session plan: 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 therapy session plan: 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.

**acceptance and commitment therapy session plan: A Practical Guide to Acceptance and Commitment Therapy** Steven C. Hayes, Kirk D. Strosahl, 2013-03-19 This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or RFT-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

**acceptance and commitment therapy session plan: ACT for Depression** Robert D. Zettle, 2007 ACT for Depression adapts the research-proven techniques of acceptance and commitment therapy (ACT) into a powerful set of conceptualization, assessment, and treatment techniques clinicians can use to help clients with depression, the second-most common mental health condition.

**acceptance and commitment therapy session plan: 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 session plan: 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 session plan: 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 session plan: Acceptance and Commitment Therapy for Chronic Pain** JoAnne Dahl, Carmen Luciano, Kelly G. 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.

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**acceptance and commitment therapy session plan: 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 session plan: 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.

**acceptance and commitment therapy session plan: The Big Book of ACT Metaphors** Jill A. Stoddard, Niloofar Afari, 2014-04-01 Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have

become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

**acceptance and commitment therapy session plan: 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 therapy session plan: 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 session plan: *Living Beyond Your Pain*** JoAnne Dahl, Tobias Lundgren, 2006 Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

**acceptance and commitment therapy session plan: *The Thriving Adolescent*** Louise L. Hayes, Joseph V. Ciarrochi, 2015-11-01 Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often 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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**acceptance and commitment therapy session plan: *The Oxford Handbook of Acceptance and Commitment Therapy*** Michael P. Twohig, 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.

**acceptance and commitment therapy session plan: *Get Out of Your Mind and Into Your Life*** Steven Hayes, Spencer Smith, 2009-09 Acceptance and Commitment Therapy (ACT) is a new approach to psychotherapy that rethinks even the most basic assumptions of mental well-being. Starting with the assumption that the normal condition of human existence is suffering and struggle, ACT works by first encouraging individuals to accept their lives as they are in the here and now.

**acceptance and commitment therapy session plan: *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.

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another visible difference. Contains a wealth of case material with specific relevance to physical health conditions that affect appearance, practical advice on assessment, and session-by-session guidance for addressing common issues Written by leading academics and clinicians working in the management of disfigurement and rational appearance anxiety Uses a flexible stepped-care model that allows for use by experienced CBT practitioners as well those wishing to deliver a more basic psychological intervention Identifies the psychological factors involved in appearance anxiety while also addressing the practical concerns of living with a visible difference, such as managing the reactions of others

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