

Learning

A C T

An Acceptance & Commitment Therapy
Skills Training Manual for Therapists

SECOND EDITION

A STEP-BY-STEP GUIDE TO MASTERING:

- Contact with the present moment
- Acceptance • Defusion • Self-as-context
- Committed action • Values work
- Integrating the hexagon model in practice

JASON B. LUOMA, PhD
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Learning Act An Acceptance And Commitment Therapy Skills Training Manual For Therapists Jason B Luoma

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Learning ACT Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2007-11-01 The groundswell of interest in acceptance and commitment therapy ACT is among the most remarkable developments in contemporary psychotherapy Whether you are new to the profession or an experienced clinician with an established career seeking to incorporate ACT work into your practice this book is an essential resource ACT is both a unique approach and somewhat counterintuitive in its methods Learning to do ACT well requires practice patience and good information This book is a major contribution to ACT professional literature a comprehensive activity based workbook that will 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 Learning ACT begins with an overview of the ACT model outlining its theoretical and philosophical underpinnings Next you will learn how to understand and make use of the six core ACT processes In later chapters you ll be introduced to the ACT approach to establishing an effective and powerful therapeutic relationship and learn to conceptualize cases from an ACT perspective Throughout these chapters are numerous exercises to help you apply what you are learning in order to process the material at a deeper level Unique to this volume is a DVD that includes role played examples of the core ACT processes in action Use this helpful addition to bring to life the concepts developed in the text An invaluable aid to serious ACT study the DVD can be reviewed often as you gain facility with the model

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 *Learning ACT* Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2007 Target audience Health professionals

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 emboldened 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

ACT in Practice Patricia A. Bach, Daniel J. Moran, 2008-05-01 Acceptance and commitment therapy ACT is more than just a set of techniques for structuring psychotherapeutic treatment it also offers a new insightful transdiagnostic approach to case conceptualization and to mental health in general Learn to put this popular new psychotherapeutic model to work in your practice with this book the first guide that explains how to do case conceptualization within an ACT framework ACT in Practice offers an introduction to ACT an overview of its impact and a brief introduction to the six core processes of ACT treatment the six points of the hexaflex model and its pathological alter ego the so called inflexahex It describes how to accomplish case conceptualizations in general and offers précis of the literature that establish the importance and value of case conceptualization This guide also offers possible alternative case conceptualization for cases from different therapeutic traditions a great help to therapists who come from a more traditional CBT background Exercises throughout help you to evaluate the information you have just learned so that you may effectively integrate ACT into your practice

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 **A CBT Practitioner's Guide to ACT** Joseph Ciarrochi, Ann Bailey, 2008 If recent professional publications and conferences are any indication acceptance and mindfulness based therapies are the future of clinical psychology A CBT Practitioner's Guide to ACT helps professionals whose clinical educations focused on traditional change based cognitive behavior therapies navigate the practical and theoretical challenges that come with the switch to the more promising acceptance based strategies

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 *Counselling Skills For Doctors* Smith, Sam, 1999-06-01 Covering the relationship between doctor and patient this book is about certain counselling skills needed in the medical consultation Aimed at medical students it outlines what the intrinsic counselling skills are and if they can be taught **Values in Therapy** Jenna LeJeune, Jason B. Luoma, 2019-12-01 Values in Therapy is a powerful and practical guide for any therapist chock full of insight and tools to conceptualize integrate and effectively apply values work in session With an emphasis on cultivating meaning and vitality in client lives the values component of acceptance and commitment therapy ACT is what draws many clinicians to the treatment model Yet until now there have been no practical guides available on values based practice written from an ACT perspective And while values work may appear deceptively simple it is often difficult to effectively carry out in practice That's where this comprehensive guide comes in Values in Therapy emphasizes the facilitation of specific qualities inherent in effective values conversations such as vitality choice present

focused awareness and willing vulnerability This book will help you move away from basic techniques and exercises and toward the nuance and skills you need to do effective values work You ll also learn how to use these tools with detailed scripts for in session exercises handouts for clients homework ideas assessment and tracking tools case examples practical vignettes and more Whether you re an ACT clinician or simply looking to incorporate values based work into your treatment this essential guide provides everything you need to help clients connect with what really matters to them so they can live full and meaningful lives *Learning Process-Based Therapy* Stefan G. Hofmann, Steven C. Hayes, David N. Lorscheid, 2021-12-01 Step by step guidance for implementing process based therapy in practice Evidence based mental health treatments including cognitive behavioral therapy CBT have long been defined in terms of scientifically validated protocols focused on syndromes This is rapidly changing A process focus is now emerging for evidence based therapies as the era of protocols for syndromes passes away This groundbreaking book offers concrete strategies for adopting a process based approach in your clinical practice and provides step by step guidance for formulating effective treatment plans Written by renowned psychologists Steven C Hayes and Stefan G Hofmann this manual will show you how to utilize the core competencies of process based therapy PBT in a way that honors the behavioral cognitive and acceptance and mindfulness wings of CBT and builds bridges to other models In the book you ll find a comprehensive road map to the theoretical foundations of PBT as well as techniques for creating customized treatments that address the unique needs of each client leading to better therapeutic outcomes Whether you re a clinician or student of the behavioral sciences this book has everything you need to understand and implement PBT in your work [The Moral Injury Workbook](#) Wyatt R. Evans, Robyn D. Walser, Kent D. Drescher, Jacob K. Farnsworth, 2020-06-01 Introducing the first self help workbook for moral injury featuring a powerful approach grounded in acceptance and commitment therapy ACT to help you heal in the midst of moral pain and connect with a deeper sense of meaning and purpose If you ve experienced witnessed or failed to prevent an act that violates your own deeply held values such as harming someone in an automobile accident or failing to save someone from a dangerous situation you may suffer from moral injury an enduring psychological and spiritual pain that is often accompanied by post traumatic stress disorder PTSD depression substance abuse and other mental health conditions In order to begin healing you need to re connect with your values and what really matters to you as a human being Written by a renowned team of PTSD and trauma professionals this workbook can help [The Moral Injury Workbook](#) is the first workbook of its kind to offer a powerful step by step program to help you move beyond moral pain With this guide you ll learn to work through difficult thoughts emotions and spiritual troubles re connect with your deeply held sense of self values or spiritual beliefs and gain the psychological flexibility you need to begin healing and live a full and meaningful life Links to downloadable worksheets for veterans and clinicians are also included Whether you ve experienced moral injury yourself work in the field of mental health or are a pastoral advisor seeking new ways to help facilitate moral healing this workbook is

an effective and much needed resource 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 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 **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 Steven C. Hayes,Jason Lillis,2012

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

The Heart of ACT Robyn D. Walser,2019-10-01 In The Heart of ACT renowned acceptance and commitment therapy ACT trainer Robyn Walser explores ACT as a process based therapy incorporating interpersonal intrapersonal and overarching and ongoing processes as well as the integration of six core components of psychological flexibility to connect clinicians to the dynamic and relational implementation of ACT Engaging clinical scenarios therapeutic insights and supervision dialogues are offered to help clinicians move beyond their conceptual understanding of ACT principles to master the nuances of the therapeutic relationship at the heart of ACT Using the tips and strategies in this professional guide you ll develop a flexible grounded and client centered practice With this comprehensive resource you ll learn to cultivate an organic process driven practice grounded in the heart of the therapeutic relationship and responsive to clients in the moment The Heart of ACT is designed to mimic the supervision experience by presenting material in thought provoking chapters grounded in real life clinical situations and challenges In the book you ll also find supervision dialogues inspired by Walser s work with her supervisees Carlton Coulter and Manuela O Connell Carlton and Manuela comment and ask questions related to the material in the book and their own ACT learning process These are then addressed by Walser in a dialogue designed to assist

clinicians in connecting to the material These sections mimic the helpful mentoring process of one on one training and supervision and offer insights into specific therapeutic challenges that can unfold in structured conversation As the applications of ACT grow so does the need for up to date professional resources Unlike many advanced ACT books that focus on procedures and techniques *The Heart of ACT* focuses on the heart of the therapeutic relationship as well as the soft skills that are difficult to describe but which often mark the difference between a merely good clinician and an excellent one If you re looking to take your ACT delivery to a new exciting level this book is a must have addition to your professional library

Advanced Acceptance and Commitment Therapy Darrah Westrup,2014-06-01 Are you ready to take your ACT practice to the next level If so *Advanced Acceptance and Commitment Therapy* is a powerful resource that can help you streamline your approach and overcome common hurdles that present in therapy At some point or another you have probably encountered difficulty putting theory into practice when it comes to using ACT in sessions with clients You aren t alone Although ACT is a powerful treatment option for a number of psychological issues such as anxiety depression trauma eating disorders and more it is a complex ever evolving model and as such it can often be difficult to deliver effectively The truth is that even the most seasoned ACT therapist will face challenges in their client sessions from time to time This is the only advanced professional ACT book on the market and it is designed to help you close the gap between what you ve learned in ACT training and your actual client sessions Inside licensed psychologist Darrah Westrup PhD provides valuable tips and real life client scenarios to help you hone your understanding of the core processes behind ACT You ll also learn practical strategies for moving past common barriers that can present during therapy such as over identifying with clients or difficulty putting theory into practice Most importantly you ll learn when to deliver specific ACT components and how to adapt your treatment for each client This user friendly pragmatic and thoughtful guide does not promote error free ACT but rather ways to identify and work with the therapy process as it unfolds A must read for any therapist or mental health professional interested in sharpening their ACT skills

A Liberated Mind Steven C. Hayes,2019 In this landmark book the originator and pioneering researcher into Acceptance and Commitment Therapy ACT lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer Science shows that they are useful in virtually every area mental health physical health social processes and performance

The Cambridge Handbook of Applied Psychological Ethics Mark M. Leach,Elizabeth Reynolds Welfel,2018-03-15 *The Cambridge Handbook of Applied Psychological Ethics* is a valuable resource for psychologists and graduate students hoping to further develop their ethical decision making beyond more introductory ethics texts The book offers real world ethical vignettes and considerations Chapters cover a wide range of practice settings populations and topics and are written by scholars in these settings Chapters focus on the application of ethics to the ethical dilemmas in which mental health and other psychology professionals sometimes find themselves Each chapter introduces a setting and gives readers a brief understanding of some of the potential ethical issues at hand before

delving deeper into the multiple ethical issues that must be addressed and the ethical principles and standards involved No other book on the market captures the breadth of ethical issues found in daily practice and focuses entirely on applied ethics in psychology

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Learning Act An Acceptance And Commitment Therapy Skills Training Manual For Therapists Jason B Luoma Introduction

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