

# acceptance and commitment therapy training

**acceptance and commitment therapy training** is an essential pathway for mental health professionals seeking to enhance their therapeutic skills and expand their clinical toolkit. This specialized training focuses on Acceptance and Commitment Therapy (ACT), a form of cognitive-behavioral therapy that emphasizes psychological flexibility, mindfulness, and values-based action. Through comprehensive acceptance and commitment therapy training, clinicians learn to help clients accept difficult thoughts and feelings while committing to behavior changes aligned with their values. This article explores the fundamentals of ACT, the core components of acceptance and commitment therapy training, its benefits for therapists and clients, training formats, and how to select the best program. By understanding these aspects, mental health practitioners can make informed decisions about advancing their expertise and improving client outcomes.

- Understanding Acceptance and Commitment Therapy (ACT)
- Core Components of Acceptance and Commitment Therapy Training
- Benefits of Acceptance and Commitment Therapy Training
- Formats and Delivery Methods for ACT Training
- Choosing the Right Acceptance and Commitment Therapy Training Program

## Understanding Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) is a psychological intervention that combines acceptance strategies with commitment and behavior change processes. It is grounded in relational frame theory and emphasizes increasing psychological flexibility, which is the ability to stay in contact with the present moment and act based on personal values despite unwanted thoughts or feelings. ACT differs from traditional cognitive-behavioral therapies by focusing less on symptom reduction and more on enhancing meaningful life engagement.

## Theoretical Foundations of ACT

ACT is based on functional contextualism and relational frame theory, which explain how language and cognition influence human suffering. It uses six core processes—acceptance, cognitive defusion, being present, self-as-context, values, and committed action—to cultivate psychological flexibility. These processes work together to help clients develop a new relationship with their internal experiences, reducing experiential avoidance and increasing value-driven behavior.

## **Applications and Effectiveness**

Acceptance and Commitment Therapy has demonstrated effectiveness across a broad range of psychological issues, including anxiety, depression, chronic pain, substance abuse, and stress-related disorders. The training equips therapists to apply ACT principles in individual, group, and organizational settings, adapting techniques to diverse populations. Research supports ACT's efficacy in improving quality of life and fostering resilience.

## **Core Components of Acceptance and Commitment Therapy Training**

Acceptance and commitment therapy training programs provide a structured curriculum designed to build proficiency in ACT principles and techniques. These programs integrate theoretical knowledge with experiential learning and practical application. The core components of training typically include understanding ACT theory, mastering therapeutic techniques, and developing clinical skills for diverse client needs.

### **Foundational Knowledge and Theory**

Training begins with a thorough overview of ACT's conceptual framework, including the six core processes and the psychological flexibility model. Trainees learn about the underlying scientific research and how ACT differs from other therapeutic approaches. This foundational knowledge is critical for effective application and ethical practice.

### **Practical Skills and Techniques**

Acceptance and commitment therapy training emphasizes experiential exercises and role-plays to develop practical skills. Techniques such as mindfulness exercises, cognitive defusion strategies, values clarification, and committed action planning are practiced extensively. Trainers guide participants in applying these methods with clients to foster engagement and therapeutic progress.

### **Supervision and Feedback**

Quality training programs include opportunities for supervision and feedback, allowing trainees to refine their skills under expert guidance. This component ensures that clinicians can translate theoretical knowledge into effective clinical practice while adhering to best practice standards. Ongoing supervision supports professional growth and competence.

## **Benefits of Acceptance and Commitment Therapy Training**

Acceptance and commitment therapy training offers numerous advantages for mental health professionals and their clients. It enhances the clinician's therapeutic repertoire, promotes evidence-

based practice, and improves treatment outcomes. Additionally, training fosters professional development and increases career opportunities.

## **Enhanced Clinical Competence**

By mastering ACT principles and techniques, therapists improve their ability to address complex psychological issues. The training builds confidence in delivering interventions that promote psychological flexibility and client empowerment, leading to more effective therapy sessions.

## **Improved Client Outcomes**

Clients benefit from acceptance and commitment therapy through reduced experiential avoidance and increased engagement with meaningful life activities. Training enables clinicians to facilitate these changes, resulting in improved mental health, enhanced coping skills, and greater life satisfaction for clients.

## **Professional Growth and Recognition**

Completing accredited acceptance and commitment therapy training can enhance a clinician's credentials and marketability. It positions therapists as specialists in an evidence-based modality, increasing potential referrals and expanding career options in diverse clinical settings.

## **Formats and Delivery Methods for ACT Training**

Acceptance and commitment therapy training is available in various formats to accommodate different learning preferences and professional schedules. Understanding these options helps clinicians select a program that best fits their needs and maximizes learning outcomes.

### **In-Person Workshops and Seminars**

Traditional face-to-face training sessions provide immersive learning experiences with direct interaction between trainers and participants. These workshops often include lectures, group activities, role-plays, and live demonstrations. In-person formats facilitate immediate feedback and peer collaboration.

### **Online and Virtual Training Programs**

Online acceptance and commitment therapy training offers flexibility and accessibility, allowing clinicians to learn at their own pace. Virtual courses may include video lectures, interactive exercises, webinars, and digital resources. Many programs also provide live virtual supervision to support skill development.

## **Blended Learning Approaches**

Blended training combines online study with scheduled in-person or live virtual sessions. This model offers the benefits of self-directed learning alongside personal engagement with instructors and peers. It is a popular choice for balancing convenience and comprehensive skill acquisition.

## **Choosing the Right Acceptance and Commitment Therapy Training Program**

Selecting an appropriate acceptance and commitment therapy training program involves evaluating several factors to ensure alignment with professional goals and learning preferences. Careful consideration enhances the quality of education and the applicability of skills acquired.

### **Accreditation and Certification**

It is important to choose programs accredited by recognized ACT organizations or psychological associations. Accredited training ensures adherence to high standards, evidence-based curriculum, and eligibility for certification, which can enhance professional credibility.

### **Trainer Expertise and Experience**

The qualifications and clinical experience of trainers significantly impact the quality of instruction. Programs led by certified ACT trainers with extensive clinical backgrounds provide richer insights and practical guidance, fostering deeper understanding and skill mastery.

### **Curriculum Content and Depth**

Reviewing the curriculum details helps determine whether the program covers foundational theory, practical skills, supervision, and advanced topics. Comprehensive training with a balanced theoretical and experiential approach is ideal for developing competence and confidence.

### **Cost and Time Commitment**

Assessing the financial investment and time required for training is essential. Some programs offer modular options or scholarships to accommodate different budgets. Ensuring the schedule fits within professional responsibilities promotes consistent participation and learning retention.

### **Peer Reviews and Testimonials**

Feedback from previous participants provides valuable insights into program quality, instructor effectiveness, and overall satisfaction. Considering peer reviews aids in making an informed decision and selecting a reputable training provider.

- Check accreditation status and certification pathways
- Evaluate trainer credentials and clinical experience
- Analyze curriculum comprehensiveness and methodology
- Consider cost, duration, and scheduling flexibility
- Review testimonials and peer feedback

## **Frequently Asked Questions**

### **What is Acceptance and Commitment Therapy (ACT) training?**

Acceptance and Commitment Therapy (ACT) training is a professional development program designed to teach clinicians and therapists the principles and techniques of ACT, a form of cognitive-behavioral therapy that emphasizes psychological flexibility through mindfulness, acceptance, and commitment to personal values.

### **Who can benefit from ACT training?**

Mental health professionals such as psychologists, counselors, social workers, and psychiatrists can benefit from ACT training to enhance their therapeutic skills. Additionally, educators, coaches, and healthcare providers interested in applying mindfulness and behavioral change principles may also find ACT training valuable.

### **What are the core components taught in ACT training?**

ACT training typically covers six core processes: cognitive defusion, acceptance, contact with the present moment, self-as-context, values clarification, and committed action. These components work together to increase psychological flexibility and promote meaningful behavior change.

### **Are there different levels of ACT training available?**

Yes, ACT training is often offered at multiple levels, including introductory workshops for beginners, intermediate courses for those with some experience, and advanced training for practitioners seeking to deepen their expertise and apply ACT in specialized settings.

### **How long does ACT training usually take?**

The duration of ACT training varies depending on the format and level. Introductory workshops may last 1-3 days, while comprehensive training programs can extend over several weeks or months, often including online modules, live sessions, and supervised practice.

## Is ACT training evidence-based?

Yes, ACT training is grounded in extensive scientific research supporting the effectiveness of Acceptance and Commitment Therapy for a range of psychological conditions, including anxiety, depression, chronic pain, and stress-related disorders.

## How can I find reputable ACT training programs?

Reputable ACT training programs can be found through professional organizations such as the Association for Contextual Behavioral Science (ACBS), university continuing education departments, and licensed therapy training institutes. It's important to verify the credentials of trainers and look for programs that offer certification or continuing education credits.

## Additional Resources

### 1. *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change*

This foundational book by Steven C. Hayes, Kirk D. Strosahl, and Kelly G. Wilson offers a comprehensive overview of Acceptance and Commitment Therapy (ACT). It delves into the theoretical underpinnings and provides practical guidance for applying ACT techniques in clinical practice. The book is ideal for both beginners and experienced therapists seeking to deepen their understanding of mindful change.

### 2. *Learning ACT: An Acceptance and Commitment Therapy Skills Training Manual for Therapists*

This manual by Jason B. Luoma, Steven C. Hayes, and Robyn D. Walser focuses on skill development for therapists learning ACT. It includes detailed exercises, case examples, and practical tips to enhance therapeutic effectiveness. The book serves as an excellent resource for training workshops and self-study.

### 3. *The Mindfulness and Acceptance Workbook for Anxiety*

Written by John P. Forsyth and Georg H. Eifert, this workbook applies ACT principles specifically to anxiety disorders. It provides clients and therapists with actionable exercises to cultivate mindfulness and acceptance. This book is particularly useful in training settings focused on anxiety treatment.

### 4. *Acceptance and Commitment Therapy for Dummies*

By Russ Harris, this accessible guide introduces the core concepts and practices of ACT in a clear, straightforward manner. It is suitable for both clinicians new to ACT and individuals interested in self-help approaches. The book includes practical exercises and real-life examples to facilitate understanding.

### 5. *ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy*

Russ Harris presents a concise and user-friendly introduction to ACT in this book. It breaks down complex concepts into manageable parts and offers practical strategies for implementation. This resource is widely used in training programs to help therapists quickly grasp ACT techniques.

### 6. *Acceptance and Commitment Therapy: Training and Practice*

Edited by Steven C. Hayes, this volume compiles contributions from leading experts in ACT training. It explores various methods for teaching and supervising ACT practitioners, highlighting effective training models. The book is essential for trainers and supervisors aiming to enhance their instructional approaches.

### 7. *ACT in Practice: Case Conceptualization in Acceptance and Commitment Therapy*

By Patricia A. Bach and Jason B. Luoma, this book focuses on applying ACT principles to real-world clinical cases. It guides therapists through case conceptualization and intervention planning using ACT frameworks. The text is valuable for clinicians in training who want to integrate theory with practice.

### 8. *Acceptance and Commitment Therapy for Depression: A Clinician's Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies*

Lizabeth Roemer and Robert L. Leahy provide an in-depth look at using ACT to treat depression. The book offers practical tools and detailed case examples to help therapists incorporate mindfulness and acceptance strategies. It serves as a specialized resource within ACT training curricula.

### 9. *The ACT Matrix: A New Approach to Building Psychological Flexibility Across Settings and Populations*

Kevin L. Polk, Benjamin Schoendorff, and Mark Webster introduce the ACT Matrix, a visual and interactive tool that aids in teaching ACT concepts. This book is designed for therapists and trainers who want to enhance engagement and understanding in diverse clinical populations. It includes step-by-step instructions and case illustrations for effective training use.

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**acceptance and commitment therapy training:** *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.

**acceptance and commitment therapy training:** *Learning ACT for Group Treatment* Darrah Westrup, M. Joann Wright, 2017-06-01 Learning ACT for Group Treatment presents a powerful manual for clinicians, therapists, and counselors looking to implement acceptance and commitment therapy (ACT) in group therapy with clients. The book is a composite of stand-alone sessions, and provides detailed explanations of each of the core ACT processes, as well as printable worksheets,

tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants.

**acceptance and commitment therapy training:** *The Mindful and Effective Employee* Paul E. Flaxman, Frank W. Bond, Fredrik Livheim, 2013-05-01 The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.

**acceptance and commitment therapy training:** The Oxford Handbook of Acceptance and Commitment Therapy , 2023-06-20 There are now over 900 randomized controlled trials demonstrating the positive effects of Acceptance and Commitment Therapy (ACT) for a wide range of areas. ACT is listed as an empirically supported therapy for multiple clinical concerns and is being disseminated as an evidence-based treatment by organizations including the United States Veterans Health Administration and the World Health Organization. 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 a 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 further cover theory, empirical support, and scholarly descriptions of treatment application. The volume is divided into four sections, with the first, on conceptual foundations, offering five chapters that comprise a primer on ACT. The second section presents chapters on ACT methods, such as acceptance, cognitive defusion, and values. The third section covers specific applications of ACT, including depression, eating disorders, and psychosis. The fourth and final section covers issues implementing ACT such as training, delivery in schools, technology, and cultural adaptation. The Handbook concludes with two chapters examining directions for future research and practice. Offering rich resources to further study each topic, the Handbook is an essential resource for scholars and students who wish to understand the important major aspects of this transdiagnostic form of cognitive behavior therapy.

**acceptance and commitment therapy training:** *Learning Acceptance and Commitment Therapy* Debrin P. Goubert, M.D., Niklas Törneke, M.D., Robert Pursey, 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 training:** **Acceptance and Commitment Therapy** Dawn Johnson, Richard Bennett, 2023-08-29 Acceptance and Commitment Therapy (ACT) is an evidence-based contemporary psychological approach to behaviour change that promotes the idea of people living more in line with their values whilst providing them with practical strategies for managing adversity. In this book, Dawn Johnson and Richard Bennett have collated fifty of the questions that have most frequently been put to them whilst delivering ACT training and supervision to a wide range of therapists and other helping professionals. This book is the first of its kind to provide concise answers to a range of philosophical, theoretical, conceptual, and practical questions raised by practitioners who are learning ACT. It will be of interest to psychotherapists, clinical psychologists, counsellors, psychiatrists, and a broad range of other mental health practitioners and trainees. It serves as a useful resource for those new to the practice of ACT, and for more experienced practitioners who might want to consider these questions themselves.

**acceptance and commitment therapy training:** The Research Journey of Acceptance and



Commitment Therapy (ACT) Nic Hooper, Andreas Larsson, 2015-08-18 In 1986 the first research study investigating Acceptance and Commitment Therapy (ACT) was published. It aimed to determine if an early conceptualization of the ACT model could be used to treat depression. Since this seminal study, further investigations have been conducted across every imaginable psychological issue and the rate at which this research has emerged is impressive. This book describes the research journey that ACT has taken in the past 30 years. It also suggests, in light of the progress that has already been made, how ACT research should move forward in the coming decades.

**acceptance and commitment therapy training: Essentials of Acceptance and Commitment Therapy** Sonja Batten, 2011-03-28 The first genuinely introductory, UK-focused Acceptance and Commitment Therapy textbook. The guidance on ACT with common clinical problems such as depression, anxiety, and substance abuse is brought to life by numerous case studies and reflective questions to aid learning.

**acceptance and commitment therapy training: A Practical Guide to Acceptance and Commitment Therapy** Steven C. Hayes, Kirk D. Strosahl, Kirk Strosahl, 2004-12-21 This volume is the most practical clinical guide on Acceptance and Commitment Therapy (ACT) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options with the goal of allowing researchers and clinicians to begin applying ACT wherever it seems to fit. The book is divided into three sections, with chapters demonstrating the effectiveness of using ACT in the treatment approach for a wide range of clinical problems. The first section describes the theory underlying Acceptance and Commitment Therapy as a treatment approach and the core intervention processes that encompass ACT. The second section presents ACT as it is applied to some typical behavioral disorders encountered by mental health and substance abuse practitioners. The last section examines ACT as it is used with a variety of other populations, problems, settings, and modes of delivery. This volume will be of great value to therapists, practitioners, and students who are interested in new developments in cognitive and behavior therapy.

**acceptance and commitment therapy training: Acceptance and Commitment Therapy** Richard Bennett, Joseph E. Oliver, 2025-03-31 This book offers a comprehensive overview of the central theoretical tenets of Acceptance and Commitment Therapy (ACT), guidance on key practical applications of the approach, and reflection on the strategic issues inherent to the delivery of this psychological intervention. This thoroughly revised edition explains and demonstrates the range of acceptance, mindfulness, and behaviour change strategies that can be used in the service of helping people increase their psychological flexibility and wellbeing. Divided into three main parts, the book provides the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. This new edition also includes an update of the research literature and a review of new developments, techniques, and approaches within ACT theory and practice, fortified with a greater appreciation of diversity issues, such as the application of ACT across different groups and cultures. This book will be of interest to students and practitioners of ACT from a range of disciplines spanning clinical, organisational, coaching, counselling, and psychotherapy settings.

**acceptance and commitment therapy training: Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems** Robyn D. Walser, Darrah Westrup, 2007-06-01 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.

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symptoms that are present. Innovations in Acceptance and Commitment Therapy (ACT) for Acquired Brain Injury brings together contributions from highly experienced clinicians, using innovative approaches in ACT for acquired brain injury, in the context of individuals, working with relatives, groups and multidisciplinary teams. This book will be a valuable resource for clinical psychologists, clinical neuropsychologists, counselling psychologists, cognitive behaviour therapists, psychiatrists and counsellors working therapeutically with clients with acquired brain injury.

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

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and enhancing physical health and performance. Leading experts present in-depth descriptions of progressive relaxation, hypnosis, biofeedback, meditation, cognitive methods, and other therapies. Tightly edited chapters examine each method's theoretical and empirical underpinnings and provide step-by-step guidelines for assessment and implementation, illustrated with detailed case examples. The volume also explains basic mechanisms of stress and relaxation and offers research-based guidance for improving treatment outcomes.

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

**acceptance and commitment therapy training: The Educator's Guide to Autism Spectrum Disorder** Kaye L. Otten, Sonja R. de Boer, Leslie Ann Bross, Sonja R. R. de Boer, 2023-06-29 Identify the best interventions to fit the unique needs of each learner with autism Whatever your role—general or special education teacher, school counselor, therapist, behavior analyst, administrator—you undoubtedly interact with learners with autism spectrum disorder (ASD) and are committed to helping them succeed and thrive. This easy-to-use accessible guide summarizes more than 75 interventions and rates each based on the most recent evidence of effectiveness and safety. Features include: A summary of interventions and treatments from a comprehensive variety of domains organized into 11 categories, including behavioral interventions, visual supports, social and emotional skills training, and physiological interventions, as well as interventions that have the potential for causing harm An evidence-based five-point scale that clearly rates each intervention's effectiveness for specific learners Guidance for working with colleagues and families to choose and implement the most promising treatments Written by educators with decades of experience and expertise in a variety of settings, many of whom are also Board Certified Behavior Analysts, this comprehensive guide is an indispensable resource for all those who serve students with ASD.

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