

# acceptance and commitment therapy trainings

**acceptance and commitment therapy trainings** are specialized educational programs designed to equip mental health professionals with the knowledge and skills necessary to effectively implement Acceptance and Commitment Therapy (ACT) in clinical practice. These trainings focus on the core principles of ACT, which emphasize psychological flexibility, mindfulness, and value-driven behavior change. As the demand for evidence-based therapeutic approaches grows, acceptance and commitment therapy trainings have become increasingly vital for therapists, counselors, and psychologists seeking to enhance their therapeutic repertoire. This article explores the various types of ACT trainings available, their core components, benefits, and how professionals can select the most suitable program to advance their careers. Additionally, the article covers certification processes and the ongoing professional development opportunities related to ACT.

- Overview of Acceptance and Commitment Therapy Trainings
- Key Components of ACT Trainings
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## Overview of Acceptance and Commitment Therapy Trainings

Acceptance and commitment therapy trainings provide structured learning experiences aimed at familiarizing clinicians with the theoretical foundations and practical applications of ACT. Rooted in behavioral psychology and mindfulness strategies, ACT focuses on enhancing clients' psychological flexibility through acceptance, cognitive defusion, mindfulness, self-as-context, values clarification, and committed action. These trainings ensure that practitioners not only understand the theory behind ACT but also develop competency in delivering interventions that facilitate meaningful behavior change. Programs are designed for mental health professionals including psychologists, social workers, counselors, and psychiatrists who wish to integrate ACT into their therapeutic practice.

# Historical Context and Development

The development of acceptance and commitment therapy trainings parallels the evolution of ACT itself, which emerged in the 1980s as part of the third wave of cognitive-behavioral therapies. Since its inception, ACT has gained recognition for its empirical support and applicability across various psychological disorders. Trainings have evolved to incorporate scientific findings, clinical experience, and innovative teaching methods to optimize learning outcomes for therapists.

## Target Audience for ACT Trainings

Typically, acceptance and commitment therapy trainings are designed for licensed or licensed-eligible mental health professionals. However, some introductory or foundational workshops may also be available for graduate students, interns, and allied professionals interested in behavioral health interventions. The trainings cater to a diverse array of clinical settings, including private practice, hospitals, community mental health centers, and academic institutions.

## Key Components of ACT Trainings

Acceptance and commitment therapy trainings are structured to cover both theoretical knowledge and practical skill development. The core components emphasize understanding the hexaflex model of psychological flexibility, experiential exercises, and case conceptualization using ACT principles.

## Understanding the ACT Hexaflex Model

The hexaflex model is central to ACT and consists of six interconnected processes:

- **Acceptance:** Embracing unwanted thoughts and feelings without avoidance.
- **Cognitive Defusion:** Changing the way one interacts with or relates to thoughts.
- **Present Moment Awareness:** Mindfulness and ongoing non-judgmental contact with the present.
- **Self-as-Context:** The observing self distinct from the content of thoughts and feelings.
- **Values:** Clarifying what is truly important to the individual.
- **Committed Action:** Taking steps guided by values despite obstacles.

ACT trainings devote significant time to teaching these processes and how to apply them flexibly across different clinical populations.

## **Experiential Learning and Role-Playing**

Hands-on exercises, role-playing, and experiential activities are integral to acceptance and commitment therapy trainings. These methods help participants internalize ACT concepts and practice therapeutic techniques in a controlled environment. Experiential learning bridges the gap between theory and practice, promoting therapist confidence and competence.

## **Case Conceptualization and Treatment Planning**

Effective ACT training programs emphasize the importance of case formulation. Clinicians learn to assess clients' psychological flexibility and design individualized treatment plans that incorporate ACT strategies. This component ensures that therapists can tailor interventions to address diverse clinical presentations.

## **Formats and Levels of Acceptance and Commitment Therapy Trainings**

Acceptance and commitment therapy trainings are offered in various formats and levels to accommodate the needs of different learners and professional stages.

### **Introductory Workshops**

Introductory or foundational workshops provide an overview of ACT theory and practice. These sessions typically last one to two days and introduce core concepts and basic techniques suitable for clinicians new to ACT.

### **Intermediate and Advanced Trainings**

Intermediate and advanced levels delve deeper into ACT applications, complex case conceptualization, and advanced therapeutic skills. These trainings may span several days or weeks and often include follow-up consultations or supervision.

### **Online and In-Person Formats**

To increase accessibility, acceptance and commitment therapy trainings are offered both online and in-person. Online courses provide flexibility for busy professionals, while in-person trainings offer direct interaction, live demonstrations, and networking opportunities. Some programs combine both formats to maximize learning outcomes.

## **Benefits of Completing ACT Trainings**

Participation in acceptance and commitment therapy trainings offers numerous professional and

clinical advantages.

## **Enhanced Clinical Competence**

Clinicians gain evidence-based skills that improve treatment effectiveness, particularly for conditions such as anxiety, depression, chronic pain, and stress-related disorders. ACT's focus on mindfulness and values-driven behavior aligns with contemporary therapeutic needs.

## **Increased Professional Credibility**

Completion of recognized ACT trainings enhances a practitioner's credibility among peers and clients. It demonstrates a commitment to ongoing education and adherence to best practice standards.

## **Broadened Career Opportunities**

ACT training can open doors to new job opportunities, specialization areas, and interdisciplinary collaborations. Employers often seek professionals trained in modern, empirically supported modalities.

## **Networking and Community Engagement**

Training programs provide chances to connect with other ACT practitioners, fostering professional networks and collaborative learning environments.

## **Certification and Accreditation in ACT**

Certification is an important consideration for professionals seeking formal recognition of their ACT expertise.

## **Certified ACT Therapist (ACT-CAT)**

Several organizations offer certification programs that assess knowledge, skills, and clinical application of ACT. Requirements typically include completion of specific trainings, supervised clinical hours, and demonstration of competency through assessments.

## **Accredited Training Providers**

Choosing trainings from accredited or reputable providers ensures adherence to high educational standards and alignment with current ACT research and clinical guidelines. Accreditation bodies may also provide continuing education credits.

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

Selecting an appropriate ACT training involves evaluating several factors to match individual professional goals and learning preferences.

## **Training Content and Curriculum**

Review the scope of the curriculum to ensure comprehensive coverage of ACT principles, clinical applications, and experiential learning components.

## **Instructor Expertise**

Experienced trainers with strong clinical backgrounds and teaching skills enhance the quality of learning.

## **Format and Schedule**

Consider whether online, in-person, or hybrid formats best fit your availability and learning style, and check the training duration and timing.

## **Cost and Certification Opportunities**

Evaluate the cost-effectiveness of the training and whether it offers certification or continuing education credits relevant to your professional development.

## **Continuing Education and Advanced Opportunities**

Acceptance and commitment therapy trainings often serve as a foundation for ongoing professional growth.

## **Advanced Workshops and Specialized Trainings**

After completing foundational ACT trainings, clinicians can pursue specialized workshops focusing on areas such as trauma, substance use, chronic illness, or group therapy.

## **Supervision and Peer Consultation Groups**

Ongoing supervision and participation in peer consultation groups support skill refinement and adherence to ACT principles in clinical practice.

## **Research and Teaching Opportunities**

Experienced ACT practitioners may engage in research, contribute to the development of new interventions, or lead training programs themselves, further advancing the field.

## **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 therapists and mental health professionals the principles, techniques, and applications of ACT, a type of cognitive-behavioral therapy focused on mindfulness, acceptance, and commitment to values-based actions.

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

ACT trainings are beneficial for psychologists, therapists, counselors, social workers, coaches, and other mental health practitioners who want to incorporate ACT into their practice to help clients manage psychological distress and improve well-being.

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

Core components of ACT training include understanding psychological flexibility, mindfulness skills, acceptance strategies, cognitive defusion techniques, values clarification, and committed action planning.

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

Yes, ACT trainings typically range from introductory workshops for beginners to advanced and specialized trainings for experienced practitioners looking to deepen their skills and apply ACT in specific clinical settings.

### **How long does an ACT training program usually last?**

ACT training programs vary in length; introductory workshops may last one to three days, while comprehensive certification courses can span several months with multiple sessions and supervised practice.

### **Can ACT training be completed online?**

Many organizations offer online ACT training programs, including live webinars and self-paced courses, allowing participants worldwide to learn and apply ACT techniques flexibly.

### **What certification or credentials can be earned through ACT**

## training?

Participants may earn certificates of completion, and some comprehensive programs offer certification as an ACT therapist or trainer, which can enhance professional credibility and career opportunities.

## How does ACT training improve clinical practice?

ACT training equips practitioners with effective tools to increase clients' psychological flexibility, helping them accept difficult experiences, reduce avoidance behaviors, and commit to meaningful life changes, thereby improving treatment outcomes.

## Are there prerequisites for enrolling in ACT trainings?

Prerequisites vary by program; some introductory trainings require no prior experience, while advanced trainings may require a background in mental health or completion of foundational ACT courses.

## Where can I find reputable ACT training programs?

Reputable ACT training programs are offered by organizations such as the Association for Contextual Behavioral Science (ACBS), universities, professional therapy institutes, and certified ACT trainers worldwide.

## 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 explains the theoretical background, core processes, and practical applications of ACT. The book is ideal for clinicians and trainees seeking to deepen their understanding and enhance their clinical skills in ACT.

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

Written by Jason B. Luoma, Steven C. Hayes, and Robyn D. Walser, this manual provides step-by-step guidance for therapists learning ACT. It includes practical exercises, case examples, and detailed instructions for implementing ACT techniques. This book is a valuable resource for both new and experienced practitioners aiming to improve their therapeutic effectiveness.

### 3. *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy*

By John P. Forsyth and Georg H. Eifert, this workbook applies ACT principles specifically to anxiety disorders. It offers clients practical exercises to cultivate mindfulness and acceptance, helping them reduce anxiety symptoms. Therapists can use this resource in training to understand how to tailor ACT interventions for anxiety.

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

Russ Harris presents a clear and accessible introduction to ACT in this book, making it suitable for clinicians new to the approach. It breaks down complex concepts into simple language and includes worksheets and metaphors useful in therapy sessions. The book is frequently used in ACT training.

workshops for its practical, user-friendly style.

5. *Acceptance and Commitment Therapy for Depression: A Practice Manual for Therapists*

This manual by Robyn D. Walser and Darrah Westrup focuses on applying ACT to treat depression. It provides detailed session plans, exercises, and case studies to guide therapists through the process. The book supports clinicians in developing specialized skills for managing depressive symptoms using ACT.

6. *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy*

Steven C. Hayes and Spencer Smith authored this popular self-help book that introduces ACT concepts to a broad audience. It includes practical exercises designed to enhance psychological flexibility and promote valued living. Training programs often recommend it as supplementary reading for clients and trainees alike.

7. *Acceptance and Commitment Therapy Skills Workbook: Mastering the Core Skills of ACT*

By Matthew McKay and Patricia E. Zurita Ona, this workbook focuses on building mastery in the six core ACT processes. It offers hands-on exercises and techniques to deepen understanding and application of ACT skills. Therapists in training find it useful for both personal practice and client use.

8. *ACT with Love: Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy*

Written by Russ Harris, this book applies ACT principles to improve intimate relationships. It provides strategies for acceptance, mindfulness, and committed action within couples therapy. Training programs may incorporate this book to broaden ACT applications beyond individual therapy.

9. *Acceptance and Commitment Therapy for Chronic Pain*

Authors Lance M. McCracken and Kevin E. Vowles explore the use of ACT in managing chronic pain conditions. The book combines theory, research, and clinical techniques to help patients live meaningful lives despite pain. It is an important resource for clinicians and trainees working in pain management settings.

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

**acceptance and commitment therapy trainings: 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 trainings: Transdiagnostic Group Therapy Training**

and Implementation Lydia Morris, Phil McEvoy, Tanya Wallwork, Rachel Bates, Jody Comiskey, Warren Mansell, 2018-07-19 Transdiagnostic Group Therapy Training and Implementation provides clinicians with a user-friendly roadmap for delivering a brief, transdiagnostic group therapy that can be used for patients suffering from stress, depression, anxiety, and a range of other related mental health problems. This is supplemented by over an hour of training videos hosted on the book's companion website, visually demonstrating how to effectively implement the therapy. The book introduces the empirical research that has led to a greater emphasis on transdiagnostic treatment approaches, and details how to implement each phase of the therapy, supported by clinical examples to make practical application easier. - Presents therapy suitable for a variety of mental health problems - Outlines how to adapt therapy for different patient populations - Includes Method of Levels transdiagnostic cognitive therapy - Features video demonstrations, worksheets, slides, and more on companion website

**acceptance and commitment therapy trainings: Mindful Yoga-Based Acceptance and Commitment Therapy** Timothy Gordon, Jessica Borushok, 2019-04-01 In this breakthrough professional guide, a psychologist, social worker, and yoga instructor team up to offer training in mindful yoga-based acceptance and commitment therapy (MYACT): an innovative, research-based program that integrates the ancient wisdom of yoga with evidence-based ACT. Using this holistic therapy, clinicians and yoga instructors alike will discover ways to guide clients toward emotional balance and wellness at all levels—physical, psychological, emotional, and spiritual—with the perspective that healing psychological suffering requires treating both the body and mind.

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

**acceptance and commitment therapy trainings: Acceptance and Commitment Therapy for Body Image Dissatisfaction** Adria Pearson, Michelle Heffner Macera, Victoria Follette, 2010-04-01 ACT for Body Image Dissatisfaction is an acceptance and commitment therapy (ACT) manual practitioners can use to help clients overcome body image dissatisfaction and disordered eating behaviors such as food restriction and binge eating.

**acceptance and commitment therapy trainings: Mastery in Coaching** Jonathan Passmore, 2014-09-03 The reasons that coaching works so well and can produce such dramatic results are grounded in psychology, so it follows that some of the most powerful coaching methods available draw on psychological thinking. Published with the Association for Coaching, Mastery in Coaching presents the latest thinking on the most effective techniques coaches can use with their clients. Every chapter is written by a leading expert in the field, and takes a rigorous, evidence-based approach which will give you a practical understanding of each method, supported with examples, and underpinned by the theory of the key psychological concepts in coaching. Ranging from cognitive-behavioural coaching, gestalt and positive psychology to neuroscience and mindfulness, this indispensable book will give any serious coach the tools they need to get the best from their clients.

**acceptance and commitment therapy trainings: Acceptance and Commitment Approaches for Athletes' Wellbeing and Performance** Ross G. White, Andrew Bethell, Lewis Charnock, Stephen Leckey, Victoria Penpraze, 2021-05-17 Elite sport can be an unforgiving and harsh environment. This book explores psychological predictors of wellbeing and performance excellence in elite level athletes, and presents an innovative approach for optimizing mental wellbeing and sporting

performance. Jointly developed by performance psychologists, clinical psychologists and sport scientists the Flexible Mind approach draws on contemporary psychological theory and research to help athletes build 'psychological flexibility' - the ability to experience challenging thoughts and emotions and still be true to one's values. A range of case studies relating to different sports are used to demonstrate how three core components - Being Present, Being Open and Doing What Matters - can improve athletes' performance and wellbeing. This book will be a game-changing resource for sports psychologists, mental health practitioners, coaches and support staff who are committed to helping athletes to excel and stay well.

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

**acceptance and commitment therapy trainings:** Learning Acceptance and Commitment Therapy Debrin P. Goubert, M.D., Niklas Törneke, M.D., Robert Purssey, M.D., FRANZCP, Josephine Loftus, M.D., MRCPsych, Laura Weiss Roberts, M.D., M.A., Kirk D. Strosahl, Ph.D., 2020-06-04 The Benefits of ACT in Psychiatric Practice : Letters From the Front Lines -- An Overview of ACT : From Basic Behavioral Science Foundations to a Model of Human Resilience -- The Practice of Functional Psychiatry -- Learning to Treat Your Patient With CARE : Mastering the Basic Moves of ACT -- ACT Dancing : Learning Advanced ACT Moves -- The Art and Science of Functional Psychopharmacology -- ACT in Outpatient Psychiatric Practice -- ACT in Consultation-Liaison Psychiatry -- ACT in the Inpatient Psychiatric Unit -- Teaching ACT in Residency, Institutional, and Programmatic Settings.

**acceptance and commitment therapy trainings:** **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 trainings: ACT for Burnout** Debbie Sorensen, 2024-01-18 I know what it's like to care deeply about my work and yet feel utterly exhausted by it. Burnout is more widespread than ever before, and it's time to do something about it. Rooted in Acceptance and Commitment Therapy (ACT), this book delves into the systemic, cultural, and economic contexts that contribute to burnout, and gives you the tools to exit the cycle. Exercises and reflection questions help you reconnect with your values to find what's really important, and disentangle yourself from unhelpful thought patterns. By engaging with your emotions rather than avoiding or suppressing them, ACT allows you to respond more effectively and become re-engaged in your own life again. This book will show you how to move out of the burnout cycle, reconnect with meaningful aspects of your work, and make changes that last.

**acceptance and commitment therapy trainings: 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.

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