



**ACCEPTANCE
& COMMITMENT
THERAPY**
2-Day Intensive ACT Training

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An Intro to the Intro to ACT

Acceptance and Commitment Therapy is

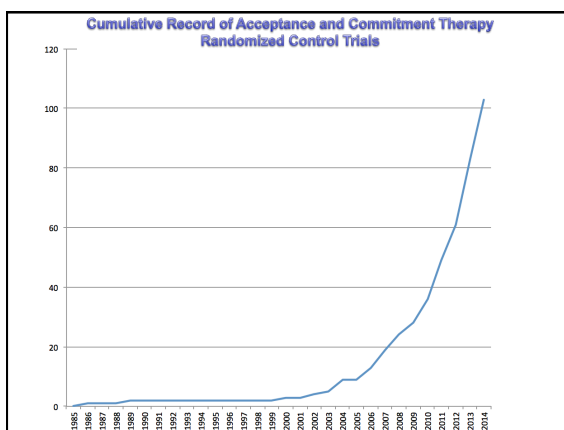
- ...built on empirically based principles
- ...aimed to increase psychological flexibility
- ...using a mindfulness-based approach
- ...with behavior change strategies

...built on empirically based principles

Severe substance abuse	Social phobia
Depression	Smoking
Obsessive-compulsive disorder	Chronic pain
Panic disorder	Medical problems
Generalized anxiety disorder	Psychosis
Post-traumatic stress disorder	Workplace stress
Trichotillomania	and more...

...built on empirically based principles

Test Anxiety
Mathematics Anxiety
Public Speaking Anxiety in College Students
Enhancing Psychological Health of Students Abroad
Eating & Weight Concerns
Smoking
Substance Abuse



...aimed at increasing psychological flexibility

Psychological flexibility is:

...contacting the present moment fully
...as a conscious, historical human being,
...and based on what the situation affords
...changing or persisting in behavior
...in the service of chosen values

...using a mindfulness-based approach

Mindfulness:
 ...is much easier learned by experience
 ...involves:
 paying attention in a particular way;
 on purpose,
 in the present moment,
 and nonjudgmentally
-Jon Kabat-Zinn

...with behavior change strategies

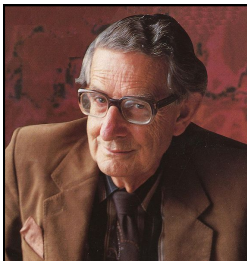
Behavior change strategies include:

Applied Behavior Analysis strategies

- Contingency management
- Level systems

Traditional Behavior Therapy strategies

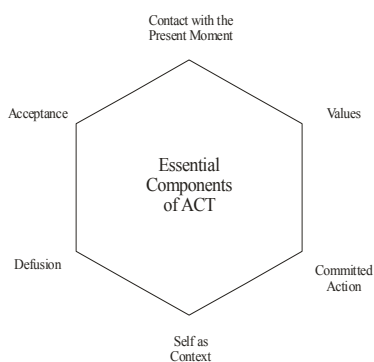
- Flooding
- Exposure & ritual prevention
- Social skills training
- Behavior activation



Eysenck defined behavior therapy as
 “the attempt to alter human behavior and emotion
 in a beneficial manner according to the laws of
 modern learning theory” (1964, p. 1).

What is ACT?

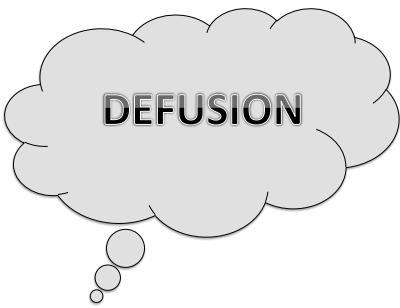
ACT is a functional contextual therapy approach based on Relational Frame Theory which views human psychological problems dominantly as problems of psychological inflexibility fostered by cognitive fusion and experiential avoidance. In the context of a therapeutic relationship, ACT brings direct contingencies and indirect verbal processes to bear on the experiential establishment of greater psychological flexibility primarily through acceptance, defusion, establishment of a transcendent sense of self, contact with the present moment, values, and building larger and larger patterns of committed action linked to those values. (Hayes, 2005)



Actively contacting psychological experiences directly, fully, and without needless defense while behaving effectively

Hayes, Wilson, Gifford, Follette, & Strosahl, 1996, p. 1163

ACCEPTANCE




DEFUSION

Looking *at* thoughts, rather than from thoughts

Self-as-Context

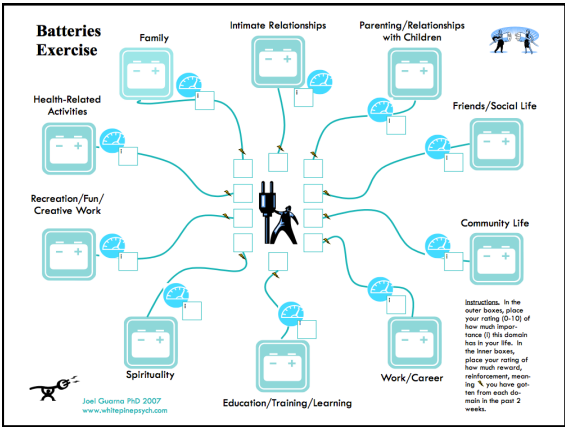
The sense-of-self that is
a consistent
perspective from which
to observe and accept
all changing
experiences



Values

- ◆ Chosen life directions
 - ◆ Values give life meaning
 - ◆ There is a distinction between a value and a goal

Intimate relationships
Family relations
Social relations
Employment
Education and training
Recreation
Spirituality
Citizenship
Health/physical well-being



Committed Action

To Do

Overt behavior in the service of values

**Rate
Duration
Latency
Intensity
Perseverance**

Committed Action

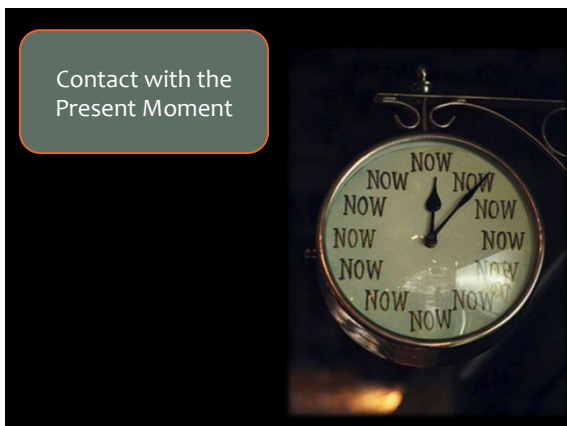
Overt behavior in the service of chosen values

Create an empirically-supported treatment plan

Establish measureable responses

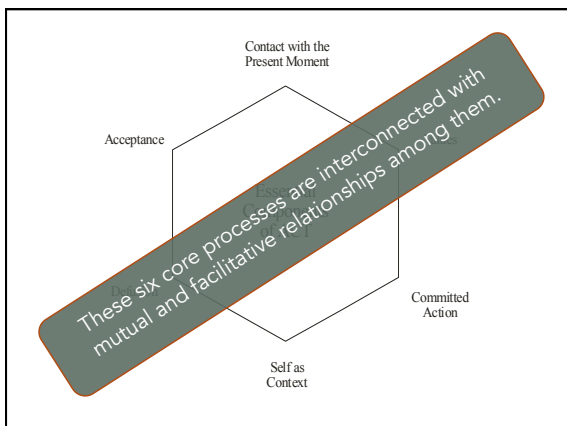
Choose to make a commitment

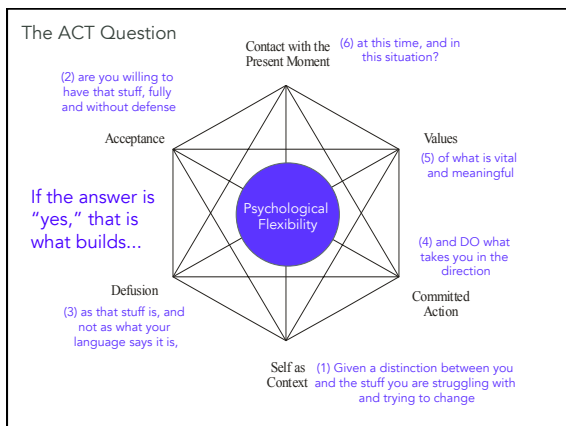
Commitment - *noun* \kə-mit-mənt\
 1: action aimed
 in the direction of
 what you care about,
 even in the presence of
 obstacles



Contact with the Present Moment

Mindfulness practice is based on the premise that only in the experience of the current event can one accurately perceive what is really happening and engage in valued actions.





ACCEPTANCE
VS.
EXPERIENTIAL AVOIDANCE

DEFUSION
VS.
COGNITIVE FUSION

SELF AS CONTEXT
VS.
ATTACHMENT TO
CONCEPTUALIZED SELF

COMMITTED ACTION
VS.
PERSISTENT INACTION,
IMPULSIVITY OR AVOIDANCE

VALUES CLARIFICATION
VS.
LACK OF VALUES CLARITY,
DOMINANCE OF PLIANCE AND
AVOIDANT TRACKING

**CONTACTING THE PRESENT
MOMENT
VS.
WEAK SELF-KNOWLEDGE;
DOMINATING CONCEPT OF
THE PAST AND FEARED
FUTURE**

“An operational working definition of mindfulness is:
the awareness that emerges
through paying attention
on purpose, in the present moment,
and nonjudgmentally
to the unfolding of experience
moment by moment.”

Kabat-Zinn, 2003, p. 145

“Mindfulness can be understood as a collection of
related processes that function to undermine the
dominance of verbal networks...”

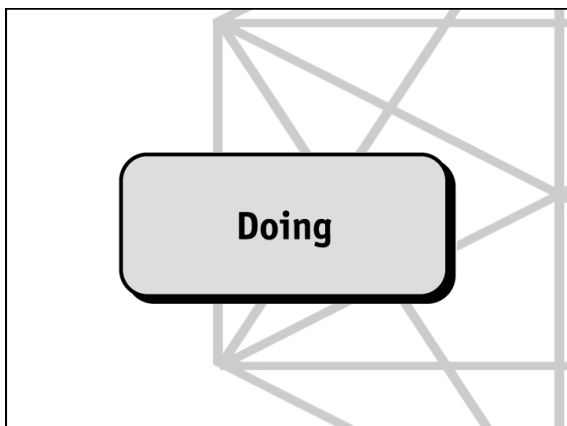
These processes include acceptance, defusion,
contact with the present moment, and the
transcendent sense of self.”

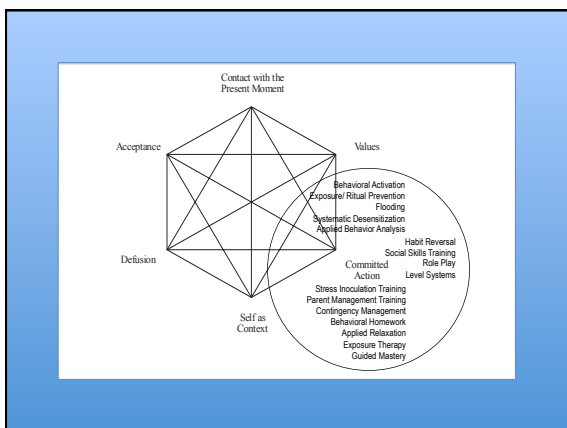
– Fletcher & Hayes (2005, p. 315)

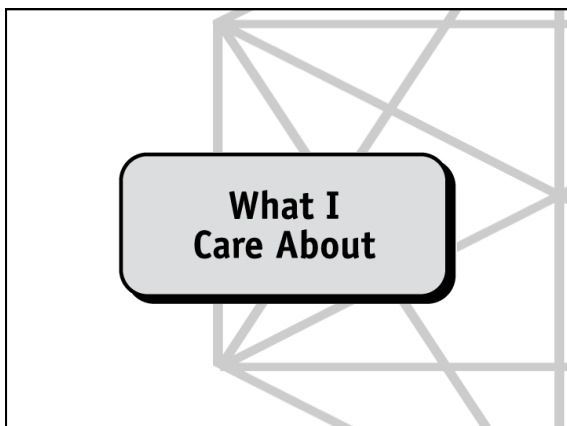
Mindful action is defined as
purposeful,
present focused,
committed responses,
maximally influenced by relevant stimulus events,
and unimpeded by private events.

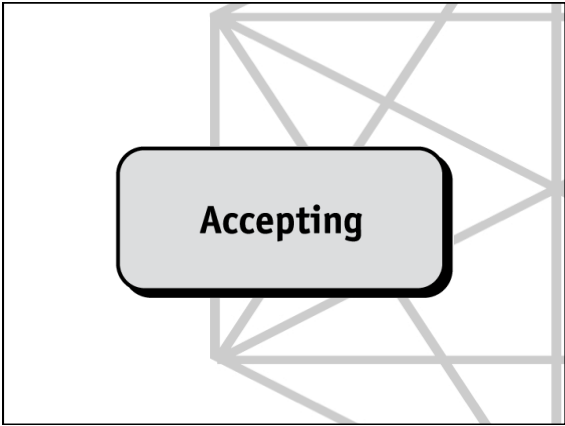


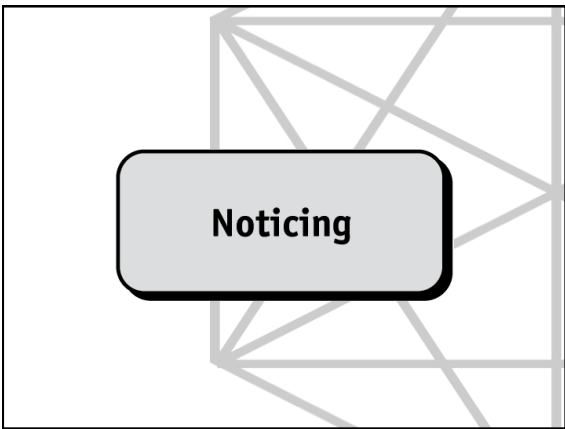
The Mindful Action Plan					
I am here now, accepting the way I feel and watching my thoughts, while doing what I care about.					
I Am	Addressing Internal-World Issues Notice if you are being influenced by any unhelpful self-deceptions. Let go of any problematic thoughts that you are believing about yourself.				
Here Now	Center your attentional awareness on what you are doing. Notice what is happening here and now, and allow time getting wrapped up in events not in your present control. Let go of those distracting events. Focus on what is relevant to your actions.				
Accepting	Allow yourself to acknowledge any emotions you are having without trying to control the emotions. Be willing to simply have those feelings while moving forward with valuable actions.				
Noticing	Prevent to simply notice thoughts that arise while moving forward with your valued actions. Let those thoughts go if they are not helpful. Treat distracting thoughts as disconnected from actions while choosing to act in a meaningful manner.				
Doing	To-Do List <table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>				
What I Care About	Values-Based Motivation - Personal Values: Describe your motivation for engaging in your chosen actions and why you care for optimal performance. <table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>				
Designing Success with Performance Management Make sure all required measures for successful actions have been applied. Publicly announce your commitment to meet performance goals. Hold your accountability partner about your commitment and goals. Describe incentives, performance criteria, and deadlines. <table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>					

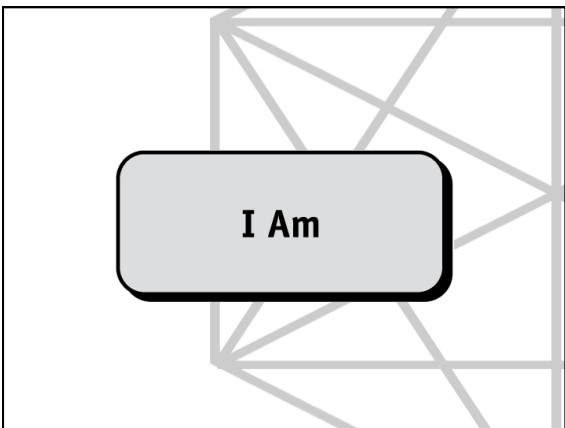












I am...

I am _____.

I am _____.

I am _____.

Here Now

