

LEARNING ACT

RESOURCE GUIDE

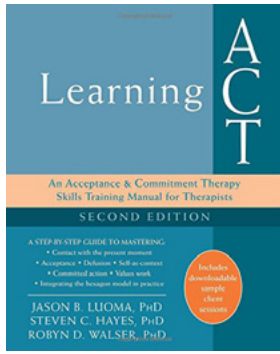
The complete guide to resources for learning
Acceptance & Commitment Therapy

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Updated July 2020

PORTLAND PSYCHOTHERAPY
clinic | research | training

DEAR READER,



I co-wrote *Learning ACT* (the 2nd Edition came out in 2017) because I wanted the book that would have helped me when I was first learning ACT. There were books out there that taught me the basic tools, metaphors, techniques, and exercises of ACT. I also learned a lot of the basic techniques from participating in workshops, watching videos of sessions, and watching Steve Hayes supervise students.

However, what I was wanting was a guide that would help me learn how to sequence all the components into a coherent whole, that would help me adapt my interventions to client needs, and that would help me to provide a consistent message to my clients so that my focus wouldn't slip. *Learning ACT* is meant to be that guide.

I'm sharing this guide with you because new editions of *Learning ACT* only come out about once a decade with a new edition in 2017, but the resources related to learning ACT change all the time.

Many of these are located on the ACBS website, but it's not easy to navigate the website, and as a person who is new to ACT, it's hard to know where to start. This guide is meant to give people some ideas on how to get started and how to advance their skill and knowledge of the therapy over time. It'll connect you with resources, with ideas on how to practice and learn, and with strategies for skill development. I hope you find it valuable.

~Jason

If you are reading this, you must be interested in learning ACT. This is a guide to support you to do just that – to help you explore the Acceptance and Commitment Therapy, or ACT, model (“ACT” spoken as a single word, not as A.C.T.) to the degree that it fits your needs and interests.

Learning ACT can be a large and exciting investment of your time to understand and fully master the theory, assumptions, and clinical model, or it can be something to integrate, support, and enhance an approach that may already be working in your current clinical practice.

ACT is a clinical model linked to Relational Frame Theory (RFT). Though it is not necessary to understand RFT in order to be a competent practitioner, we do include these resources for curious learners.

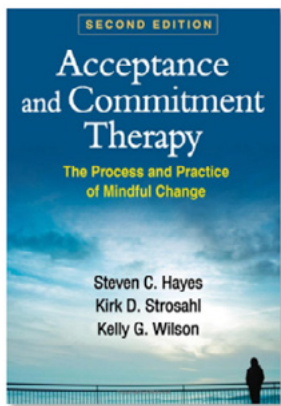
Please regard this guide as a menu of options for you to use as a resource as you set your own agenda to learn and utilize ACT with your clients. Please be aware that we're only reviewing English language materials here, but there are lots of good resources in other languages as well.

This pdf contains hundreds of clickable links to the resources listed. If you don't see those links, then trying opening up the pdf in a different pdf reader or browser.

TABLE OF CONTENTS

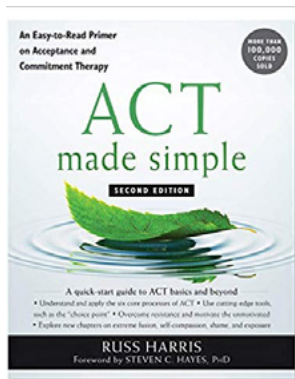
WHERE DO I START?!	4	Anger	14
Use It On Yourself	5	Anxiety	14
OK, I GET THE GENERAL CONCEPTS, WHERE DO I GO FROM HERE?	6	Children/Adolescents/Parenting	15
Resources to help start using ACT	6	Depression	16
What's the evidence base for ACT?	6	Developmental Disabilities	16
Self-assessment	6	Diverse Populations	16
Web resources	6	Eating Disorders/Body Image	16
Learn the underlying theory	7	Health/Chronic Pain/Integrated Care	16
Focused populations & settings	8	Interpersonal/Relationship Issues	17
Join the Association for Contextual Behavioral Science (ACBS)	9	Loss/Grief	17
I'M REALLY INTO THIS, HOW DO I GET BETTER?	11	Occupational/Coaching	17
Resources for continual improvement	11	Psychosis	17
Options for training & consultation	11	Relational Frame Theory/Behavior Analysis	17
Online learning	11	Religion/Spirituality	18
Workshops/trainings	11	Substance Abuse/Addiction	18
Phone or videoconference-based consultation	11	Trauma/PTSD	18
Resources for Learning to Meditate	11	Work/Coaching/Business	18
Read the ACBS journal – The Journal of Contextual Behavioral Science	11	Yoga	18
Miscellaneous Self-Help	18	Other Books For Learning ACT	19
Resource Missing?	20		
YOUR ACTION PLAN WORKSHEET	12	APPENDIX B THE CORE COMPETENCY SELF-RATING FORM	21
FINAL WORDS FROM JASON	13	ACCEPTANCE AND COMMITMENT THERAPY CORE COMPETENCY SELF-RATING FORM	22
About the author	13		
APPENDIX A BOOKS BY POPULATION & SETTING	14		
ACT and Other Types of Therapy	14		
Advanced Practice in ACT	14		

WHERE DO I START?!



Start with this book if...

you want to read the core book and you are up for a challenge.



Start with this book if...

you want an easy-to-read introduction that is heavier on exercises and techniques and lighter on theory.

Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change

The core ACT text, it is the must-have if you are new to ACT. This book will give you an overview of the basic theory and body of techniques behind ACT. This book can be pretty dense, so if you have problems understanding it, don't worry about it, and just chug along. You can always come back to it later. If you want a less complex introduction, check out the next book...

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy

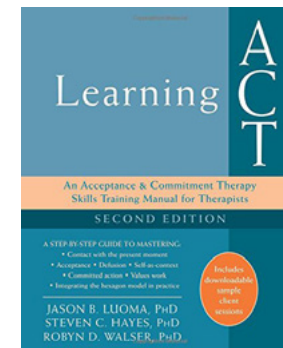
The second edition of this book delivers on what the title advertises; it is an easy-to-read primer on ACT that will give you plenty of practical tips, exercises, and considerations as you integrate ACT into your practice. The book includes sample scripts, exercises, metaphors, and worksheets to use with clients. It is a useful resource for those who are brand new to ACT, as well as those who are deepening their skills.

Learning ACT: An Acceptance and Commitment Therapy Skills Training Manual for Therapists (2nd Edition, 2017)

A skills-training workbook for therapists wanting to learn ACT, it has lots of exercises intended to help therapists learn the ACT model and use it with their clients. This book focuses on putting you in the therapist role and practicing how to string together the interventions in response to client behavior. It makes a great companion text for the books above. I usually recommend that *learning ACT* be the second book that people read, once they've learned the most common exercises and metaphors.

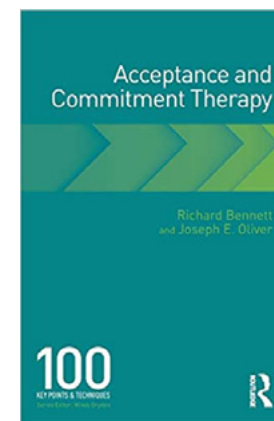
Acceptance and Commitment Therapy (100 Key Points)

Steve Hayes said this about this book: "I've read a lot of beginning ACT books ... and I've even written one (after I realized the first one was just too darned complex for many to start with) but in my opinion this is the best...buy it and read it."



Start with this book if...

you want help applying what you are learning about ACT.

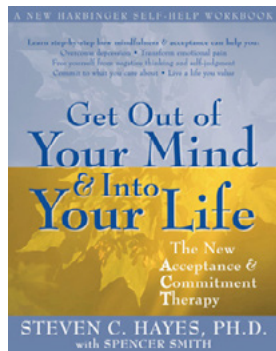


Start with this book if...

You want a concise overview of the central features of the philosophy, theory, and practical application of ACT.

Use It On Yourself

If you are someone who likes to learn in an experiential manner, you might consider working through the exercises in a client workbook. This is a great way to get started and an essential step in the training of any ACT therapist. Effective ACT therapists don't just do ACT to their clients, they know how to apply the model to themselves. Consider using a client workbook with yourself to get a firsthand feel for how these concepts work in everyday life and experience the benefits of ACT yourself. You'll likely find yourself a better therapist and more mindful and engaged with life as a result. In addition to the workbooks below, there's a list of all available client workbooks in the appendix.



Start with this book if...

you want a general ACT workbook that will help you learn ACT from the inside-out.

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

A note from Steve Hayes on using this book...

Suggestions for readers:

Join the Yahoo listserv [ACT for the Public](#). It's free. Post to it when and if you get stuck. Don't abandon the book before you get help with it. Please.

It is hard to really do the book carefully right off from the beginning. It takes a while to see what it is really up to.

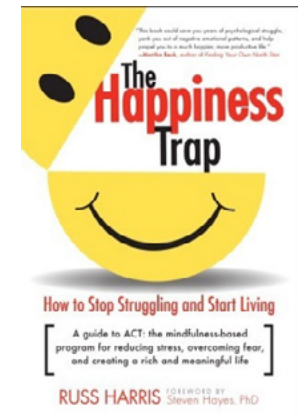
I suggest that you skim the whole thing in a day or two, skipping the exercises and not stopping if you get confused. Then let it sit for a day or so. If you sense that there may be something of value for you in the book, open it up at page one and read it

carefully, doing the exercises as you go. That process will take at least a month. If an exercise or sections bogs you down, put a Post-It note there and move on ... you can come back later. And you can post an email about the issue on the listserv. I hope this helps, and good luck.

~ Steve Hayes

The Happiness Trap: How to Stop Struggling and Start Living

This is one of the most popular layperson ACT books available and is reviewed highly for the accessibility and practicality of the writing. You can access a free preview of the first chapter [here](#).



Start with this book if...

you want a readable self-help style book that walks you through all the ACT processes.

OK, I GET THE GENERAL CONCEPTS, WHERE DO I GO FROM HERE?

RESOURCES TO HELP START USING ACT

Okay, you've got the basic concepts down. You know what the hexaflex is and you're not afraid to use it (and even if you are, you are willing to be afraid and use it anyway).

What's the evidence base for ACT?

It can be a good idea to know where there's evidence for the application of ACT, and where the research is more limited. In total, there are now over 300 randomized clinical trials (generally considered the "gold standard" for evidence) supporting the use of ACT across a wide range of clinical problems. If you want to learn more about the evidence base, there are a few important resources:

- [Webpage on State of the ACT Evidence](#) that gives an overview of the evidence base and is regularly updated by ACBS
- [Webpage on ACT Randomized Trials](#) that lists all the randomized trials to date and is regularly updated
- Read [a recent comprehensive meta-analysis on ACT](#)

Self-Assessment

Before you can get to where you want to go, first you have to know where you stand. Use the [core competency self-rating form](#) to assess your own strengths and weaknesses in applying ACT.

Web Resources

E-Learning:

- [6 ACT conversations](#) - This is a free program composed of six sessions, each between 15 and 50 minutes in duration. Each session includes a conversational mini-lecture and several practical exercises.
- [The Matrix](#) – This is a model of psychological flexibility made simple developed by Drs. Polk and Hambricht. They frequently host webinars to share their strategy with professionals.
- [ACT Training Online Made Simple](#) – Resource for online training in ACT.

- [ACBS journal – The Journal of Contextual Behavioral Science](#)
- [www.actwithcompassion.com](#)
- [ACT Immersion Course - a comprehensive introduction to ACT with Steve Hayes](#)
- [RFT introduction - An online course on the basics of RFT](#)
- [Videos of various ACT workshops](#)
- [ACT CE provider with a range of courses](#)
- [Workshop on ACT for OCD in children and adolescents](#)
- [Demystifying Relational Frame Theory \(RFT\) presentation](#)




General Resources:

- [Treatment Protocols](#) 
- [Case Formulation](#) 
- [Techniques, Exercises & Metaphors for ACT Processes](#) 

Podcasts:



- [ACT: Taking Hurt to Hope](#)
- [ACT in Context - 11 episodes that cover introductions of the 6 core domains of the theory as well as discussion of practical clinical applications](#)
- [People Soup - podcast that includes a lot about ACT](#)
- [Off the Clock Psych - podcast that includes a lot about ACT](#)

Videos:


- [Struggling with Internal Hijackers Metaphor](#)
- [The Unwelcome Party Guest Metaphor](#)
- [Demons on the Boat Metaphor](#)
- [Dr. Kevin Polk's Matrix Approach to ACT](#)
- [The ACT Therapist](#)
- [ACT With Love - for relationship issues](#) 
- [ACT as a Brief Intervention](#) 
- [Improving CBT: Problems and Prospects](#) 



Note: indicates the resource is accessible only for ACBS members. (You'll be able to go to the page but you won't see the files to download if you're not a member)

- Passengers on a Bus
- The Struggle Switch
- Values vs Goals
- A Contextual Cognitive Behavioral Approach to Chronic Pain 
- ACT for Stress in Organizational Settings 
- Your ACT Auntie - brief videos on ACT concepts
- Youtube playlist with a bunch of ACT videos

Mindfulness Practice Exercises

- Guided mindfulness and acceptance [exercises](#) from Portland Psychotherapy
- Guided mindfulness [exercises](#) from the Melbourne Mindfulness Centre
- ACT Made Simple Recordings - [Mindfulness of the Hand & The Hexaflexercise \(windows media audio\)](#)
- Various mindfulness practice [exercises](#) 
- *Russ Harris' collection of free resources from his self-help books (ActMindfully.com)*

Scholarly Articles & Chapters

- Hayes, S. C. [2004]. Behavior Therapy, 35, 639-665.
- Hayes, S. C. [2004]. Acceptance and Commitment Therapy and the new behavior therapies: Mindfulness, acceptance and relationship. In S. C. Hayes, V. M. Follette, & M. Linehan (Eds.), Mindfulness and acceptance: Expanding the cognitive behavioral tradition (pp. 1-29). New York: Guilford.
- Hayes, S. C. [2000]. Acceptance and Commitment Therapy in the treatment of experiential avoidance disorders.
- Hayes, S. C., Luoma, J., Bond, F., Masuda, A., & Lillis, J. [2006]. [6] Acceptance and Commitment Therapy: Model, processes, and outcomes. Behaviour Research and Therapy, 44(1), 1-25.

Training DVDs

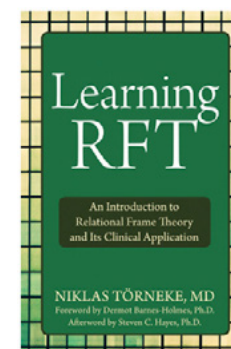
Learn the Underlying Theory

ACT is based on behavior analysis and its extension into the theory of language and cognition called Relational Frame Theory. If you are someone with a background in behavior analysis or really enjoy digging through dense, technical writing, then you might consider starting with the books below. For most people, I only recommend reading these texts once you've worked your way through several of the other books above, which are written at a more accessible, middle level of theory.

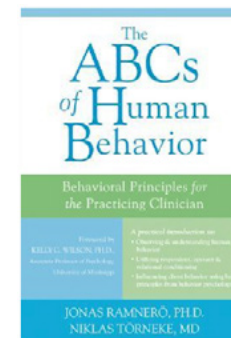
Relational Frame Theory: A Post-Skinnerian Account of Human Language and Cognition



Learning RFT: An Introduction to Relational Frame Theory and Its Clinical Application

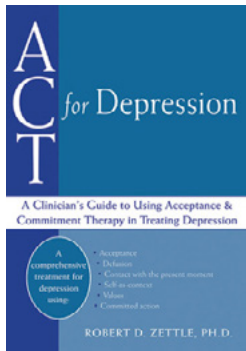


The ABCs of Human Behavior: Behavioral Principles for the Practicing Clinician



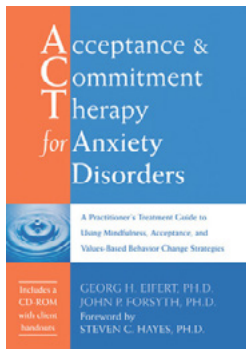
Focused Populations & Settings

One great way to learn the ACT model is to identify a client who is dealing with a particular problem and find an ACT text that outlines how to use ACT with that problem. Carefully following a standardized, session-by-session protocol with a client can be a great way to learn (for both therapist and client). One benefit of following a standardized protocol when you are first learning is that the structured process can lead you to use all the parts of the ACT model, versus learning in a more piecemeal fashion. There are many books written for specific problems and populations; here is a short list of them (with a more complete list in the appendix):



ACT for Depression: A Clinician's Guide to Using Acceptance & Commitment Therapy in Treating Depression

The first book on ACT for depression. The author has published two randomized trials providing support for the use of ACT for depression with ACT performing equivalently to or better than cognitive therapy (the current gold standard for depression).



Acceptance and Commitment Therapy for Anxiety Disorders

This book is written in a manner that makes it really accessible for people training in other forms of CBT. It has a nice treatment manual that shows how to mix ACT processes into a brief therapy for anxiety disorders. This is an excellent text and shows many examples of ways to integrate values and acceptance/defusion in practice. It is applicable beyond anxiety, even though that's its focus. I still reference this book on a regular basis in my practice and consider it one of my core texts.

[SEE THE APPENDIX FOR FULL LISTING OF ACT BOOKS](#)

Join the Association for Contextual Behavioral Science [ACBS]

ACBS is the mother organization for those interested in ACT, functional contextualism, and Relational Frame Theory (RFT). The ACBS website forms the nexus of what is called an “online community.” The whole community of ACT developers and researchers contributes to this website by adding webpages, files and multimedia presentations, voting, and holding discussion groups. New materials are being added on a daily basis. You can find forms to improve your practice, help fine-tune your case conceptualizations, and access a great deal of other information that might be helpful in learning ACT.

Taking the step from knowing to doing can be made much, much easier by seeing concepts modeled for you. By watching videos or reading transcripts, you can see how theories come alive in real-world scenarios. Another beautiful aspect of these resources is that you get to see how other practitioners use the concepts and theory of ACT that you have been reading about in vastly different ways, but all in accordance with the theory. As you progress as an ACT therapist (or ACT-influenced therapist), the concepts will evolve for you in a different way than how you first understood them based on your personality and your perspective. A jump-start to this necessary process is watching others, and seeing things you do like and don't like about how they use these concepts. This aspect of your education and understanding can't be overstated.

If you are anything more than a casual learner, I highly recommend joining ACBS. A number of the resources you get access to as a member are listed above; here are some others:

- Free unlimited downloads of a vast range of [resources for clinicians](#) to learn more about ACT, including everything from organizing sessions and case conceptualization, to exercises, metaphors, visual aids, scholarly articles, therapy manuals, assessment measures, Power-Point presentations from conferences, featured video segments, and other valuable ACT, RFT, and related resources.

- Access to the ACT & RFT [email listserv](#) for professionals and students, which is an active place to get support in learning and applying ACT, network with others doing similar work, and to keep up with the latest clinical techniques and research findings.
- Complete access to the [Journal of Contextual Behavioral Science](#)
- Numerous client handouts and [protocols](#)
- An easy-to-understand [online tutorial](#) for learning about RFT
- A listing in the [membership directory](#) where other ACT- and RFT-interested professionals in your area or around the world can find you
- Reduced registration rates for the annual [ACBS conference](#)
- Eligibility to join [a local ACBS chapter](#) and one of the many special interest groups
- Opportunity to get to know other ACT and RFT professionals around the world

The ACT/RFT community is values-based, and there is no greater evidence of that than the dues. When you join ACBS you pay what you think it is worth. We call it **values-based dues**. Any amount down to just thirteen dollars (\$13 covers the cost of the journal) entitles you to all of the above. Why? Because ACBS membership reflects the values of the ACT/RFT community, and those values include the creation of a community that is open, non-hierarchical, scientifically-based, and empowering. Their theory is that if you find value in ACBS, they know you will support it.

One last note about dues...

- Since ACBS switched to values-based dues, the average dues being paid are actually higher! Some folks pay 10 dollars. Some folks are so moved by what they see inside this community they pay \$400. All voluntary.
- 100% of your dues go to supporting the staff, website, conventions, and the like. Nothing goes to pay officers for being officers, etc. So you can pay dues knowing full well that it's going to a good cause:



spreading ACT, RFT, and contextual behavioral science throughout the world to benefit suffering humans everywhere.

- If you're not sure about joining, take a look at what ACBS has to offer by [clicking here](#).

To register, it takes two steps:

- 1) First you'll need to register a log-in ID. To do that, [click here](#)
- 2) Once you have your log-in ID, then click on the "Join|Renew" link

I'M REALLY INTO THIS, HOW DO I GET BETTER?

RESOURCES FOR CONTINUAL IMPROVEMENT

At this point you've got the basics down, you've been utilizing the concepts in your work with clients and you're looking for more. Great! Let's explore ways you can dive in deeper and make this model more powerful for you and your clients.

Options for training & consultation

- Check out [ACBS events](#) in your area
- Join or organize a peer consultation, reading, or discussion group]

Online learning

- Here is the ACBS page that has a brief list of online [learning opportunities](#)

Workshops/trainings

- [Workshops and trainings](#) are a great opportunity to further your learning and network with other professionals that are learning as well. Particularly useful are the experiential training workshops, which will give you a much better sense for the ACT "space" and what it is like experientially to do this work. There are also large yearly training events with hundreds of people where you can really get into the "meat" of this work and learn it much more thoroughly. Workshops are regularly scheduled at the annual convention of the Association for Behavioral and Cognitive Therapies and the Association for Behavior Analysis. ACT trainers are located all around the world. A list of trainers is posted on the ACT

website, along with the values statement ensuring that this whole process is not centrally controlled. All of these resources are listed [here](#).

Phone or videoconference-based consultation

- Consider [phone consultation or video-conference based consultation](#) (e.g., via Skype). I've done this as both the consultant and the consultee. It can be surprisingly powerful. Most of the ACT trainers listed on the ACT website would be able to do phone consultation, but not all have specialized experience with this medium. You'll need to ask them to see if they offer the consultation you are looking for. I've published a study that shows that ACT-based experiential phone consultation can result in gains in psychological flexibility for therapists.

Resources for Learning to Meditate

- Meditation retreats can be a great way to learn to meditate and a way to make contact with "the ACT space." Good apps to support practice and give you reminders include Headspace, Insight Timer, Buddhify, "Stop, Breathe, and Think," and ACT Companion. You can look these up in the app store for your phone. We also [review resources for learning mindfulness meditation here](#) that can be used for therapists and their clients.

Read the ACBS journal – The Journal of Contextual Behavioral Science

- You can get free access to all issues free by becoming an ACBS member.

YOUR ACTION PLAN WORKSHEET PRINT ME & FILL ME OUT

1) Start with what level you believe best describes you and check the action items that interest you.

WHERE DO I START?!

- Read a core book (or two)
- Apply ACT to myself using a workbook
- Check out ACT related websites & apps
- Other: _____

OK, I GET THE GENERAL CONCEPTS, WHERE DO I GO FROM HERE?

- Perform a self-assessment with the core competency rating form and develop a learning plan
- Study and read on a focused population or setting
- Join ACBS
- Other: _____

I'M REALLY INTO THIS, HOW DO I GET BETTER?

- Attend conventions where ACT/RFT studies and concepts will be presented and discussed with presenters
- Attend a workshop or training (online or in person)
- Find an expert for brief or ongoing phone consultation
- Join or start a peer consultation group, reading group, or discussion group
- Attend ACT/mindfulness/meditation retreat
- Other: _____

Thoughts, feelings, sensations, urges I'm willing to have (in order to achieve this goal):

• Thoughts: _____

• Feelings: _____

• Sensations: _____

• Urges: _____

An ACT strategy I could use in response to these private experiences is (identify a technique or exercise):

I can break this goal down into smaller steps, such as:

The smallest, easiest step I can begin with is

The time, day, and date that I will take that first step is

Look at the checked items above and write a concrete goal here:

I will... _____

FINAL WORDS FROM JASON

I hope that this e-book serves you as an effective guide to support your learning. Please feel free to contact me with questions not addressed in this guide or resources that you would like to see included in future versions.



ABOUT THE AUTHOR

Jason Luoma, Ph.D. is a Licensed Psychologist in Oregon and CEO and Co-Founder of the [Portland Psychotherapy Clinic, Research, & Training Center](#). Portland Psychotherapy is a clinic, research, and training center whose mission is to provide quality, evidence-based psychotherapy and to contribute to the wider community through research and training. Portland Psychotherapy is a social enterprise that utilizes a unique model for integrating the science and practice of psychotherapy, wherein a portion of all proceeds generated through provision of clinical services is set aside to fund substantial ongoing research at the center.

Jason is both a clinician and a researcher. In his clinical practice, Jason specializes in helping people who are highly self-critical, self-hating, or shame-bound to live life more fully through developing self-compassion. Jason focuses on bringing heart and compassion to the practice of evidence-based psychotherapy. In research, Jason has a special interest in reducing stigma and shame and increasing a sense of belonging. The hub for his work on this topic is the website: www.actwithcompassion.com.

Jason also has extensive training in ACT, having trained under Steven Hayes, Ph.D., at the University of Nevada for 4 years. One of Jason's central career interests is in training therapists in ACT and

researching the effectiveness of such training. Towards this end, he has written a book with Steven Hayes and Robyn Walser, Ph.D., entitled *Learning Acceptance and Commitment Therapy: A Skills Training Manual for Therapists*. He regularly provides consultation on learning ACT through Skype and group-based phone consultation and can be contacted at jbluoma@portlandpsychotherapy.com.

Jason's contact info:

- [Professional website](#)
- [Email](#)
- [Alerts for ACT trainings in the North West United States](#)
- [ACT With Compassion website](#)

Scott Rower, Ph.D.

Scott helped prepare this guide. He is a clinical psychologist in Hood River, OR who is trained in ACT.

Scott's contact info:

- scottrowerphd.com

Note: The links to books in this guide are affiliate links. Using these links does not cost you anything. If you decide to use our link, Amazon.com will share a small percentage of your sale with Portland Psychotherapy Clinic, Research, & Training Center.



APPENDIX A BOOKS BY POPULATION & SETTING

ACT AND OTHER TYPES OF THERAPY

Process-Based CBT: The Science and Core Clinical Competencies of Cognitive Behavioral Therapy

ADVANCED PRACTICE IN ACT

ACT Questions and Answers: A Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy

ACT Verbatim for Depression and Anxiety: Annotated Transcripts for Learning Acceptance and Commitment Therapy

Advanced Acceptance and Commitment Therapy: The Experienced Practitioner's Guide to Optimizing Delivery

Advanced Training in ACT: Mastering Key In-Session Skills for Applying Acceptance and Commitment Therapy

Cognitive Defusion in Practice: A Clinician's Guide to Assessing, Observing, and Supporting Change in Your Client (The Context Press Mastering ACT Series)

Getting Unstuck in ACT: A Clinician's Guide to Overcoming Common Obstacles in Acceptance and Commitment Therapy

Inside This Moment: A Clinician's Guide to Promoting Radical Change Using Acceptance and Commitment Therapy

Learning ACT: An Acceptance and Commitment Therapy Skills Training Manual for Therapists

Learning ACT for Group Treatment: An Acceptance and Commitment Therapy Skills Training Manual for Therapists

Metaphor in Practice: A Professional's Guide to Using the Science of Language in Psychotherapy

Mindfulness for Two: An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy

ANGER

Therapist guides

Contextual Anger Regulation Therapy: A Mindfulness and Acceptance-Based Approach (Practical Clinical Guidebooks)

Client books

Act on Life Not on Anger: The New Acceptance & Commitment Therapy Guide to Problem Anger

The Moral Injury Workbook: Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values

ANXIETY

Therapist guides

Acceptance and Commitment Therapy: The Ultimate Guide to Using ACT to Treat Stress, Anxiety, Depression, OCD, and More, Including Mindfulness Exercises and a Comparison with CBT and DBT

Acceptance and Commitment Therapy for Anxiety Disorders

Acceptance-Based Behavioral Therapy: Treating Anxiety and Related Challenges

The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT

Trichotillomania: An ACT-Enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work)

Client books

The ACT on Anxiety Workbook

The ACT Workbook for OCD: Mindfulness, Acceptance, and Exposure Skills to Live Well with Obsessive-Compulsive Disorder

Anxiety Happens: 52 Ways to Find Peace of Mind

Be Mighty: A Woman's Guide to Liberation from Anxiety, Worry, and Stress Using Mindfulness and Acceptance

Cognitive Behavioral Therapy: How to Use CBT to Overcome Anxiety, Depression and Intrusive Thoughts + A Guide to Acceptance and Commitment Therapy and ACT Techniques

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt
In This Moment: Five Steps to Transcending Stress Using Mindfulness and Neuroscience

Living Beyond OCD Using Acceptance and Commitment Therapy: A Workbook for Adults

The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy (2nd Edition)

The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life

Outsmart Your Anxious Brain: Ten Simple Ways to Beat the Worry Trick

Social Courage: Coping and thriving with the reality of social anxiety

Things Might Go Terribly, Horribly Wrong: A Guide to Life Liberated from Anxiety

Trichotillomania: An ACT-Enhanced Behavior Therapy Approach Workbook (Treatments That Work)

The Worry Trap: How to Free Yourself from Worry & Anxiety Using Acceptance and Commitment Therapy

CHILDREN/ADOLESCENTS/PARENTING

Therapist guides

Acceptance and Commitment Therapy: The Clinician's Guide for Supporting Parents

Acceptance & Mindfulness Treatments for Children & Adolescents: A Practitioner's Guide

ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy

Challenging Perfectionism: An Integrative Approach for Supporting Young People Using ACT, CBT and DBT

Mindfulness and Acceptance for Counseling College Students: Theory and Practical Applications for Intervention, Prevention, and Outreach (The Context Press Mindfulness and Acceptance Practical Series)

Teen Anxiety: A CBT and ACT Activity Resource Book for Helping Anxious Adolescents

The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection

Client books

Acceptance and Mindfulness Toolbox for Children and Adolescents: 75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More

The ACT Workbook for Teens with OCD

Becoming Mum

Dark Agents, Book One: Violet and the Trial of Trauma

Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life

The Gifted Kids Workbook: Mindfulness Skills to Help Children Reduce Stress, Balance Emotions, and Build Confidence

The Joy of Parenting: An Acceptance and Commitment Therapy Guide to Effective Parenting in the Early Years

The Mental Health and Wellbeing Workout for Teens: Skills and Exercises from ACT and CBT for Healthy Thinking

The Mindfulness and Acceptance Workbook for Teen Anxiety: Activities to Help You Overcome Fears and Worries Using Acceptance and Commitment Therapy (Instant Help Book for Teens)

Nuna and the Fog

Parenting a Troubled Teen: Manage Conflict and Deal with Intense Emotions Using Acceptance and Commitment Therapy

Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy

Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can

DEPRESSION

Therapist guides

ACT for Depression: A Clinician's Guide to Using Acceptance & Commitment Therapy in Treating Depression

Client books

The ACT Workbook for Depression and Shame: Overcome Thoughts of Defectiveness and Increase Well-Being Using Acceptance and Commitment Therapy

The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living [2nd Edition]

DEVELOPMENTAL DISABILITIES

Derived Relational Responding Applications for Learners with Autism and Other Developmental Disabilities: A Progressive Guide to Change

DIVERSE POPULATIONS

Therapist guides

ACT for Gender Identity

Mindfulness and Acceptance for Gender and Sexual Minorities: A Clinician's Guide to Fostering Compassion, Connection, and Equality Using Contextual Strategies

Mindfulness and Acceptance in Multicultural Competency: A Contextual Approach to Sociocultural Diversity in Theory and Practice [The Context Press Mindfulness and Acceptance Practica Series]

EATING DISORDERS/BODY IMAGE

Therapist guides

Acceptance and Commitment Therapy for Body Image Dissatisfaction: A Practitioner's Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies

Acceptance and Commitment Therapy for Eating Disorders: A Process-Focused Guide to Treating Anorexia and Bulimia

A Clinician's Guide to Acceptance-Based Approaches for Weight Concerns: The Accept Yourself! Framework

ACT for Anorexia Nervosa: A Guide for Clinicians

Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions

Client books

The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life

Living with Your Body and Other Things You Hate: How to Let Go of Your Struggle with Body Image Using Acceptance and Commitment Therapy

HEALTH/CHRONIC PAIN/INTEGRATED CARE

Therapist guides

Acceptance and Commitment Therapy for Chronic Pain

Behavioral Consultation and Primary Care: A Guide to Integrating Services

Contextual Cognitive-Behavioral Therapy for Chronic Pain

Mindfulness and Acceptance in Behavioral Medicine: Current Theory and Practice

Psychological Treatment for Patients With Chronic Pain [Clinical Health Psychology]

Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction

Somatoform and Other Psychosomatic Disorders: A Dialogue Between Contemporary Psychodynamic Psychotherapy and Cognitive Behavioral Therapy Perspectives

Client books

Better Living With IBS: A step-by-step program to managing your symptoms so you can enjoy life to the full!

The Diabetes Lifestyle Book

End the Insomnia Struggle: A Step-by-Step Guide to Help You Get to Sleep and Stay Asleep

Living Beyond Lyme: Reclaim Your Life From Lyme Disease and Chronic Illness

Living Beyond Your Pain: Using Acceptance & Commitment Therapy to Ease Chronic Pain

INTERPERSONAL/RELATIONSHIP ISSUES

Therapist guides

Acceptance and Commitment Therapy for Couples: Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships

Acceptance and Commitment Therapy for Interpersonal Problems: Using Mindfulness, Acceptance, and Schema Awareness to Change Interpersonal Behaviors

ACT and RFT in Relationships: Helping Clients Deepen Intimacy and Maintain Healthy Commitments Using Acceptance and Commitment Therapy and Relational Frame Theory

The Interpersonal Problems Workbook: ACT to End Painful Relationship Patterns

Client books

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

The Mindful Couple: How Acceptance and Mindfulness Can Lead You to the Love You Want

LOSS/GRIEF

Client books

The Reality Slap: Finding Peace and Fulfillment When Life Hurts

OCCUPATIONAL/COACHING

Acceptance and Mindfulness at Work: Applying Acceptance and Commitment Therapy And Relational Frame Theory to Organizational Behavior Management

Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy

The Mindful and Effective Employee: An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance

PSYCHOSIS

Therapist guides

Acceptance and Commitment Therapy and Mindfulness for Psychosis

ACT for Psychosis Recovery: A Practical Manual for Group-Based Interventions Using Acceptance and Commitment Therapy

Incorporating Acceptance and Mindfulness into the Treatment of Psychosis: Current Trends and Future Directions

Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition

RELATIONAL FRAME THEORY/BEHAVIOR ANALYSIS

The ABCs of Human Behavior: Behavioral Principles for the Practicing Clinician

Advances in Relational Frame Theory: Research and Application

Learning RFT: An Introduction to Relational Frame Theory and Its Clinical Application

Mastering the Clinical Conversation: Language as Intervention

Relational Frame Theory: A Post-Skinnerian Account of Human Language and Cognition

The Self and Perspective Taking: Contributions and Applications from Modern Behavioral Science

RELIGION/SPIRITUALITY

Therapist guides

Acceptance and Commitment Therapy for Christian Clients: A Faith-Based Workbook

ACT for Clergy and Pastoral Counselors: Using Acceptance and Commitment Therapy to Bridge Psychological and Spiritual Care
Faith-based ACT for Christian clients: An integrative treatment approach

SUBSTANCE ABUSE/ADDICTION

Therapist guides

Acceptance and Commitment Therapy for Pathological Gamblers

Acceptance and Commitment Therapy for Substance Abuse: A Clinician's Guide to Using Practical Mindfulness and Acceptance-Based Interventions for Alcoholism and Drug Addiction

Investigating Acceptance and Commitment Therapy within Addictions

Mindfulness and Acceptance for Addictive Behaviors: Applying Contextual CBT to Substance Abuse and Behavioral Addictions

Mindfulness-Based Sobriety: A Clinician's Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing

Client books

Power Over Addiction: A Harm Reduction Workbook for Changing Your Relationship with Drugs

The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse

TRAUMA/PTSD

Therapist guides

Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems: A Practitioner's Guide to Using Mindfulness and Acceptance Strategies

Client books

Dark Agents, Book One: Violet and the Trial of Trauma

Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems

The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (The Instant Help Solutions Series)

WORK/COACHING/BUSINESS

Acceptance and Commitment Coaching (Coaching Distinctive Features)

Prosocial: Using Evolutionary Science to Build Productive, Equitable, and Collaborative Groups

YOGA

Mindful Yoga-Based Acceptance and Commitment Therapy: Simple Postures and Practices to Help Clients Achieve Emotional Balance

MISCELLANEOUS SELF-HELP

Client books

Acceptance and Commitment Therapy: Principles of Becoming More Flexible, Effective, and Fulfilled

The ACT Deck: 55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress

ACTivate Your Life: Using acceptance and mindfulness to build a life that is rich, fulfilling and fun

Break Free: Acceptance and Commitment Therapy in 3 Steps: A Workbook for Overcoming Self-Doubt and Embracing Life

Cognitive Behavioral Therapy: A Guide to Self-Empowerment with CBT, DBT, and ACT: How to Build Brain Strength and Reshape Your Life with Behavioral Therapy

The Courage Habit: How to Accept Your Fears, Release the Past, and Live Your Courageous Life

The Diet Trap: Feed Your Psychological Needs and End the Weight Loss Struggle Using Acceptance and Commitment Therapy

Escaping the Emotional Roller Coaster: ACT for the emotionally sensitive

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

Get the Life You Want: Finding Meaning and Fulfillment through Acceptance and Commitment Therapy

The Happiness Trap: How to Stop Struggling and Start Living

How to Be Nice to Yourself: The Everyday Guide to Self-Compassion: Effective Strategies to Increase Self-Love and Acceptance

The Illustrated Happiness Trap: How to Stop Struggling and Start Living

Learning to Thrive: An Acceptance and Commitment Therapy Workbook

The Mindfulness and Acceptance Workbook for Self-Esteem: Using Acceptance and Commitment Therapy to Move Beyond Negative Self-Talk and Embrace Self-Compassion

The Mindfulness and Acceptance Workbook for Stress Reduction: Using Acceptance and Commitment Therapy to Manage Stress, Build Resilience, and Create the Life You Want [A New Harbinger Self-Help Workbook]

The Power of Small: Making Tiny Changes When Everything Feels Too Much

The Psychology of Enhancing Human Performance: The Mindfulness-Acceptance-Commitment Approach

Reclaim Your Life: Acceptance and Commitment Therapy in 7 Weeks

Sex ACT: Unleash the Power of Your Sexual Mind with Acceptance & Commitment Therapy

Stress Less, Live More: How Acceptance and Commitment Therapy Can Help You Live a Busy yet Balanced Life

Therapy Quest: An Interactive Journey Through Acceptance And Commitment Therapy

The Winner's Mind: Strengthening Mental Skills in Athletes

Your Life on Purpose: How to Find What Matters and Create the Life You Want

OTHER BOOKS FOR LEARNING ACT

Acceptance and Commitment Therapy (Theories of Psychotherapy)

Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change

Acceptance and Commitment Therapy: 100 Key Points and Techniques

Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change

Acceptance and Commitment Therapy: Contemporary Theory, Research and Practice

Acceptance and Commitment Therapy: CBT Distinctive Features

Acceptance and Commitment Therapy For Dummies

The ACT Approach: A Comprehensive Guide for Acceptance and Commitment Therapy

The Act in Context: The Canonical Papers of Steven C. Hayes

ACT in Practice: Case Conceptualization in Acceptance and Commitment Therapy

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series)

The ACT Matrix: A New Approach to Building Psychological Flexibility Across Settings and Populations

The ACT Practitioner's Guide to the Science of Compassion: Tools for Fostering Psychological Flexibility

ACT Questions and Answers: A Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy

The Art and Science of Valuing in Psychotherapy: Helping Clients Discover, Explore, and Commit to Valued Action Using Acceptance and Commitment Therapy

The Big Book of ACT Metaphors: A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy

Brief Interventions for Radical Change: Principles and Practice of Focused Acceptance and Commitment Therapy

A CBT Practitioner's Guide to ACT: How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Committed Action in Practice: A Clinician's Guide to Assessing, Planning, and Supporting Change in Your Client (The Context Press Mastering ACT Series)

A Contextual Behavioral Guide to the Self: Theory and Practice

Contextual Schema Therapy: An Integrative Approach to Personality Disorders, Emotional Dysregulation, and Interpersonal Functioning

The Essential Guide to the ACT Matrix: A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice

Essentials of Acceptance and Commitment Therapy

Evolution and Contextual Behavioral Science: An Integrated Framework for Understanding, Predicting, and Influencing Human Behavior

Experiencing ACT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists)

The Heart of ACT: Developing a Flexible, Process-Based, and Client-Centered Practice Using Acceptance and Commitment Therapy

Innovations in Acceptance and Commitment Therapy: Clinical Advancements and Applications in ACT

Inside This Moment: A Clinician's Guide to Promoting Radical Change Using Acceptance and Commitment Therapy

Introduction to ACT: Learning and Applying the Core Principles and Techniques of Acceptance and Commitment Therapy

Learning Acceptance and Commitment Therapy: The Essential Guide to the Process and Practice of Mindful Psychiatry

Learning ACT for Group Treatment: An Acceptance and Commitment Therapy Skills Training Manual for Therapists

A Liberated Mind: How to Pivot Toward What Matters

The Little ACT Workbook

Metaphor in Practice: A Professional's Guide to Using the Science of Language in Psychotherapy

Mindfulness, Acceptance, and the Psychodynamic Evolution: Bringing Values into Treatment Planning and Enhancing Psychodynamic Work with Buddhist Psychology (The Context Press Mindfulness and Acceptance Practica Series)

Mindfulness, Acceptance, and Positive Psychology: The Seven Foundations of Well-Being (The Context Press Mindfulness and Acceptance Practica Series)

Mindfulness- and Acceptance-Based Behavioral Therapies in Practice (Guides to Individualized Evidence-Based Treatment)

Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition

Mindfulness and Acceptance in Social Work: Evidence-Based Interventions and Emerging Applications (The Context Press Mindfulness and Acceptance Practica Series)

The Mindfulness-Informed Educator: Building Acceptance and Psychological Flexibility in Higher Education

Talking ACT: Notes and Conversations on Acceptance and Commitment Therapy

Values in Therapy: A Clinician's Guide to Helping Clients Explore Values, Increase Psychological Flexibility, and Live a More Meaningful Life

The Wiley Handbook of Contextual Behavioral Science

RESOURCE MISSING?

This is intended to be a comprehensive list of all ACT books published to date, so please let us know if there's one that isn't on this list: <https://goo.gl/BfXVxD>

APPENDIX B THE CORE COMPETENCY SELF-RATING FORM

Performing self-rating can help you determine what areas to focus on next in terms of learning ACT. If you choose to use this form, I'd recommend you rate yourself periodically and then consider the following questions in relation to your self-ratings (these are just suggestions; you could always add others):

1. Notice what areas you rated yourself low on. Do you understand what the competency means? If not, you may want to consider figuring out what it would mean to engage this competency. What reading materials would you need?
2. Outline what you are doing that is inconsistent with those areas you are rated low in.
3. Consider some options on how you might change your behavior in relation to a competency. What might you do to improve your skills in that area? Is there something you need to read about? Is there some skill you need to practice? Are you willing to make room for the possible failure and sense of inadequacy or incompetence that might go along with prac-

ticing a new technique or skill, and still do it? Perhaps you could rehearse whatever it was with a colleague before you went into a session? Perhaps you could focus a whole session on that one process so that you have a chance to practice. Perhaps you could post a question on the ACT listserv about how one could improve their practice in that area. What ideas can you come up with to learn how to improve your practice of ACT?

4. A great place to start is to just pick one action, commit to it, and get started on it. Which one could it be?
5. Go back and repeat this with other competencies where you have scored low.

This form could also be adapted to be an "other"-rating form and used in supervision.

ACCEPTANCE AND COMMITMENT THERAPY CORE COMPETENCY SELF-RATING FORM

Below are listed a number of statements. Please rate how true each statement is for you when you use ACT, by circling a number next to it. Use the scale below to make your choice.

1	2	3	4	5	6	7	?
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true	don't know

CORE COMPETENCIES INVOLVED IN THE BASIC ACT THERAPEUTIC STANCE

The basic psychological stance of the ACT therapist is an especially important factor in providing good treatment. This involves being able to make contact with the “space” from which ACT naturally flows, as well as modeling certain facets of psychological flexibility that we seek to impart to the client. Like many treatment traditions, ACT emphasizes the importance of therapist warmth and genuineness. This stance emerges quite naturally from the core understanding of human suffering from an ACT perspective. When we see our clients trapped by language, we see ourselves and the traps which generate our own pain. An “I and thou” perspective is the natural precipitant of this recognition. Collectively, the following attributes define the basic therapeutic stance of ACT.

1	The therapist realizes that he or she is in the same soup as the client and speaks to the client from an equal, vulnerable, genuine, and sharing point of view	<input type="checkbox"/>
2	The therapist models willingness to hold contradictory or difficult ideas, feelings, memories, and the like without needing to “resolve” them.	<input type="checkbox"/>
3	The therapist takes a compassionate and humanizing stance toward the client’s suffering and avoids criticism, judgment or taking a “one up” position	<input type="checkbox"/>
4	The therapist always brings the issue back to what the client’s experience is showing, and does not substitute his or her opinions for that genuine experience	<input type="checkbox"/>
5	The therapist does not argue with, lecture, coerce or even attempt to convince the client of anything. If you find yourself attempting to change a client’s mind, stop. You are not doing ACT.	<input type="checkbox"/>
6	The therapist does not explain the “meaning” of paradoxes or metaphors to develop “insight”	<input type="checkbox"/>
7	The therapist is willing to self-disclose about personal issues when it makes a therapeutic point	<input type="checkbox"/>

8	The therapist avoids the use of “canned” ACT interventions. Interventions are responses to the particular client we are treating.	<input type="checkbox"/>
9	The therapist tailors interventions to fit the client’s language and immediate life experience	<input type="checkbox"/>
10	The therapist sequences and applies specific ACT interventions in response to client needs, and is ready to change course to fit those needs at any moment	<input type="checkbox"/>
11	New metaphors, experiential exercises and behavioral tasks are allowed to emerge from the client’s own experience and context	<input type="checkbox"/>
12	ACT relevant processes are recognized in the moment and where appropriate are directly supported in the context of the therapeutic relationship	<input type="checkbox"/>

DEVELOPING ACCEPTANCE AND WILLINGNESS/UNDERMINING EXPERIENTIAL CONTROL

13	Therapist communicates that client is not broken, but is using unworkable strategies	<input type="checkbox"/>
14	Therapist helps client examine direct experience and detect emotional control strategies	<input type="checkbox"/>
15	Therapist helps client make direct contact with the paradoxical effect of emotional control strategies	<input type="checkbox"/>
16	Therapist actively uses concept of “workability” in clinical interactions	<input type="checkbox"/>
17	Therapist actively encourages client to experiment with stopping the struggle for emotional control and suggests willingness as an alternative.	<input type="checkbox"/>
18	Therapist uses shifts between control and willingness as an opportunity for the client to directly experience the contrast in vitality between the two strategies.	<input type="checkbox"/>
19	Therapist helps client investigate relationship between levels of willingness and sense of suffering [willingness suffering diary; clean and dirty suffering]	<input type="checkbox"/>
20	Therapist helps client make experiential contact with the cost of being unwilling relative to valued life ends (Are you doing your values; listing out value, emotional control demand, cost, short term/long term costs and benefits)	<input type="checkbox"/>
21	Therapist helps client experience the qualities of willingness (a choice, a behavior, not wanting, same act regardless of how big the stakes)	<input type="checkbox"/>

22	Therapist uses exercises (jumping; cards in lap, eye contact) and metaphors (box full of stuff, Joe the bum) to help client contact willingness the action in the presence of difficult material	<input type="checkbox"/>
23	Therapists structures graded steps or exercises to practice willingness	<input type="checkbox"/>
24	Therapist models willingness in the therapeutic relationship	<input type="checkbox"/>
25	Therapist detects struggle in session and teaches the clients to do so	<input type="checkbox"/>

UNDERMINING COGNITIVE FUSION

26	Therapist identifies client's emotional, cognitive, behavioral or physical barriers to willingness	<input type="checkbox"/>
27	Therapist suggests that "attachment" to the literal meaning of these experiences makes willingness difficult to sustain	<input type="checkbox"/>
28	Therapist actively contrasts what the client's "mind" says will work versus what the client's experience says is working	<input type="checkbox"/>
29	Therapist uses language tools (get off our butts, both/and), metaphors (bubble on the head, two computers, monsters on the bus) and experiential exercises (tin can monster) to create a separation between the client and client's conceptualized experience	<input type="checkbox"/>
30	Therapist uses various interventions to both reveal the flow of private experience and such experience is not "toxic"	<input type="checkbox"/>
31	Therapist works to get client to experiment with "having" these experiences, using willingness as a stance	<input type="checkbox"/>
32	Therapist uses various exercises, metaphors and behavioral tasks to reveal the "hidden" properties of language (milk, milk, milk; what are the numbers?)	<input type="checkbox"/>
33	Therapist helps client elucidate the client's "story" and helps client make contact with the arbitrary nature of causal relationships within the story	<input type="checkbox"/>
34	Therapist helps client make contact with the evaluative and reason giving properties of the client's story (no thing matters, good cup/bad cup)	<input type="checkbox"/>
35	Therapist detects "mindiness" (fusion) in session and teaches the client to detect it as well	<input type="checkbox"/>

GETTING IN CONTACT WITH THE PRESENT MOMENT

36	Therapist can defuse from client content and direct attention to the moment	<input type="checkbox"/>
37	Therapist can bring his or her own feelings or thoughts in the moment into the therapeutic relationship	<input type="checkbox"/>
38	Therapist uses exercises to expand the client's sense of experience as an ongoing process	<input type="checkbox"/>
39	Therapists tracks content at multiple levels and emphasizes the present when it is useful	<input type="checkbox"/>
40	Therapist models coming back to the present moment	<input type="checkbox"/>
41	Therapist detects client drifting into past and future orientation and comes back to now	<input type="checkbox"/>
42	Therapists teaches the client to do likewise	<input type="checkbox"/>

DISTINGUISHING THE CONCEPTUALIZED SELF FROM SELF-AS-CONTEXT

43	Therapist helps the client differentiate self-evaluations from the self that evaluates (thank your mind for that thought, calling a thought a thought, naming the event, pick an identity)	<input type="checkbox"/>
44	Therapist employs mindfulness exercises (the you the you call you; chessboard, soldiers in parade/leaves on the stream) to help client make contact with self-as-context	<input type="checkbox"/>
45	Therapist uses metaphors to highlight distinction between products and contents of consciousness versus consciousness (furniture in house, are you big enough to have you)	<input type="checkbox"/>
46	The therapist employs behavioral tasks (take your mind for a walk) to help client practice distinguishing private events from self	<input type="checkbox"/>
47	Therapist helps client understand the different qualities of self-conceptualization, just noticing events and simple awareness	<input type="checkbox"/>

DEFINING VALUED DIRECTIONS

48	Therapist helps client clarify valued life directions (values questionnaire, value clarification exercise, what do you want your life to stand for, funeral exercise)	<input type="checkbox"/>
49	Therapist helps client “go on record” as wanting to stand for valued life ends	<input type="checkbox"/>
50	Therapist puts his or her own therapy relevant values in the room and models their importance	<input type="checkbox"/>
51	Therapist teaches clients to distinguish between values and goals	<input type="checkbox"/>
52	Therapist distinguishes between outcomes and processes	<input type="checkbox"/>
53	Therapist respects client values and if unable to support them, finds referral or other alternatives	<input type="checkbox"/>

BUILDING PATTERNS OF COMMITTED ACTION

54	Therapist helps client identify valued life goals and build an action plan	<input type="checkbox"/>
55	Therapist encourages client to “have” barriers and make and keep commitments	<input type="checkbox"/>
56	Therapist uses exercise and non-traditional uses of language to reveal hidden sources of interference to committed actions (fish hook metaphor, forgiveness, who would be made right, how is your story every going to handle you being healthy)	<input type="checkbox"/>
57	Therapist encourages client to take small steps and to look at the quality of committed action	<input type="checkbox"/>
58	Therapist keep clients focused on larger and larger patterns of action	<input type="checkbox"/>
59	Therapist integrates slips or relapses into the experiential base for future effective action	<input type="checkbox"/>