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ACT Acceptance & Commitment Therapy

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**All models are wrong,
but some are useful.**

George Box, British statistician (1919 – 2013)



Introduction to ACT

- usually pronounced as the word “**act**” rather than the initials “A-C-T”)
- sits under the CBT (Cognitive Behavioural Therapy) umbrella, and started to be developed in 1986 by psychologists **Steven Hayes, Kelly Wilson, and Kirk Strosahl** in the US
- Rests on an underlying theory of human language and cognition called **relational frame theory (RFT)**
- is a unique and creative model for therapy based on the innovative use of [mindfulness](#) and [values](#)
- **Positive Psychology** - the aim of ACT is to maximise human potential for a rich, full and meaningful life; to cultivate health, vitality and well-being through mindful values-based living.

Source:

https://www.actmindfully.com.au/upimages/ACT_Made_Simple_Introduction_and_first_two_chapters.pdf

ACT is a
River, not a
Pool

Functional contextualism

Functional contextualism views psychological events as an interaction between **whole organisms and a context** that is defined both historically (e.g., prior learning histories) and situationally (current antecedents and consequences, verbal rules).

ACT 'Road Map'

- ACT is a non-linear model of therapy
- The 6 core processes all interweave, overlap, and interconnect
- You can start with any process in any session with any client
- And if you get stuck on one process, you can move to another, then return later to the sticking point
- The 6 core ACT processes can be done in a strict sequential order, if desired. This often happens in pre-scripted group protocols. However this rarely happens in one-on-one therapy
- Clinicians, once they know the whole model, tend to flexibly 'dance' from process to process as required

ACT in Australia/NZ

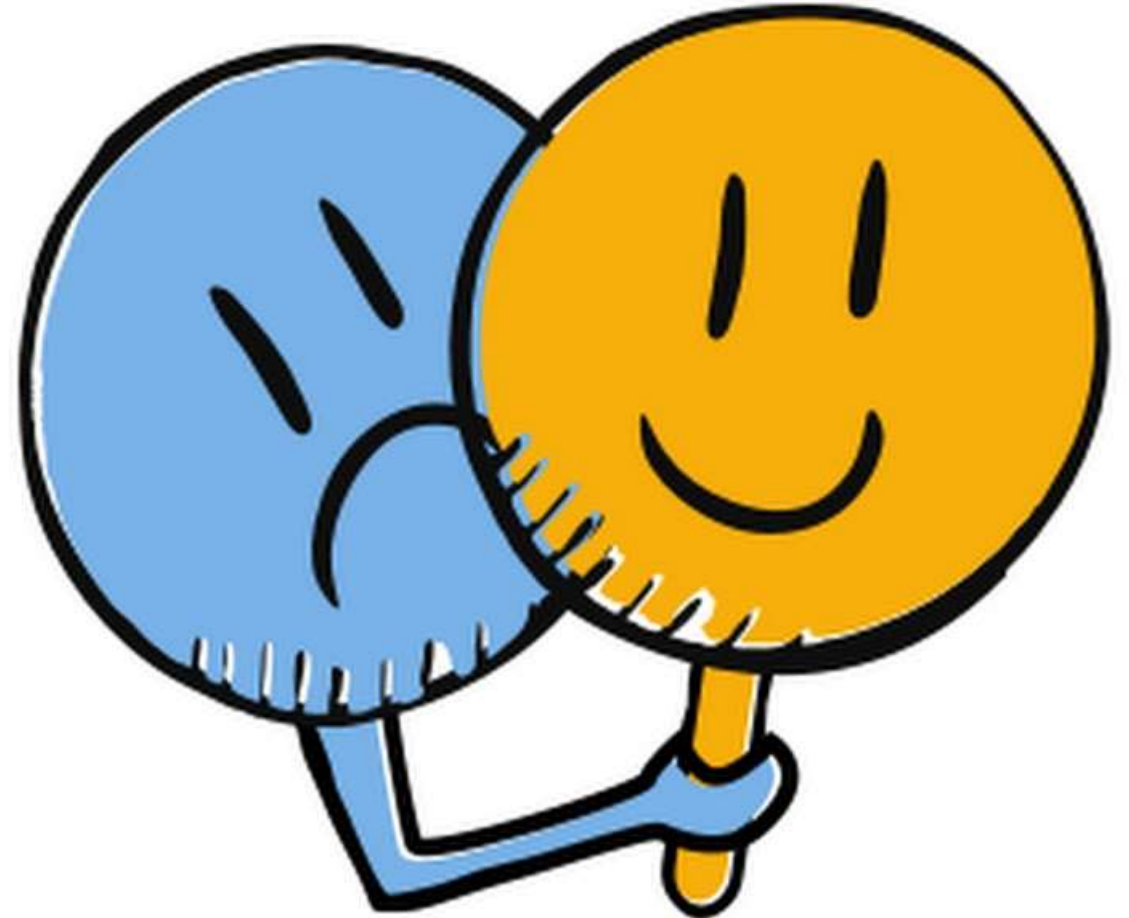


- **Russ Harris** is the author of the world's best-selling ACT book, *The Happiness Trap* (as well as nine others).
- Russ has now trained over 70,000 health practitioners in ACT all over Australia, and internationally,
- he is renowned for his ability to make complex ideas simple, clear and accessible: self-disclosure and psychoeducation
- influenced by principles stemming from Buddhism and Logotherapy

Source: <https://www.actmindfully.com.au/> and <https://psychwire.com/harris>

The Happiness Trap: Evolution of the Human Mind

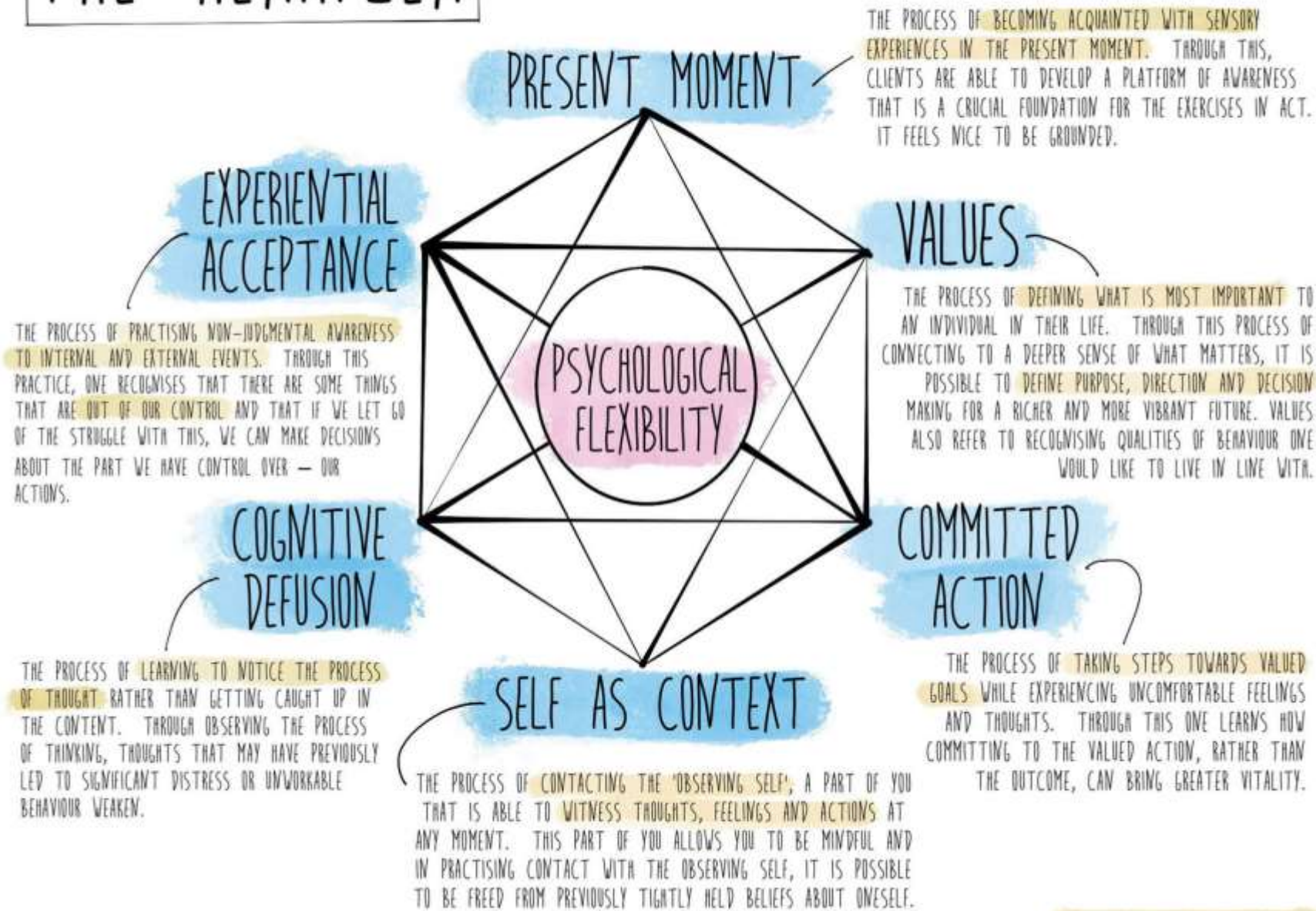
<https://www.youtube.com/watch?v=kv6HkipQcfA>



ACT Protocol

THE HEXAFLEX

→ KEY MODEL OF THE ACCEPTANCE AND COMMITMENT THERAPY (ACT) FRAMEWORK



Other useful links:

- Acknowledge This – How to do an Authentic Acknowledgement of Country Training
<https://www.acknowledgethis.com.au/training>
- ACT online courses with Russ Harris
<https://psychwire.com/harris/courses>
- Russ Harris Youtube Channel
<https://www.youtube.com/@dr.russharris-acceptanceco972>
- ACT Made Simple – Russ Harris group for practitioners on Facebook
<https://www.facebook.com/groups/941642582695315>
- Man's Search for Meaning (Viktor Frankl)
https://en.wikipedia.org/wiki/Man%27s_Search_for_Meaning

THANK YOU!