

A-Z of ACT

(Acceptance & commitment therapy)

- a Acceptance**
The willingness to experience thoughts and feelings without trying to change them
- b Behavioural activation**
Engaging in activities that align with personal values to improve mood
- c Creative hopelessness**
Exploration of new ways to relate to experiences
- d Defusion**
Changing the way clients interact with thoughts
- e Experiential avoidance**
A tendency to excessively avoid unwanted internal experiences
- f Functional contextualism**
A philosophical approach that emphasises understanding behaviour in context
- g Gratitude**
Appreciating the positives of life
- h Hexaflex**
The way we present the six core processes of the ACT model
- i Intentional living (Committed action)**
Proactive steps to pursue the important things
- j Judgment**
ACT encourages non-judgmental awareness
- k Knowledge of self**
Understanding our thoughts, feelings, and values, a foundation for personal growth
- l Language**
ACT emphasises the impact of verbal constructs
- m Mindfulness**
Being present and fully engaged in the moment, which is integral to ACT
- n Noticing**
Awareness of thoughts, feelings, and bodily sensations without attachment or judgment
- o Observing self**
Observing our internal experiences, without being defined by them
- p Psychological Flexibility**
The ability to adjust to circumstances and manage life's challenges
- q Questioning**
Questioning the usefulness of thoughts
- r RFT**
A psychological framework that seeks to explain complex human behaviour
- s Self-as-context**
Observing oneself from a distance
- t Therapy**
A trained professional helps individuals improve their mental health and well-being
- u Uniqueness**
Recognising and honouring individual experiences and values in therapy
- v Values**
The process of identifying what is truly important to us
- w Willingness**
A readiness to experience thoughts and feelings without avoidance
- x eXperiential Learning**
Learning through experience and reflection
- y You-Can-Do-It attitude**
Believing in the ability to engage with our values
- z Zen practices**
Mindfulness techniques often integrated into ACT, promoting present-moment awareness