

Exploring the history of ACBS UK ROI to strengthen community, belonging & purpose

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Timeline



THE BIG "D" - Comprehensive Cognitive Distancing procedures

domestic rule-following, by undermining the view that they are
are voluntary control, especially when it is a matter of eliminating
when the rule relates to thoughts or feelings.

tial effect of motivational strategies in behavioral and
signal answer.



1976

1981

1985

1986

Steve Hayes gets a job
at University of North
Carolina

Rob Zettle is his first doctoral
student

First ACT manual
written

"Comprehensive Distancing"
Aka "The Big D"

RFT first presented

Hayes & Brownstein

1st RCT!

Zettle & Hayes Comprehensive
Distancing





Comprehensive Distancing



1989

Dermot Barnes-Holmes
writes to Steve

Skinner and Steve reply

1991

“ACT” term first used

Wilson, Khorakiwala, & Hayes,
1991 – ABA, May

1995

Steve invited to Cork
by Dermot

Funded by an ACT workshop

1996

Frank Bond meets
Steve

Frank meets Steve in Tahoe.
Work on idea for trial

1997

Frank Bond trial starts in UK

Steve helps Frank write the manual

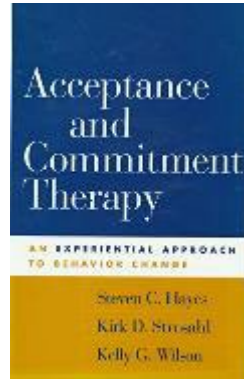
1999

1. The ACT Manual released!

The father, the son and the holy ghost writer

2. 3rd RCT!

Hayes et al
Pain tolerance



2000

Work stress trial published

Bond & Bunce

With a British broadcasting company. No one knows which one

Kelly Wilson workshop in Maynooth



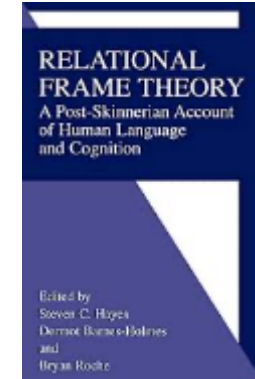
2001

1. Steve Hayes workshops

Southampton and London, UCL

2. RFT book released

AKA. Purple Hayes. Purple book of Doom





2001

9/ 11 Steve cancels
Swedish workshops

2002

1. Adrian Wells hosts
Steve

2. Bournemouth
conference with Kelly
Wilson and Yvonne
Barnes-Holmes

2003

1. First World Con

Linköping, Sweden
Thomas Borkovec, Steven
Hayes, Anna Kaver, Robert
Kohlenberg, & Mark Williams.

2. The Hexaflex is
created!

On a napkin.
In a pizza restaurant.
In Sweden...

2004

First BABCP pre-con

Run by Mark Webster



2005

1. BABCP ACT SIG set up

At one point the largest ACT membership. In the world. In the universe.

2. ACBS founded

No big deal

2006

Second World Con. London!

The American invasion: Robyn, Kelly, Sonja, Steve

2007

Edinburgh conference

Eric Morris and Chris Cullen workshops

2009

ACBS UK chapter set up

Martin Brock Helen Balderston
Louise McHugh Kevin Vowels
Andreas Larsson



2010

Russ Harris/ ACT SIG workshop

War chest for conference



2011

Steve Hayes/ ACT SIG workshop

War chest for conference



2012

BABCP Conference – Kelly Wilson pre con

Bonus Wilson Salkovkis smack down



2013

First UK/ ROI Conference!!!

Kelly Wilson providing rock star appeal



2014

2016

2017

2020

2022

2nd UK/ ROI
Conference Dublin

3rd UK/ ROI
Conference Edinburgh

ACBS UK and Republic
of Ireland
Relaunch

4th UK/ ROI
Conference

5th UK/ ROI
Conference Liverpool

Steve Hayes pre con


Robyn Walser

The sequel. The return. The
revenge.

Online. Yay.

Boss

2024



6th UK/ ROI Conference LONDON!!!!

Get in.