

Searching for Effective Strategies of ACT Dissemination in Poland

Joanna Dudek-Glabicka, M.A., Stanislaw Malicki, M.A., Pawel Ostaszewski, Ph.D.
University of Social Sciences and Humanities, Warsaw, Poland



INTRODUCTION

It is currently difficult to assess how many Polish psychologists and psychotherapists use empirically supported treatments. Lack of legislation to protect both professionals titles makes it difficult to even asses how many therapists have the necessary qualifications to deliver psychotherapy.

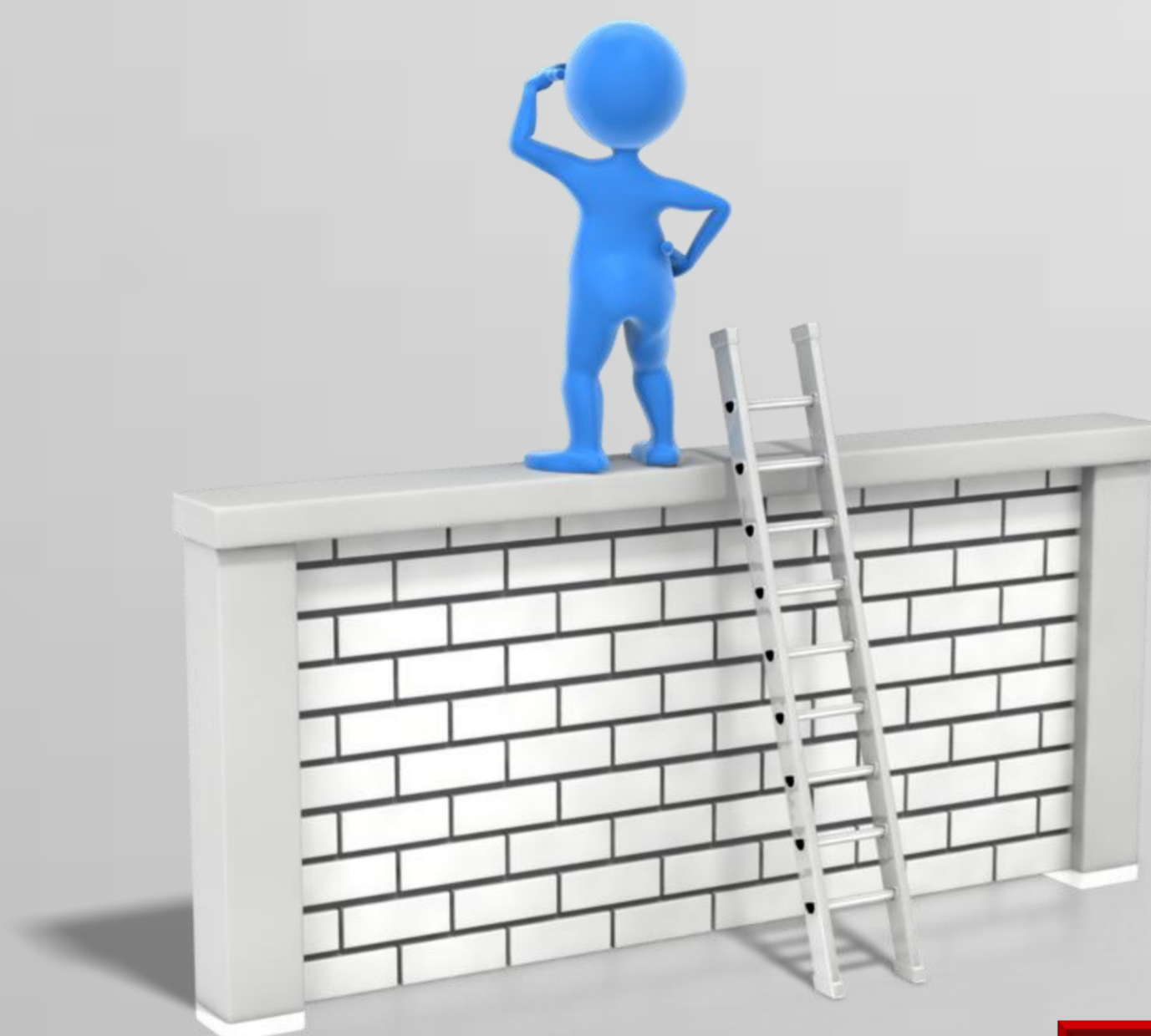
Even though cognitive and behavioral approaches are not yet the most popular among Polish therapists, the number of professionals interested in them is constantly growing. Since 2009 cognitive-behavioral therapy has been refunded by the National Health Fund and there are about 200 certified cognitive-behavioral therapists in Poland at the moment.

PILOT STUDY

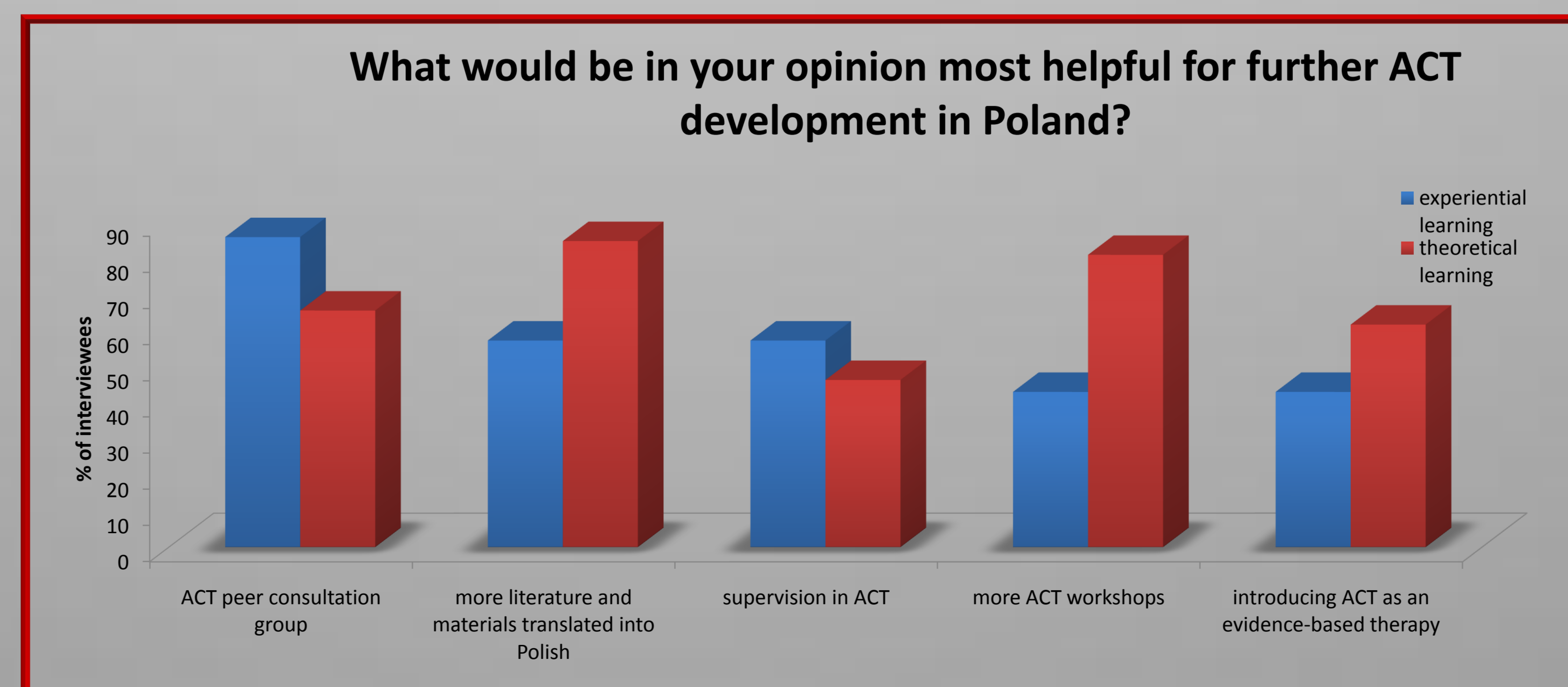
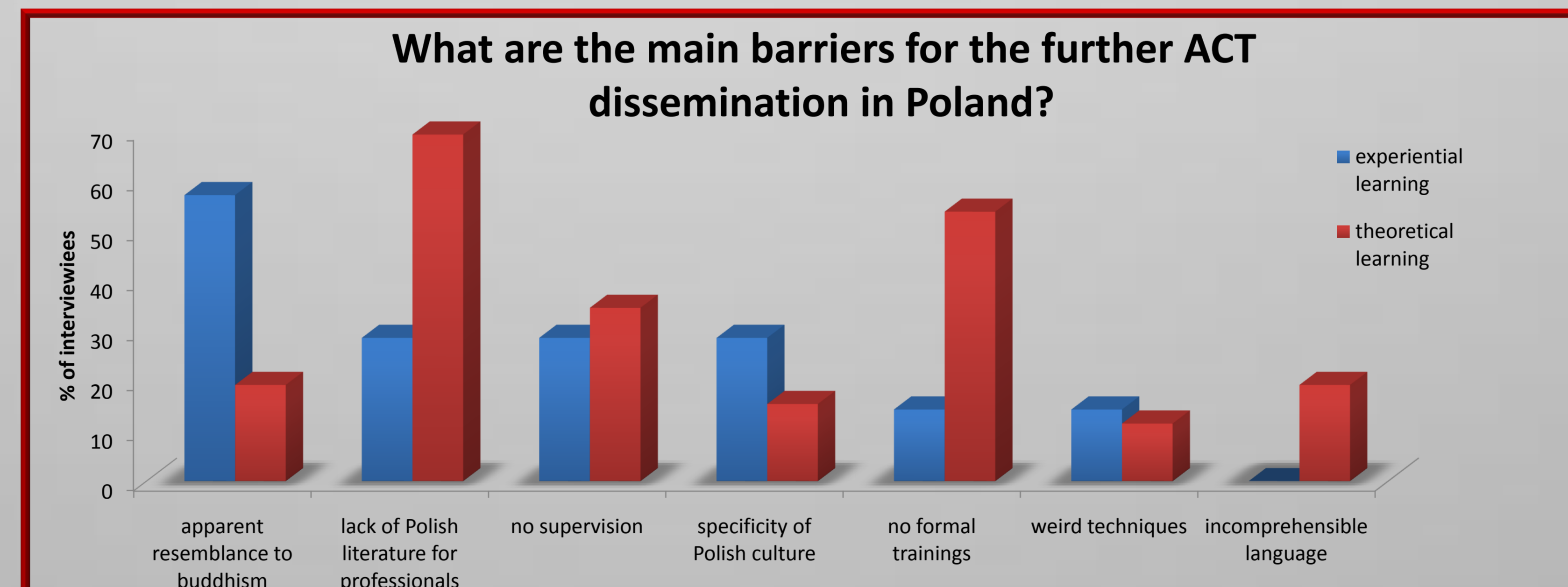
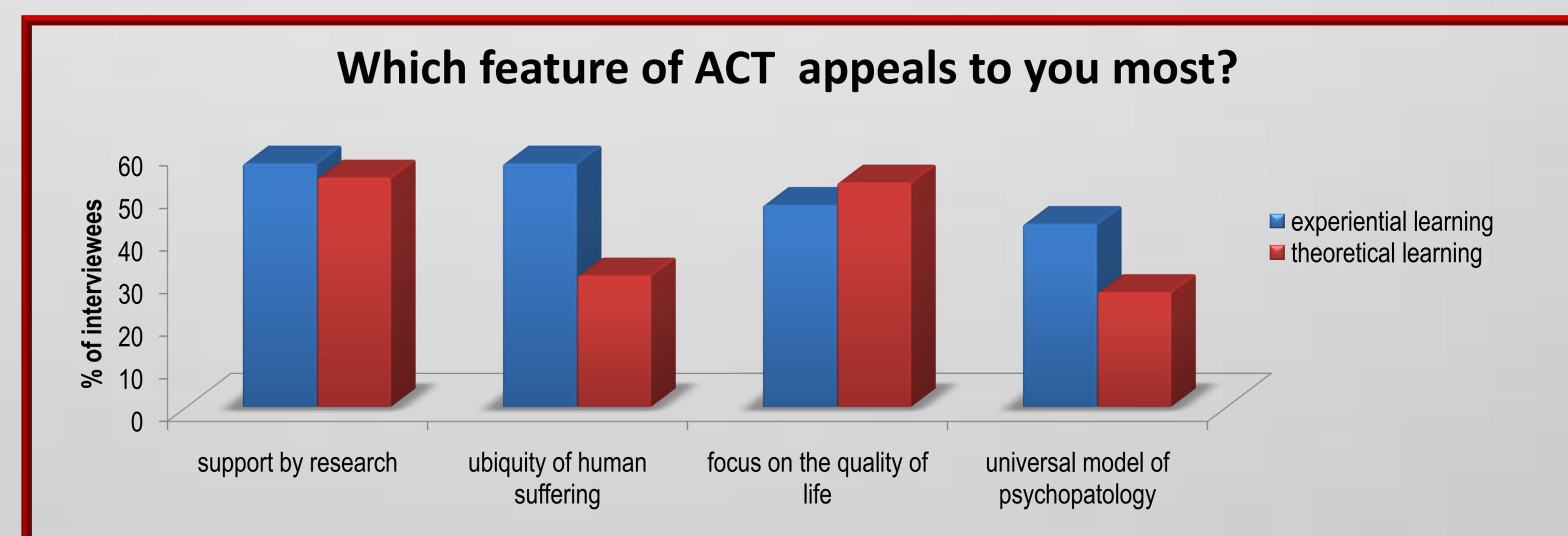
In 2011 Acceptance and Commitment Therapy was practically unknown in Poland. Since then the number of people interested in ACT is growing slowly but continuously, and we were interested in finding answers to the following questions:

- (1) Why is the number of people interested in ACT still so limited?
- (2) Do cultural differences play a part?
- (3) What factors can facilitate effective ACT development?.

Therefore we conducted an online survey where we asked several multiple-choice questions to professionals interested in ACT. We have received feedback from 33 respondents.



RESULTS



CONCLUSIONS AND PLANS

On the basis of the needs signaled in the survey , further development of ACT in Poland will have to focus on the following areas (and some of them are already being dealt with):

- Translating ACT books, clinical materials and videos for professionals
- Creating original materials in Polish
- Organizing peer supervision groups
- Arranging more workshops and training
- Incorporating ACT/RFT in university programs
- Organizing conferences with affordable fees

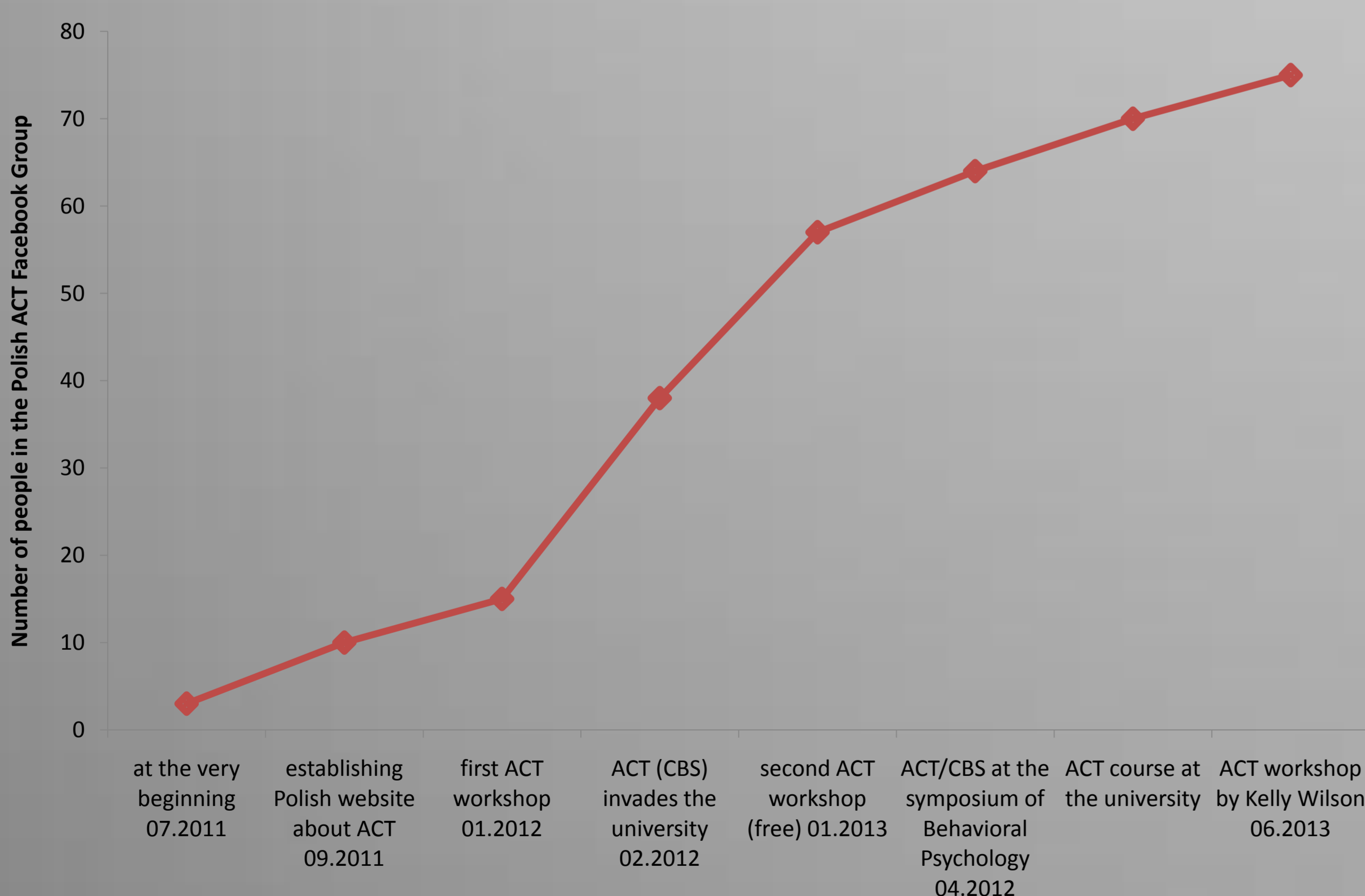
FUTURE DIRECTIONS

Our small online survey faced statistical challenges in comparing respondents with high level of knowledge of ACT with those who assessed their knowledge as limited. Both groups are incomparable because of high discrepancy in their size (7 vs. 26 interviewees).

However, the results might suggest that those who come across ACT through an experiential workshop achieve a higher level of knowledge and perceive obstacles and facilitating factors differently from those who get in touch with ACT only theoretically. The results raise several questions:

- Is an experiential workshop essential for the new ACT therapists at the very beginning of their training?
- Why does participation in experiential workshops lead to a higher level of knowledge and to more interest in using ACT? Does psychological flexibility play any role here?
- What background correlates with positive attitudes to ACT? Has more functional or mechanistic worldview anything to do with it?
- How to adjust the early training to facilitate a higher level of engagement and subsequent knowledge?

Growth of member numbers in the Polish ACT Facebook Group linked with events promoting ACT



Quiz: How well do you know Polish? Match these Polish translations with the originals:

1.

2.

3.

4.

A.

B.

C.

D.

At the moment there are two other books being translated: *Acceptance and Commitment Therapy. Second Edition: The Process and Practice of Mindful Change* and *Get out of your mind and into your life*.

Contact address: joannaedudek@gmail.com