

CBS Tech Table Handout

Name	OS	Price	Website
ACT/CBS-Relevant Apps			
ACT Companion	Android & iOS	\$14.99	http://www.actcompanion.com/
ACT Coach	iOS	Free	https://itunes.apple.com/us/app/act-coach/id804247934?mt=8
ACT Daily	Android only	Free (research app)	https://play.google.com/store/apps/details?id=com.intervisionmedia.actmobile
ACT Mindfully	Android	\$9.04	https://play.google.com/store/apps/details?id=it.marcoturi.actmindfully
Buddhify	Android & iOS	\$4.99	http://buddhify.com/
Calm	Android, iOS & Web	Free (in app purchases)	https://www.calm.com/faq/web#more-info https://itunes.apple.com/us/app/calm-meditate-relax-guided/id571800810?mt=8 http://happytapper.com/gratitude-journal https://itunes.apple.com/us/app/gratitude-journal-original/id299604556?mt=8
Gratitude Journal	iOS	\$2.99	https://itunes.apple.com/se/app/iherenow/id872764840?mt=8
Headspace	Android & iOS	Free trial (\$6.24-\$12.95/month)	https://www.headspace.com/
I Here Now (IHERENOW)	iOS	\$2.99	https://itunes.apple.com/se/app/iherenow/id872764840?mt=8
Learn2ACT	iOS & Android	Beta testing	http://www.learn2act.net
Mindfulness App	Android & iOS	\$2.99 iOS, \$4.99 Andorid	http://www.mindfulness-app.com/
The Mindfulness App	Android & iOS	\$1.99	http://www.mindapps.se/ https://itunes.apple.com/app/id417071430?mt=8&&referrer=click%3Df22f798f-7f82-4452-8bf4-07f9bca11589
The Mindfulness App II	Android & iOS	\$1.99	http://www.mindapps.se/ https://itunes.apple.com/us/app/the-mindfulness-app-ii/id522002034?mt=8
Mindfulness Coach	iOS	Free	http://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp
Mindfulness Daily	iOS	\$1.99 (in app purchases additional)	http://www.mindfulnessdailyapp.com/
Oiva	Android & iOS	Free	https://itunes.apple.com/fi/app/oiva/id720041409?mt=8&ign-mpt=uo%3D4
Recovery Key	iOS	\$5.99	http://www.recoverykeyapp.com/
Relational Training	Android	Free	https://play.google.com/store/apps/details?id=com.refte.relationaltraining
Simply Being	Android & iOS	\$1.99	https://itunes.apple.com/us/app/simply-being-guided-meditation/id347418999?mt=8

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ACT/CBS-Relevant Apps (cont.)			
SmartQuit	Android & iOS	Free, but not full (\$50 for 6-month access to full version)	https://itunes.apple.com/us/app/smartquit-clinically-proven/id913032892?mt=8
Songify	Android & iOS	\$2.99	https://www.smule.com/songify/index https://itunes.apple.com/us/app/songify-by-smule/id438735719?mt=8&ign-mpt=uo%3D4
Stop, Breathe & Think	iOS, Android, Web	Free	http://stopbreathethink.org/
Talking Tom Cat 2	Android & iOS	Free	http://outfit7.com/apps/talking-tom-cat-2/
The Sleep School App	Android & iOS	\$5 Android, \$3.99 iOS	http://www.thesleepschool.org/insomnia-cure/products/app
Voice Changer Plus	iOS	Free (in-app purchases)	https://itunes.apple.com/us/app/voice-changer-plus/id339440515?mt=8

Goal Setting Apps

Coach.me	Android & iOS	Free trial (\$14.99/week)	https://www.coach.me
Habit List	iOS	\$3.99	https://itunes.apple.com/us/app/habit-list-create-good-habits/id525102168?mt=8

EMA Apps

iPromptU	Android & iOS	Free	http://www.cogtherapy.com/ipromptu.htm
LifeData	Android & iOS	~\$2000 per year	https://www.lifedatacorp.com https://play.google.com/store/apps/details?id=com.pacoapp.paco&hl=en
PACO	Android & iOS	Free	https://play.google.com/store/apps/details?id=com.pacoapp.paco&hl=en
SelfEcho	Android, iOS, & online	Free trial (\$50/month or \$480/year)	http://www.selfecho.com

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Other CBT Apps			
CBT-iCoach	iOS	Free	https://mobile.va.gov/app/cbt-i-coach
CPT Coach	iOS	Free	https://itunes.apple.com/us/app/cpt-coach/id804271492?mt=8
iCBT	iOS	\$5.99	
iCouch	Android & iOS	\$2.99	https://icouch.me (full therapy suite)
Jool Health	iOS	Free (still in dem	http://www.joolhealth.com/
MoodKit	iOS	\$4.99	http://www.thriveport.com/products/moodkit/
Moodlytics	Android & iOS	Free	http://www.moodlytics.com/
Pacifica	Android, iOS, & Web	Free (in app purchases)	https://www.thinkpacifica.com https://play.google.com/store/apps/details?id=gov.va.ptsd.ptsdcoach
PTSD Coach	Android & iOS	Free	https://play.google.com/store/apps/details?id=gov.va.ptsd.ptsdcoach
T2 Mood Tracker	Android & iOS	FREE	http://www.t2.health.mil/apps/t2-mood-tracker https://itunes.apple.com/us/app/7-second-meditation-daily/id667197203?mt=8
7 Second Meditation	iOS	Free	

Name	Website
ACT Websites (not included at table - apps only)	
ACT for Life	http://www.exeter.ac.uk/wellbeing/resources/acceptanceandcommitmenttherapyonline/
ACT OZ	http://www.acceptandchange.com/ACTOZ/index.html
Headsted	finnish-speakers: https://headsted.fl English version: https://headsted.co.uk/solutions
LifeGuard	http://www.mirecc.va.gov/apps/activities/lifeguard/index.html#&panel1-1
Life ToolBox	http://www.usucbs.com

Other Online CBS Videos and Resources (not included at table)

Flexible Empathy Exercise	https://www.youtube.com/watch?v=OVwN9PJGDQ&feature=youtu.be
Passengers on the bus	https://www.youtube.com/watch?v=Z29ptSuoWRc
Unwelcome Party Guest	https://www.youtube.com/watch?v=VYht-guymF4
What is Experiential Avoidance	http://workingwithact.com/2014/03/12/what-is-experiential-avoidance/
Veterans Health Administration ACT Video Series (created by Matthew Boone)	
1. Defusion:	https://www.youtube.com/watch?v=BXAzdXJGMeE
2. Acceptance:	https://www.youtube.com/watch?v=jrmKtaMqOh4
3. Observing Self:	https://www.youtube.com/watch?v=kl5cyCXelZc
4. Present:	https://www.youtube.com/watch?v=kthk-vmQ02A

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5. Values & Committed Act <https://www.youtube.com/watch?v=yoVmoOnjscM>

Name	Website
Mindfulness Websites (<i>not included at table</i>)	
Free Mindfulness	http://www.freemindfulness.org/download
Positivity Resonance	http://www.positivityresonance.com/meditations.html
Frantic World Free Meditations	http://franticworld.com/free-meditations-from-mindfulness/
Self-Compassion	http://www.self-compassion.org/LKM.self-compassion.MP3
Tara Brach	http://www.tarabrach.com/guided-meditations/
Mindfulness compassion	http://www.mindfulcompassion.com/what-we-do-1-1/
Elisha Goldstein	http://elishagoldstein.com/videos/
Smiling Mind	www.smilingmind.com.au/
Meditation Oasis	www.meditationoasis.com/podcast/listen-to-podcast/
UCLA	http://marc.ucla.edu/body.cfm?id=22