

Enhancing ACT Processes

Willingness/Acceptance

- Pay attention to language that works for each client
- Validate how difficult it can be
- Help clients practice willingness **in-session** with present moment focus
- Emphasize choice
- Active (not passive)

Values

- Listen for values in client goals
- When something is important to us, it opens us up to pain (e.g., OCD)
- Unobtrusively weave values throughout treatment (e.g., “What feels important to you about this?”)
- Values may enhance exposure and exposure may enhance values

Self-as-Context

- Ask questions that facilitate SAC:
 - What are you noticing (e.g., thoughts, feelings, bodily sensations)?
- Normalize reinforcing qualities of anxiety (sense of control or preparedness, identity, etc.)
- Listen for and gently note stories (e.g., anxiety; the self)
- Facilitate perspective-taking using deictic framing
 - “What would a friend say?” vs. “Think of a friend. Imagine you’re them...”

Contact with the present Moment

- Assess. Some clients may require extra training
- Normalize challenges: goal is not to be “good at it” but to notice when we are distracted!
- Find ways to integrate in-session (e.g., slowing down, pausing, taking time to reflect)
- Process-oriented comments in-session

Cognitive Defusion

- Informal prompting (e.g., “Your mind...”)
- Notice when it is happening (e.g., “Sounds like your mind is being pretty hard on you right now.”)
- Rely on repetition. Let the exposure do the work