

APPENDIX

The ABA ACT Core Competency Rating Form

Adapted from Luoma, Hayes, and Walser (2017), the ABA ACT Core Competency Rating Form is an instrument that will help you identify your current ACT repertoires that are at strength and those that need improvement. You may wish to begin by completing this form on your own and after working through the exercises in this volume and reading supplemental resource material to further develop your skill set. After that, an important next step is to seek out a trainer who can help you sharpen your skills. Today, there are many ACT trainers who operate in applied behavior analysis contexts. Some of these trainers have additional skills that may be of importance to you. For example, some work in non-English-speaking contexts, others with those who identify as BIPOC, and still others who serve in gender and sexual minority communities. Seeking guidance from trainers familiar with the issues you face is vital to your growth as an ACT practitioner. You may also look on the ACBS website to find peer-reviewed ACT trainers with whom to work. The peer review process is rigorous; those who pass are required to have demonstrated competence in ABA, RFT, and radical behavioral philosophy, each of which is central to ACT no matter what context you apply it in.

If you have been asked to offer supervision or consultation to an ABA ACT practitioner, you may wish to use this rating form as a repeated measure from the beginning to the end of your relationship with trainees. When a trainee scores low on a competency, you may use exercises in this book as a jumping-off point and then modify them as needed to create multiple exemplars with which to refine the learner's ACT repertoire.

ABA ACT Core Competency Rating Form

RATING SCALE

1	2	3	4	5	6	7	?
Never true	Very seldom true	Seldom true	Sometimes true	Frequently true	Almost always true	Always true	Don't know

WILLINGNESS

1	The BCBA communicates to clients that they are not broken but are using unworkable strategies.	
2	The BCBA helps clients make direct contact with the paradoxical effects of emotion control strategies.	
3	The BCBA actively uses the concept of workability in applied interventions.	
4	The BCBA actively encourages the client to experiment with stopping the struggle for emotional control and suggests willingness as an alternative.	
5	The BCBA highlights the contrast between the workability of control and willingness strategies.	
6	The BCBA helps the client investigate the relationship between willingness and suffering.	
7	The BCBA helps the client make contact with the cost of unwillingness relative to valued life directions.	
8	The BCBA helps the client experience the qualities of willingness.	
9	The BCBA uses exercises and metaphors to demonstrate willingness as an action in the presence of difficult internal experiences.	
10	The BCBA models willingness in the therapeutic relationship and helps the client generalize these skills to other contexts.	
11	The BCBA can use a graded and structured approach to willingness assignments.	

DEFUSION

12	The BCBA identifies the client's emotional, cognitive, behavioral, or physical barriers.	
13	The BCBA suggests that attachment to the literal meaning of these experiences makes getting unstuck difficult and slow.	
14	The BCBA juxtaposes the client's verbal statements about the way things ought to work with their experience of what does and does not work.	
15	The BCBA uses metaphors and experiential exercises to help the client uncouple from their rigid verbal evaluations.	

PRESENT MOMENT AWARENESS

16	The BCBA can defuse from client content and direct attention to the moment.	
17	The BCBA brings their own thoughts or feelings in the moment into the therapeutic relationship.	
18	The BCBA uses exercises to expand the client's sense of experience as an ongoing process (e.g., mindfulness exercises or imagery exercises that support the client in focusing on the ongoing flow of internal experiences).	
19	The BCBA detects when clients are drifting into a past or future orientation and teaches them how to come back to the present moment.	
20	The BCBA practices and models getting out of their own mind and coming back to the present moment in session.	

FLEXIBLE PERSPECTIVE-TAKING

21	The BCBA uses metaphors and exercises to help clients distinguish between the content of their perspective and the ongoing action of taking perspective. The aim is to foster a sense of self as the field on which one performs roles, acts, and experiences life.	
22	The BCBA uses metaphors and exercises to reduce clients' attachment to conceptualized self or conceptualized others that create problematic rigidity or interfere with flexible responding.	
23	The BCBA helps clients contact an expansive and interconnected sense of self through building a sense of being part of a larger whole that extends across time, place, and person, whether that be a group, humanity as a whole, or the continuity of consciousness itself.	
24	The BCBA uses metaphors and experiential exercises to help the client uncouple from their rigid verbal evaluations.	

VALUING

25	The BCBA helps the client clarify values-based life directions related to overt behavior slated for change.	
26	The BCBA helps clients commit to what they want their life to stand for and focuses the therapy on this process.	
27	The BCBA teaches the client to distinguish between values and goals.	
28	The BCBA distinguishes between outcomes achieved and involvement in the process of living.	
29	The BCBA states their own values and models their importance.	

COMMITTED ACTION

30	The BCBA helps the client identify values-based life goals and build an action plan linked to them.	
31	The BCBA helps clients appreciate the qualities of committed action and take small steps while maintaining contact with those qualities.	
32	The BCBA keeps clients focused on larger and larger patterns of action to help them act on goals with consistency over time.	
33	The BCBA nonjudgmentally integrates client slips or relapses into the process of keeping commitments and building larger patterns of effective action.	