

## Focused Acceptance and Commitment Therapy Competency Assessment Tool

**FACT-CAT**

Competency means “adequacy; possession of required skill, knowledge, qualification or capacity”. This tool is designed to help you assess your competence in skills involved in effective delivery of FACT with a broad range of clients. Use this scale to assign a “rating” to your competence level today.

1 = low      2 = adequate      3 = exceptional

<b>Brief Intervention Competencies</b>	<b>Rating</b>
1. Communicates the belief that patient can engage in meaningful change at any moment	
2. Use problem severity rating to estimate of client distress (1-10)	
3. Obtains a client confidence rating for behavior change plan (1-10)	
4. Conducts session helpfulness rating at end of each visit (1-10).	

<b>Assessment Competencies</b>	<b>Rating</b>
5. Uses Work-Love-Play-Health, Life Context questions to complete an engaging psychosocial interview in 5-10 minutes.	
6. Uses Three T's or other question to complete an accurate functional analysis of a target problem.	
7. Asks or summarizes #1 and 2 above to engage FACT Focusing Questions.	
8. Uses Workability questions directly or implicitly while conducting interview to enhance willingness to change (elicits cultural frames as needed).	
9. Conducts problem severity assessment early in each visit (1-10).	
10. Taps into patient values by asking directly and/or exploring identified values.	
11. Uses ACT consistent language in reflecting back to patient (e.g., “so, you’ve tried to solve this problem but your solutions are NOT working, at least not in the sense of what matters.”)	

<b>Case Formulation and Treatment Planning Competencies</b>	<b>Rating</b>
12. Uses client report and interview observations to estimate client flexibility on the Flexibility Profile at initial and follow-up visits.	
13. Completes Four Square analysis accurately, listing public and private behaviors that are workable and unworkable for client.	
14. Able to identify flexibility processes underlying behavior patterns revealed in the Four Square analysis.	

<b>Three Pillars Competencies</b>	<b>Rating</b>
15. Targets core process/pillars as suggested by conceptualization by:	
a. Engaging patient in activities to strengthen connection to values.	
b. Helping patient step back from sticky thoughts or feelings using defusion.	
c. Helping patient accept difficult internal and external experiences.	
d. Modeling observer perspective (just noticing, with curiosity).	
e. Helps patient understand the difference between evaluating and describing.	
f. Teaches brief techniques that support present moment experience.	
g. Uses interventions to help patient develop a values consistent action plan.	
16. Moves flexibly among processes of openness, awareness and engagement when intervening.	
17. Constructs problem reframe statements using ACT consistent language that are validating and facilitate a change in perspective on self, others or the identified problem.	
18. Uses metaphor, analogy, or experiential exercise to reframe problems in a way that is validating and facilitates a change in perspective on self and others.	

