

ACT in the workplace: a survey of the use of ACT by BACB credentialed clinicians in the field of applied behavior analysis

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Introduction

- Acceptance and mindfulness strategies are promoted in ACT to address inner experiences (Twohig, 2012).
 - brings together these two techniques that seek to change behavior by improving psychological flexibility (Gaudiano, 2010).
- Are BCBA's the only people in the field of ABA aware of ACT and its benefits?
 - CEU opportunities offered for training in ACT are primarily for a BCBA (Sellers et al., 2019).
 - Are they competent to provide training to others?
 - Perception of ACT by other certificates important too

Methodology

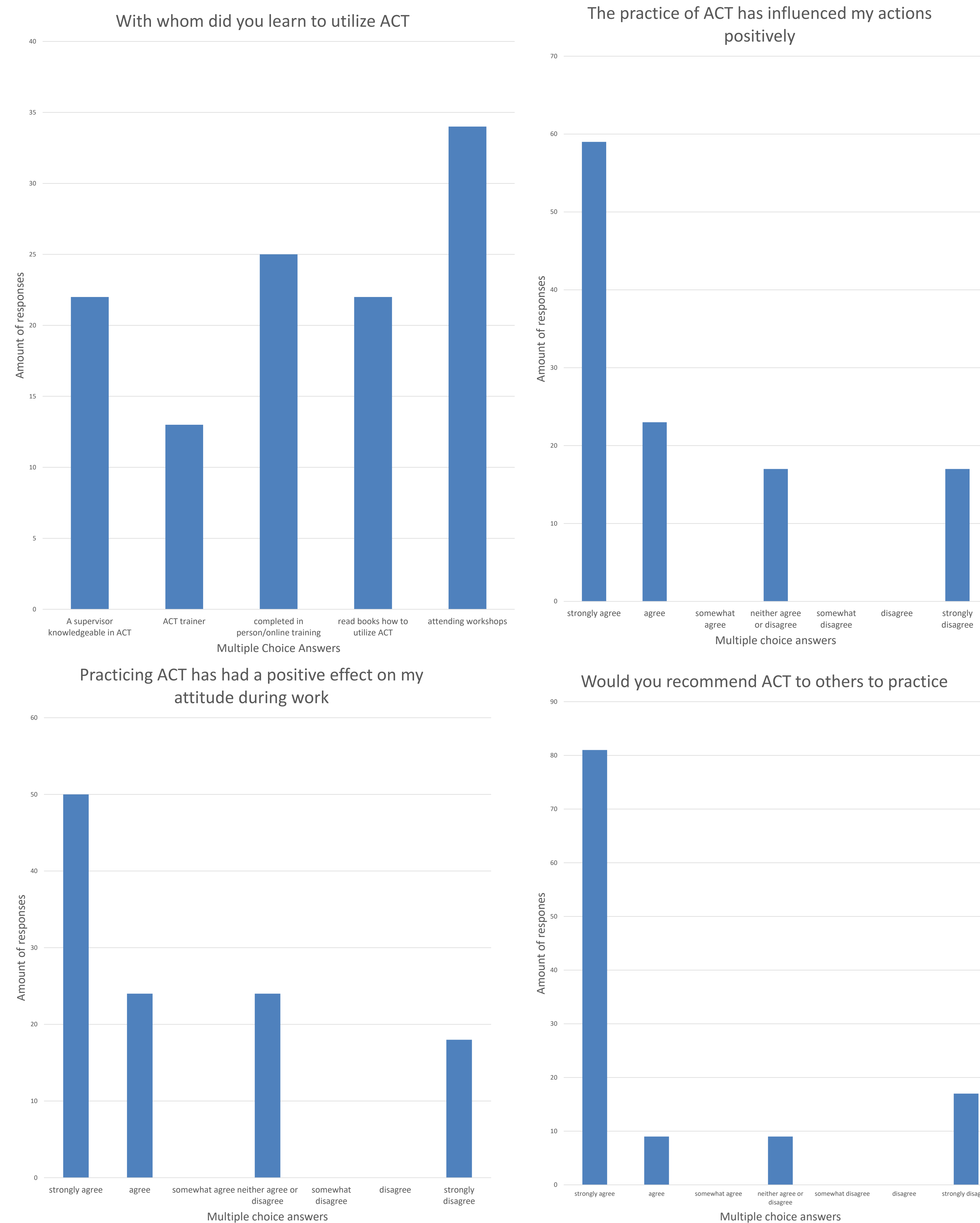
Inclusion criteria:

- BCBA, BCaBA, RBT and/or dual certified who work with children or adults, with a in home, clinic, or school setting

Survey:

- Completed by 116 people
- 10 demographic questions
- 4 multiple choice questions about exposure to ACT
- 9 multiple choice about ACT in own life
- 1 open ended about goals for clients who use ACT
- 2 open ended for opinion

Results



Discussion

- Majority of respondents learned ACT from workshops with in-person trainings being a close second
- 50% of respondents believe practice of ACT influenced their actions positively
 - 10% of respondents stated it did not
- 57% of respondents believed practice of ACT had a positive effect on attitude during work
 - 14% strongly disagreed
- 71% of respondents would recommend ACT
- Opinion that ACT could be used:
 - with adequate training and supervision
 - If for self-care
 - Believe its use is in within the scope of practice and has enough empirical support

Implications

- Clear picture of how ACT is being utilized and by whom in ABA
- Where did they receive training on ACT and if the person was competent
- Build on current research discussing the efficacy of the use of ACT
- Understand if certifications other than BCBA are aware of ACT
- Understand if other certifications than BCBA are actively using ACT
- Use of ACT may reduce stress effectively in the workplace and personal life

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References

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