



**PEER REVIEWED ACT TRAINERS VALUES STATEMENT:  
VISION, MISSION, PRINCIPLES AND CONDUCT**

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**VISION STATEMENT**

Peer reviewed ACT trainers (PRTs) are dedicated to the alleviation of suffering and the advancement of well-being through research and practice grounded in contextual behavioural science.

**MISSION STATEMENT**

ACT peer-reviewed trainers are committed to honouring three key missions in their training endeavors:

1. Quality - providing outstanding training, guided by science and constant improvement;
  2. Contribution - promoting and applying CBS related methods and understandings as a way of making a positive difference in the world for individuals and groups while recognizing the role of culture in these endeavors; and
  3. Connection - supporting, nurturing, and learning from one another to improve quality, competence, and contribution.
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**PRINCIPLES AND CONDUCT**

ACT peer reviewed trainers are dedicated to a set of professional values and principles that guide and inform a code of conduct. The principles are linked to prosocial behaviour and based on values of Competence, Beneficence, Nonmaleficence, Responsibility, Integrity, and Respect for People's Rights and Dignity. This code is designed to guide responsible behaviour, to protect, serve, and benefit clients, trainees, and colleagues, and to improve ACT training and the broader community.

**1. Competence (delivery of quality training founded in science and maintained over time)**

PRTs strive to provide high-quality and effective training and are committed to improving knowledge, skill level, and competent delivery of ACT in their dissemination efforts. As such, PRTs will:

- Seek to foster and have a working knowledge of the basic science (e.g., ACT, behavioral analysis and Relational Frame Theory [RFT]) upon which ACT depends, sharing this information as appropriate in training, as well as seeking knowledge in and being guided by the existing evidence on the outcomes and processes involved in ACT. As such, PRTs will attend local chapter ACBS or international ACBS conferences a minimum of once every 3 years (in person or virtual). Exceptions shall be submitted to the Training Committee (TC) or appointed trainer's body for review and approval;





- Seek to inform trainees about current empirical literature regarding core ACT skills and competencies and to educate trainees which of these are being addressed in any given training process;
- Attend meetings of ACT trainers to learn of new methods, applied and basic science innovations, and to share training ideas and technological innovations in an open and collegial way. As such PRTs will attend the trainer's meeting at least every two years (in person or virtual). Attendance can be in person or via internet/conference telephone. At least one virtual/recorded option will be offered every two years. Exceptions shall be submitted to the TC or appointed trainer's committee for review and approval;
- Commit to open evaluation of ACT training processes (e.g., didactic, experiential, online, supervision, etc.) whenever possible and to working with others to develop methods to accomplish that goal;
- Produce/collect formal workshop evaluation summaries regularly in the service of personal training improvement, consider these evaluations for improvement in training and seek consultation as needed.

**Note:**

While ACBS's goal is to maintain the highest standards of quality and competence in reviewing trainer applications, passing the review is not a guarantee of credentials or competence. The PRT list is not an endorsement but rather an indication of a commitment to excellence, community, and service.

ACBS is not responsible for the actions of any peer reviewed ACT trainer, and no legal or financial liability is implied, even under circumstances where a complaint has been found to be genuine. Financial or legal liability for ACT training remains entirely the responsibility of the individual ACT trainer.

**2. Beneficence (action done for the benefit of others)**

PRTs strive to benefit their peers, recipients of their training, and the integrity and quality of the community by engaging in prosocial behaviour related to these endeavors. As such PRTs will:

- Contribute to keeping the worldwide ACT / RFT community collegial, open, non-discriminatory, coherent, and effective in producing valued outcomes;
- Emphasize methods of connecting with ACT work and training that are low cost, or where feasible, no cost so as to keep the focus on benefit to others as distinct from personal financial gain [Examples: pro bono and low-cost training for students; or referring others to the free materials available on the ACBS website and ACT listserv];
- To the degree possible, consider training materials to be community assets, keeping them in the public domain, making protocols, innovations or measures related to ACT in combination with other procedures rapidly and readily available, for free where practicable or for a low cost, and without unnecessary restrictions or expectations of personal gain. [Comment/Example: PRTs agree to minimize the barriers to others using what they have learned in CT or ACT-related areas. It is a fair ask to have your work acknowledged by citation but beyond that the goal should be to get innovations to adopters. For instance, if





a PRT downloads an ACT protocol from the website and adapts it, they would then be expected to post their adaptations in the spirit of dissemination. Restrictions such as "You can use my protocol but only if you employ me on your grant" would be a violation of the spirit of this principle];

- Not develop proprietary restrictions in particular methods of ACT or of other methods in combination with ACT. [Comment/Example: This is an extension of other values. For instance, ACT trainers refrain from claiming that they are the only person who can train in "Special ACT." If this type of action is taken, the PRT is engaging in a self-certification process, which would not be appropriate. If the PRT develops a real innovation, disseminate it so others can use and train in it. This does not prevent PRTs from describing their expertise - it is the attempt to restrict forms of training that are problematic];
- Not use listing oneself as an ACT trainer to promote alternative proprietary methods [Example: Certified EMDR trainer using PRT status on the ACT website as a method of generating EMDR training];
- Not set up proprietary or otherwise certification processes for ACT or other methods in combination with ACT [Comment/Example: PRTs agree not to set up a proprietary "ABC Institute/Company" for ACT training and offer to certify ACT practitioners. It is recognized that some countries have governmental policies that require a certification in skill to practice. However, as PRTs have committed to not offering certification in ACT, they seek to find other ways to address their governmental procedures and practices that do not involve offering any proprietary recognition or certification in ACT. In addition, this principle applies to combination treatments. If they contain ACT components, PRTs agree not to set up the "Institute for Mindfulness-Based ACT (MBACT)," with such attendant certification processes. This does not prohibit course credit, continuing education credits, nor other documentation of training completion, nor knowledge testing, competency assessment, and other methods of documenting training impact, skills learned, or quality of care provided.];
- Not set up proprietary recognition for ACT trainers or of other methods in combination with ACT.
- Engage in and document no less than 5 hours per year, depending on need, hours of pro-bono work to the benefit of the trainer's community and their ongoing committees/reviews/projects, etc. [Examples: Reviewing for JCBS, serving on Training Committee and ad hoc committees, pro bono mentoring or supervision related to the goal of becoming PRT, mentoring scholarship recipients, etc.].

### **3. Integrity**

PRTs shall promote accuracy, honesty, and truthfulness in the science, teaching, and practice of ACT/RFT/Contextual science. As such PRTs:

- Encourage coherent and effective technological innovation and theoretical development within the ACT training, practice, and research communities;
- Foster the empirical evaluation of ACT and its empirically driven development;





- Avoid conflicts of interest in training work or training agreements that might be viewed as compromising the integrity of the training process;
- Speak for oneself rather than for the entire ACT / RFT community in trainings, particularly when there are a variety of informed views within that community on a specific issue;
- Attempt to link their work and innovations to basic principles, including RFT, and to support others in building such connections.

### **CONDUCT: Good Character**

PRTs are required to maintain good standing in the ACBS Community and in their professional settings due to the potential influence they may have as a trainer.

### **ASPIRATIONAL BEHAVIOR STANDARDS**

Beyond the required "good character" criteria to become a PRT, it is hoped that PRTs reach beyond this standard to create a community of collaboration, support, collegiality, and respect. It is desirable for PRTs to conduct themselves in a values-based manner, including but not limited to the **ideals** listed below.

#### **4. Respect People's Rights and Dignity**

PRTs respect the dignity and worth of all people and the rights of individuals to privacy, confidentiality, and self-determination. PRTs acknowledge and appreciate our human communalities. PRTs are aware of and respect cultural, individual, and role differences, including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, sexual orientation, disability, language, and socioeconomic status, impact of global warming, and stay informed about empirical findings related to the training and delivery of ACT when working with any such group. PRTs try to eliminate biases based upon those factors from their work, and they do not knowingly participate in or condone activities of others based upon such prejudices.

#### **5. Responsibility**

PRTs uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behaviour, and seek to manage conflicts per the Trainer Conflict Transformation Process. As such PRTs will:

- Be respectful in communications, even while disagreeing with another's point of view;
- Make every effort to properly attribute credit for new ideas or viewpoints to the source of those new ideas or viewpoints;
- Use discretion in social media postings, conversations, or debates involving ACT or CBS principles.

#### **6. Nonmaleficence (act in ways that do not inflict harm/cause harm to others).\***

Because PRTs scientific and professional judgments and actions may affect the lives of those in the ACBS community and others, PRTs will remain aware of and avoid engaging in any behaviour that may inflict harm on others. As such, PRTs will:

- Attempt to support and lift up other trainers in a cooperative way;





- Avoid engaging in problematic behavior, including but not limited to abuse of power, sexual harassment, exploitation of trainees/supervisees, plagiarism, discriminatory behavior or language, etc.;
- Avoid use of anti-competitive practices (i.e., practices that reduce or prevent competition) or engage in monopolistic practices in fact or spirit (i.e., practices that have monopolistic impact even though no monopolistic intent);
- Acknowledge the work of others. If including or using other's work in personal presentations, PRTs agree to acknowledge the source of these materials (if the source is known);
- Recognize the power of social media communications and maintain the highest standards of conduct in all social media activities. In upholding standards of professional conduct, PRTs agree to treat this medium as public record and be appropriate at all times. Constructive messages and posts are expected. Hostile or intimidating messages should not be posted online or sent backchannel. These include messages to/about individuals as well as organizations.

**\* Note:**

Concerns about professionalism, therapist/patient relationship, etc. should be directed to the trainer's licensing board or comparable entity. While concerns about character and ethics should be brought to the trainer's licensing board or comparable entity when appropriate, the official results from those reviews may be reported to the Training Committee and the Complaint standard operating procedure will be used to determine if PRT list eligibility still exists. Verdicts by a licensing board or a court may be considered relevant to the criteria of "good character" and will be considered by the Training Committee concerning list eligibility.

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## **ACKNOWLEDGEMENTS**

PRTs acknowledge that the ACBS Training Committee (TC) has the authority to ensure compliance with this Peer Reviewed ACT Trainers Values Statement: Vision, Mission, Principles, and Conduct. A violation of these principles or a complaint about a PRTs training will thus be considered by the TC. Depending on the violation or complaint an attempt to resolve or correct the issue may occur. If a PRT appears to be in violation of any of these Standards, following investigation, they may be subject to removal from the PRT list and reapplication will be determined by the TC commensurate with the violation. The specifics of removal are to be determined by the TC and/or ACBS Board as necessary. Behavior that is considered to be especially egregious (e.g., assault, mistreatment or ethical violations with clients, etc.) may call for immediate action by the TC or ACBS Board.

PRTs acknowledge that if their PRT status is revoked, then all references to themselves as a PRT shall cease, including removal of PRT status in verbal and/or written claims from email, websites, etc. If references to themselves as a PRT continue (e.g., continuing to refer to self as PRT on website or in advertising) these statements will be considered fraud and an ethics violation and will be reported to relevant licensing agencies and other interested parties, or possibly stated publicly as deemed appropriate by ACBS.





PRTs acknowledge that if their license to practice in their field of study is revoked, suspended, or restricted, they must report this action to the ACBS Training Committee Chair. PRTs will provide the ruling/judgment from their licensing board. If PRTs do not report revocation, suspension, or restriction of their license to the Training Committee within 60 days, and it is discovered in another way, they will immediately lose their PRT status and will be ineligible to reapply for PRT status for 2 years, and they shall cease to refer to themselves as a PRT as noted above.

PRTs acknowledge the importance of their ACBS membership and will keep their membership current. PRTs will not let their membership to ACBS lapse for more than one year without being removed from the PRT list. Reinstatement will be determined by the TC and may include the length of time ACBS membership has lapsed.

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My signature indicates that I have read, understood, and agreed to uphold the Vision, Mission, Principles, and Conduct as a Peer Reviewed Trainer and agree to engage in behaviours that are in the spirit of supporting the prosocial process within the trainers and larger ACBS community. I agree to abide by the Vision, Mission, Principles, and Conduct and that not abiding by them will result in being removed from the peer reviewed trainers list. I also agree to renew this commitment on a biennial (every two years) basis.

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Signature

\_\_\_\_\_  
Date

