List of Training Resources for those wishing to learn Acceptance and Commitment Therapy

To do on your own

Read *Get Out of Your Mind*, an ACT self-help workbook, and do all the exercises to get an experiential sense for the work. This is no substitute for the experiential workshop, but a great start.

Read the core ACT text: *Acceptance and Commitment Therapy: An experiential approach to behavior change*. This will give you an overview of the basic theory and body of techniques behind ACT. This book can be pretty dense, so if you have problems with understanding it, don't worry about it, and just chug along. You can always come back to it later.

Read *A Practical Guide to Acceptance and Commitment Therapy* for many different chapters with applications to particular settings and disorders.

Read *Acceptance and Commitment Therapy for Anxiety Disorders* for perhaps the most accessible ACT work, particularly for people with a CBT background, which shows how to mix ACT processes into a brief therapy for anxiety disorders.

Check out the continually evolving list of clinical resources, including treatment manuals, measures, audio recordings, videos, visual aids, powerpoint presentations, and film recommendations at contextualpsychology.org at http://www.contextualpsychology.org/en/clinical_resources.

I keep an updated list of all the ACT books I know about here: http://www.LearningACT.com. Other self-help books are listed on that webpage. Several more will be published over the next few years. Also check out Context Press (775) 746-2013 or (888) 4CP-BOOK or www.contextpress.com for additional books on theory and application related to ACT and contextual psychology.

Once you have started using ACT with clients, consider using the ACT Core Competency Self-Rating Form to rate your own work and improve your practice with ACT. (http://www.contextualpsychology.org/complete_the_act_core_competency_self_assessment - you can only download the core competency self-assessment if you are a member of ACBS). This link also provides an outline of how to use the form to self-supervise.

Peer consultation

Check for peer consultation groups in your area on http://www.contextualpsychology.org/act_peer_supervision_groups. If there isn't one

already available, consider posting something to the ACT listserv or to one of the discussion forums on the website and developing your own group in your local area.

Online consultation

Join the ACT listserv for generally collegial conversation about ACT (acceptanceandcommitmenttherapy@yahoogroups.com). There are also threaded discussion boards on the contextualpsychology.org website where you can post questions and receive responses from the ACT community. Soon there should be online events and online supervision groups forming, but this is still in the works. Keep an eye on www.contextualpsychology.org for more info.

Workshops

Consider coming to a training workshop. Particularly useful are the weekend experiential training workshops which will give you a much better sense for the ACT "space" and what it is like experientially to do this work. There are also large yearly training events with hundreds of people where you can really get into the meat of this work and learn it much more thoroughly. Workshops are regularly scheduled at the Annual convention of the Association for Behavioral and Cognitive Therapies and the Association for Behavior Analysis. ACT trainers are located all around the world. A list of trainers is posted on the ACT website, along with the values statement ensuring that this whole process is not money focused or centrally controlled. All of these resources are listed on http://www.contextualpsychology.org/act_training.

Phone Consultation

Consider phone consultation. I've done phone consultation as both the consultant and the consultee. It can be surprisingly powerful. I'm currently collecting data in an RCT to see if this bears out empirically. This can be an excellent method for learning ACT if there is no trainer available in your local area. Most of the ACT trainers listed on the ACT website would be able to do phone consultation, but not all have specialized experience with this medium. (http://www.contextualpsychology.org/act_trainers).

Association for Contextual Behavioral Science website:
www.contextualpsychology.com.

This website forms the nexus of what is called an "online community." The whole community of ACT developers and researchers contribute to this website by adding webpages, files, multimedia presentations, voting, and holding discussion groups. New materials are being added on a daily basis. You can find forms to improve your practice, help tune your case conceptualizations, and a great deal of other information that might be helpful in learning ACT. In order to contribute your own material to the website, you need to be a member of ACBS.

Videos

The Association for Behavioral and Cognitive Therapy has a 1.5 hour video of Steve Hayes illustrating ACT in a role played session with a client with social anxiety. It's fairly good for getting an idea of what ACT is like, though it is a bit rushed and a bit "techniquey." (http://www.aabt.org/publication/videotapes/arch_worldround.html)

The Association for Behavior Analysis has a one hour DVD of a short talk by Georg Eifert on ACT for Anxiety Disorders. It doesn't really show you at all how to do ACT, but does give a nice introduction to how ACT can be used for Anxiety. (https://apps.abainternational.org/onlinestore/videos.asp)

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