

# ACCEPTANCE AND COMMITMENT THERAPY (ACT)

## What is it?



It is a mindfulness-based therapy in which clients learn to reduce the impact and influence of unwanted thoughts and feelings through the effective use of mindfulness. ACT aims to develop and expand psychological flexibility. Psychological flexibility encompasses emotional openness and the ability to adapt your thoughts and behaviors to better align with your values and goals.

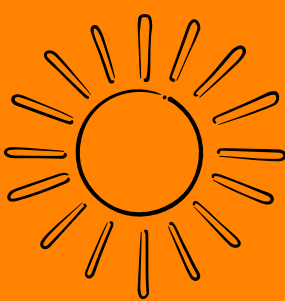
## When is it used?



ACT is typically used to treat:

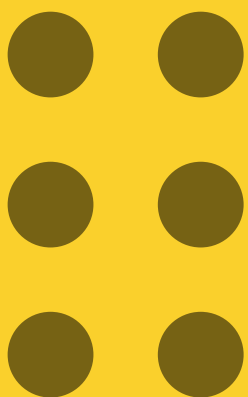
- Anxiety disorders
- Depression
- Obsessive-compulsive disorder
- Psychosis
- Eating disorders
- Substance use disorders
- Workplace stress
- Chronic pain

## What to expect:



You will learn to listen to your own self-talk or the way you talk to yourself specifically about traumatic events, problematic relationships, physical limitations, or other challenges. Therapists may start by working with a person to establish their core values and beliefs. They may ask about moments in a person's past when their actions have not fit their core values and discuss how they could have acted differently. They will use this to work through past events.

## Six core processes focused on:



1. **Acceptance** → embracing the full range of your thoughts and emotions rather than trying to avoid, deny, or alter them.
2. **Cognitive defusion** → observing a thought without judgment
3. **Being present** → being mindful in the present moment
4. **Self as context** → people are more than their thoughts, feelings, and experiences.
5. **Values** → choosing personal values in different domains and striving to live according to those principles
6. **Committed action** → taking concrete steps to incorporate changes that will align with your values and lead to positive change

## Additional Resources:



- Click here for more information on [Acceptance and Commitment Therapy](#)
- Click here for more info on [How Does it Work?](#)
- Click here to find an [ACT Therapist](#) in New Jersey