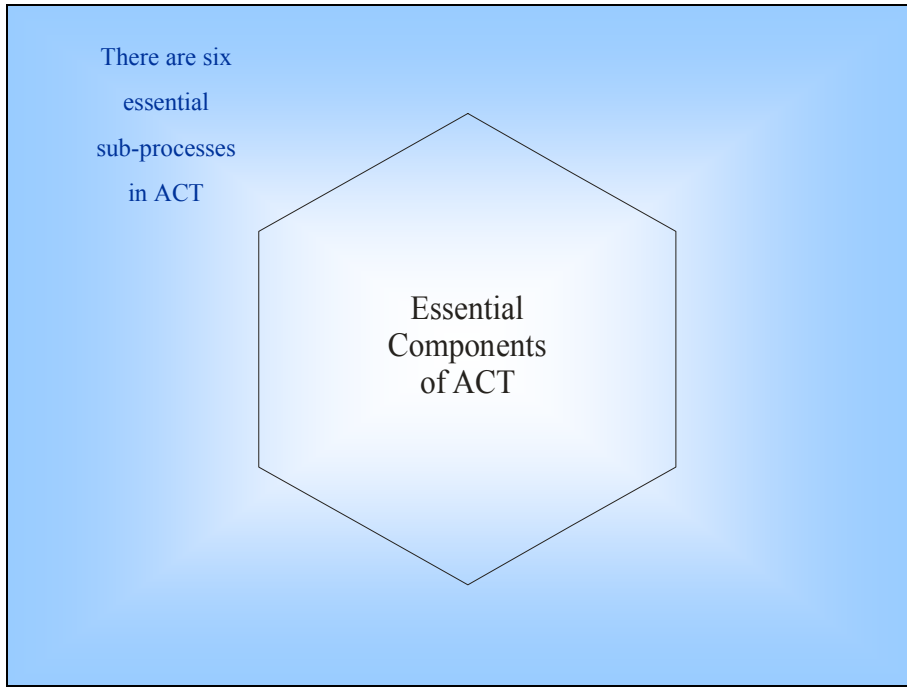
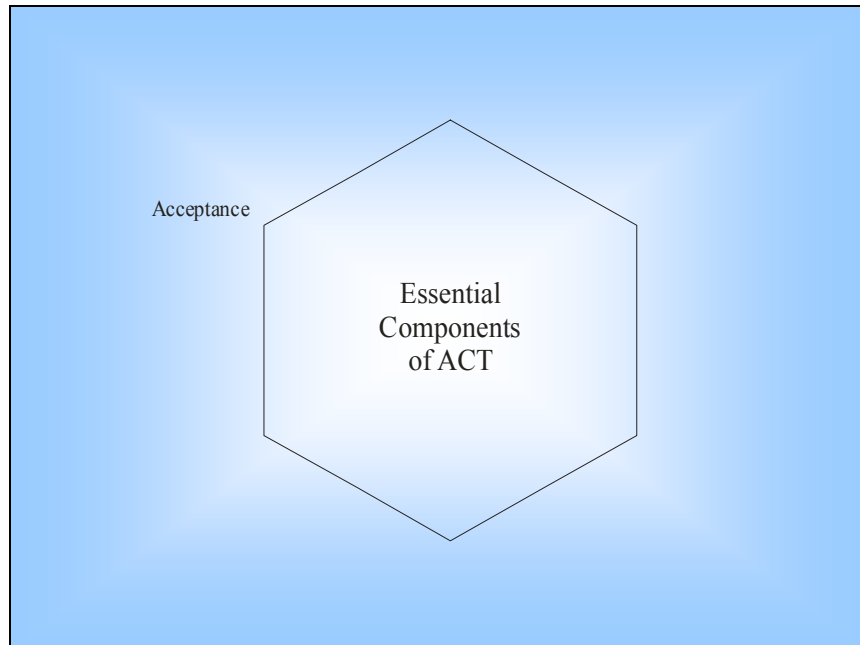


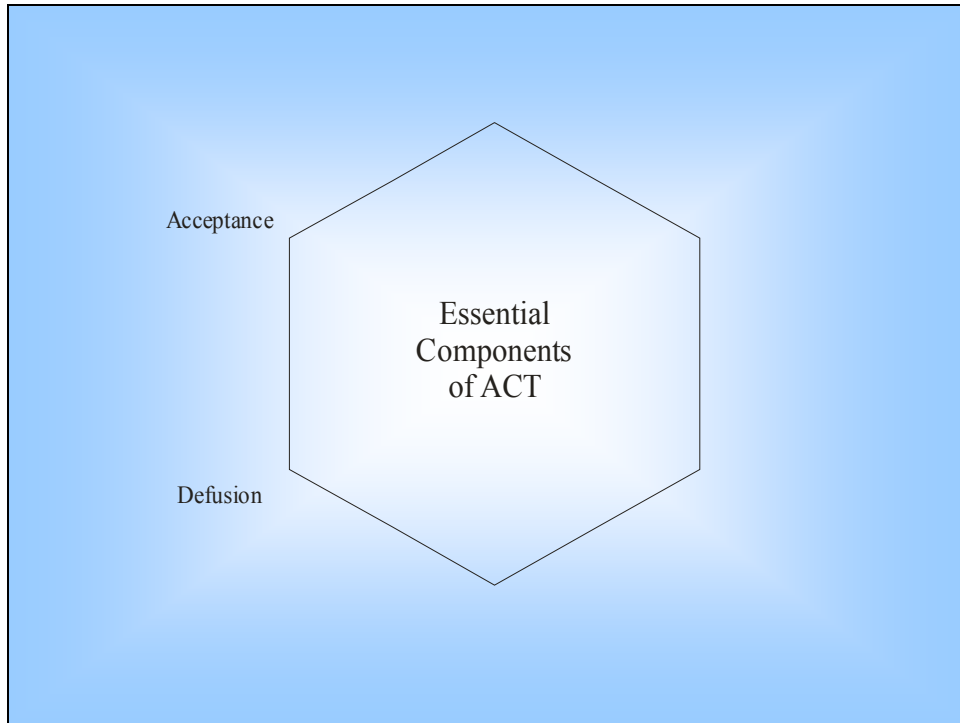
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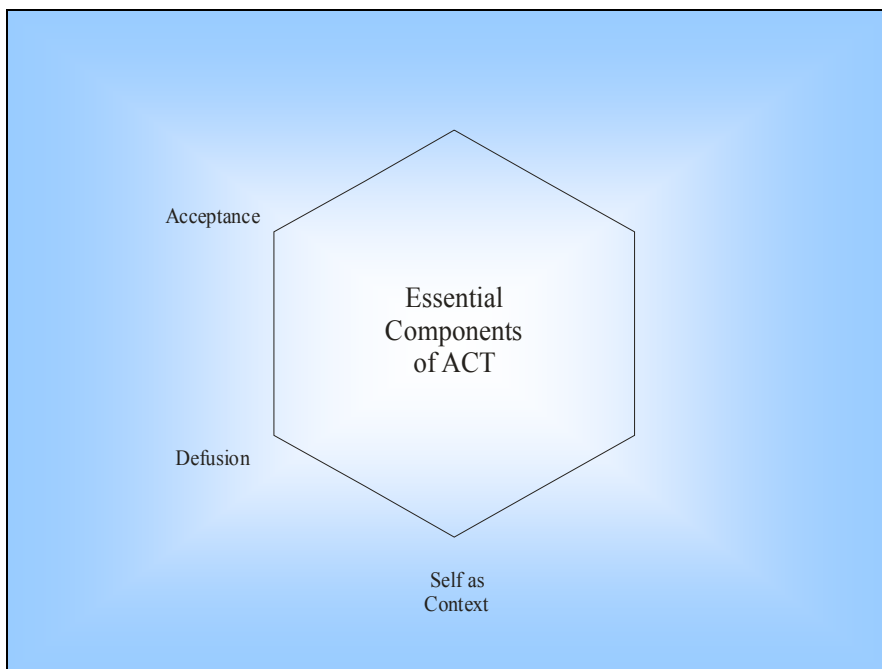
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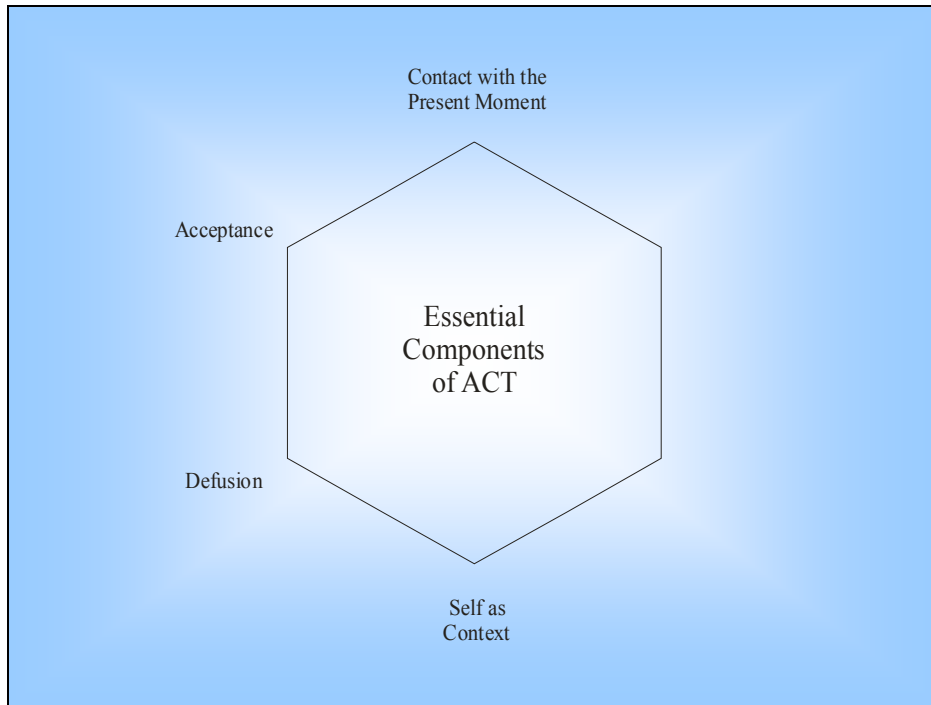
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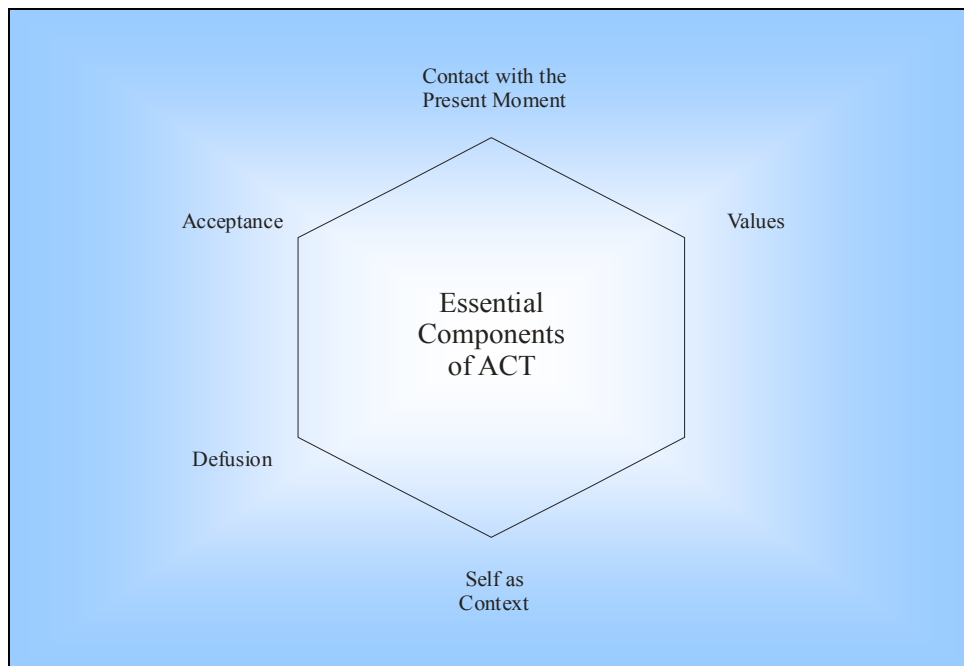
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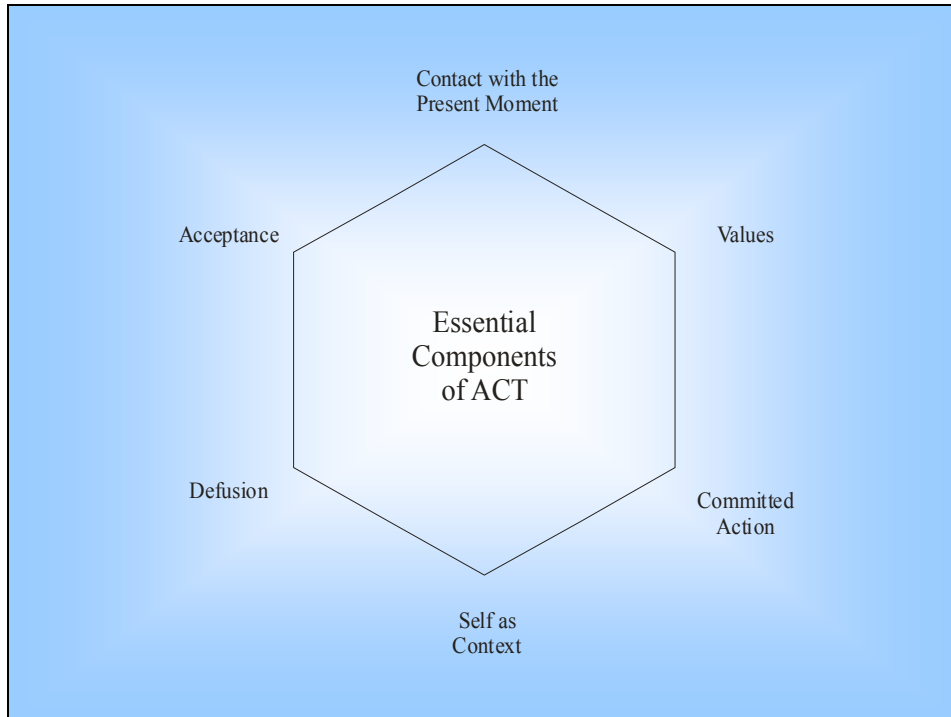
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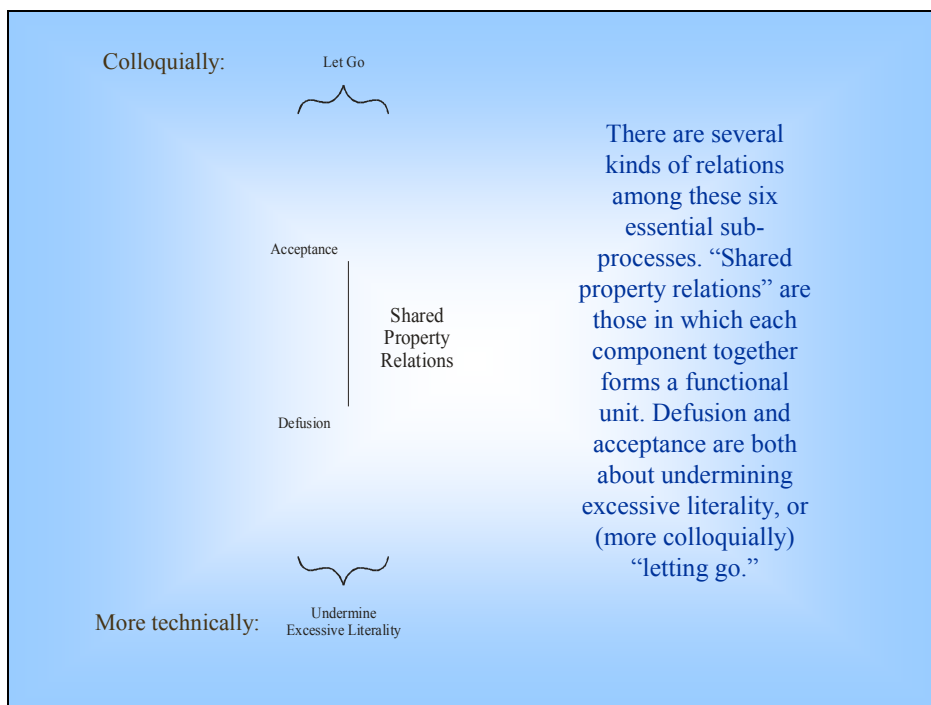
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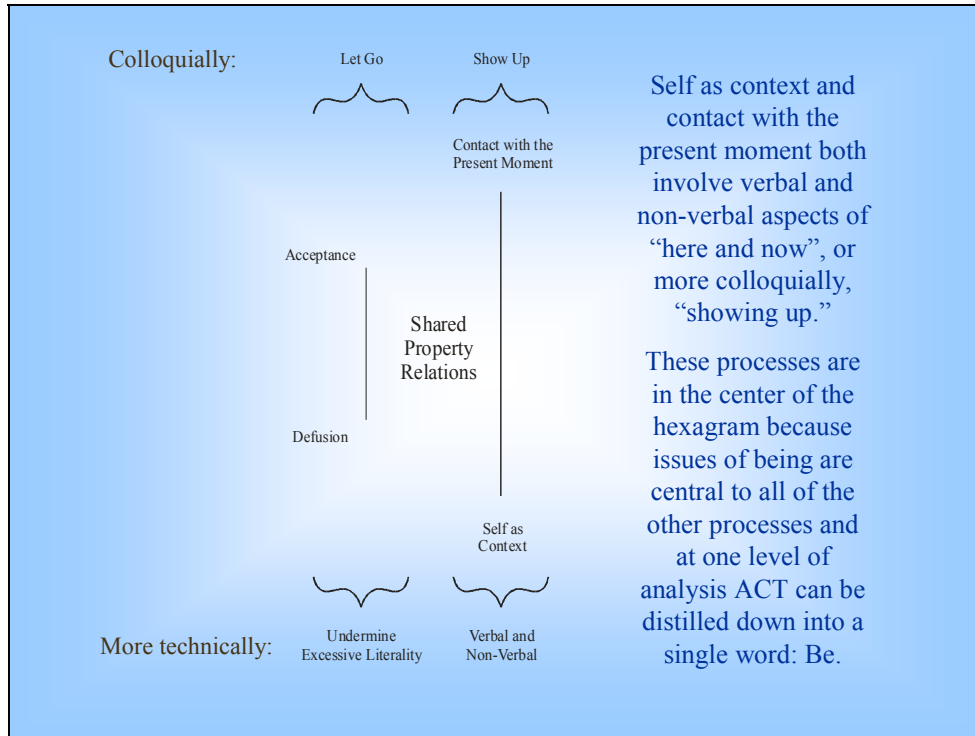
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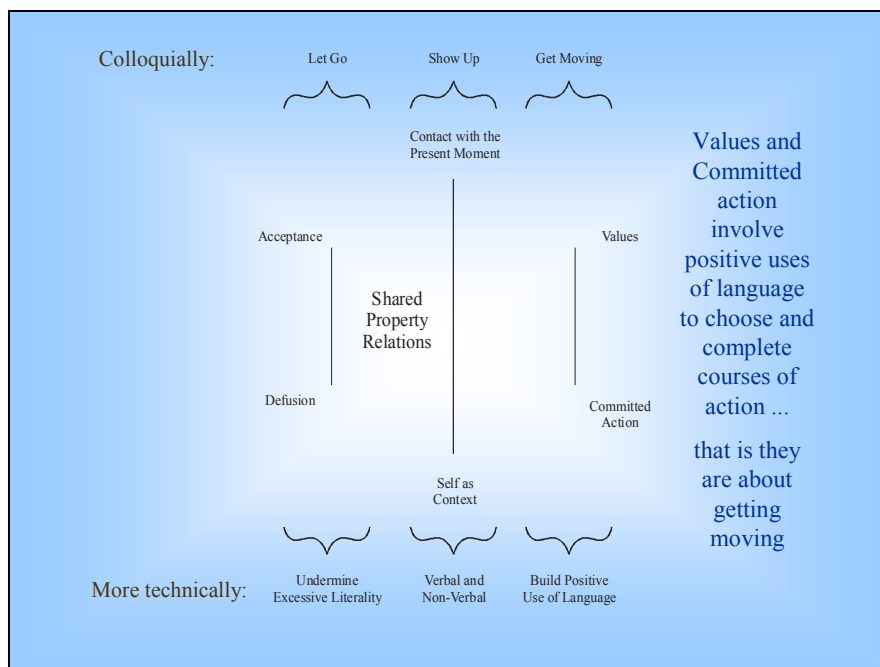
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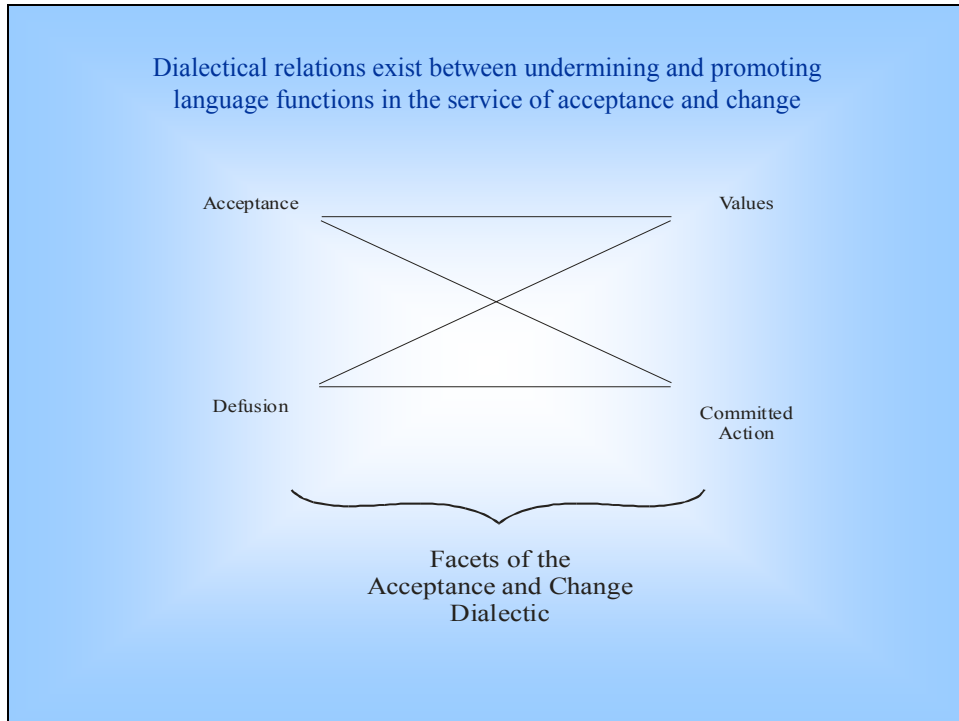
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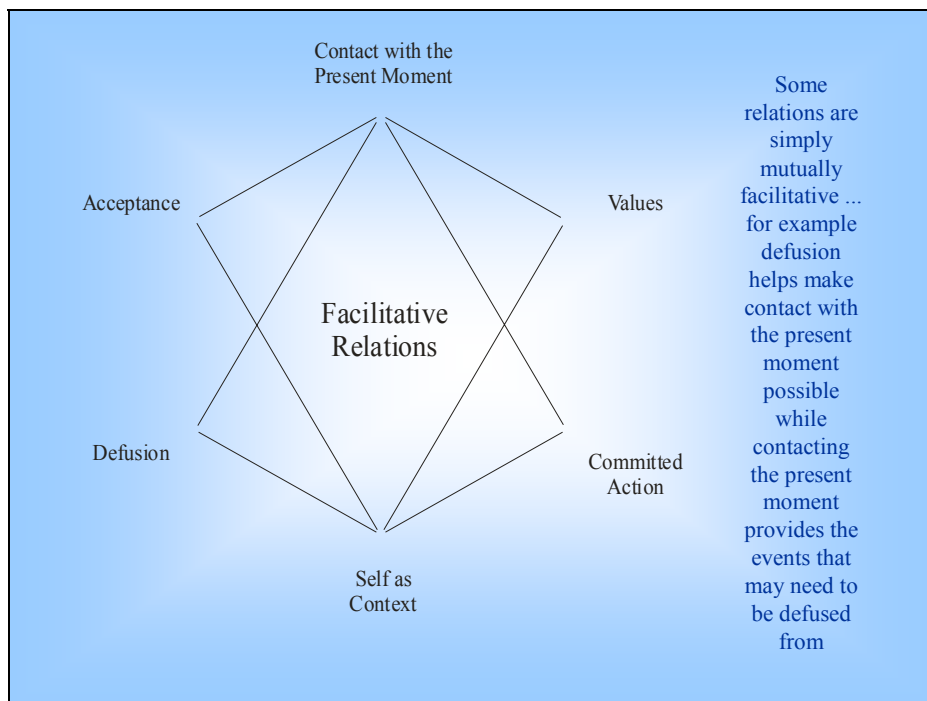
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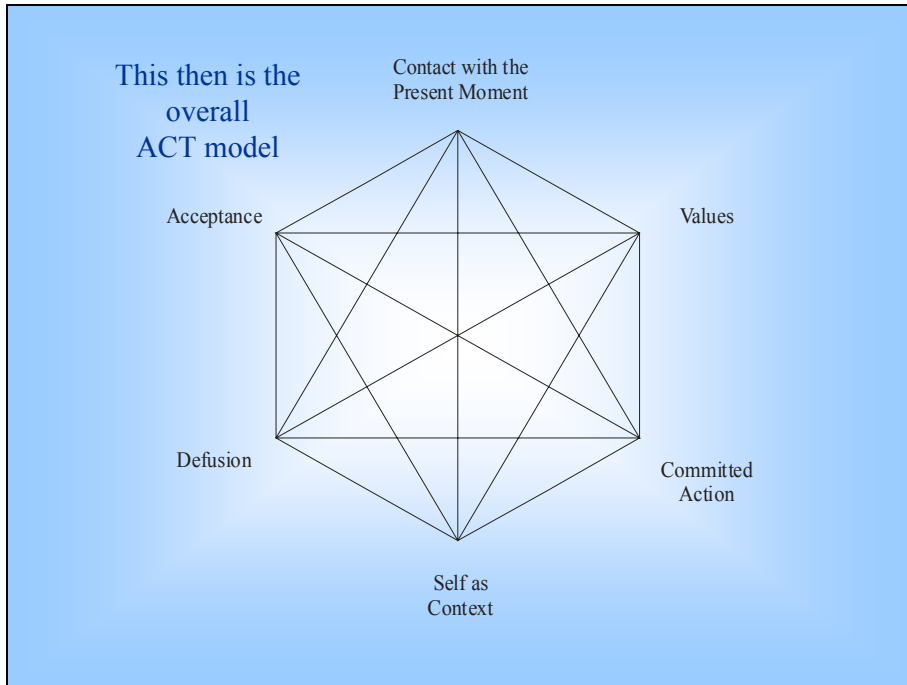
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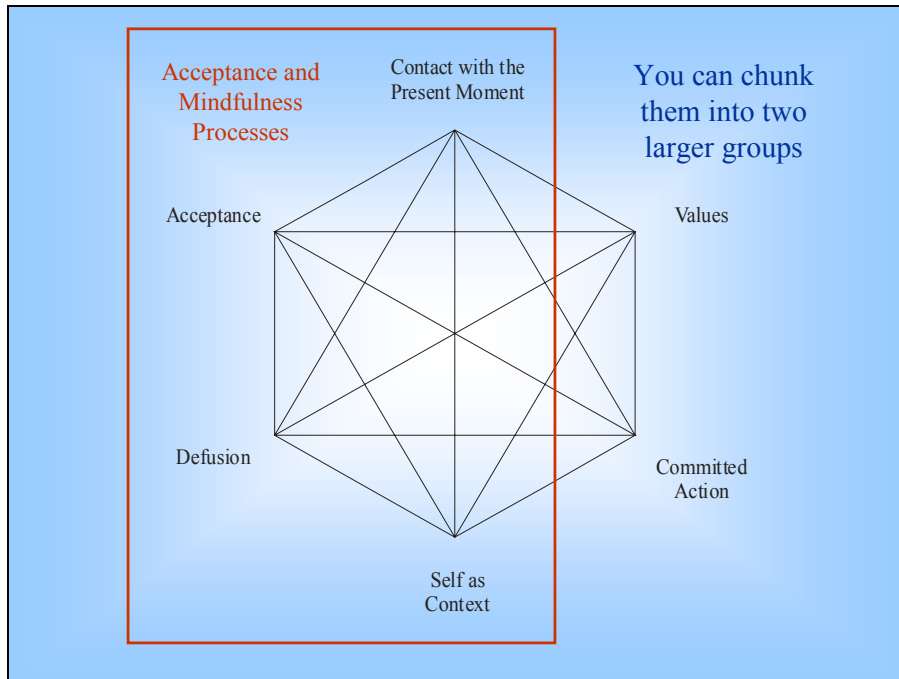
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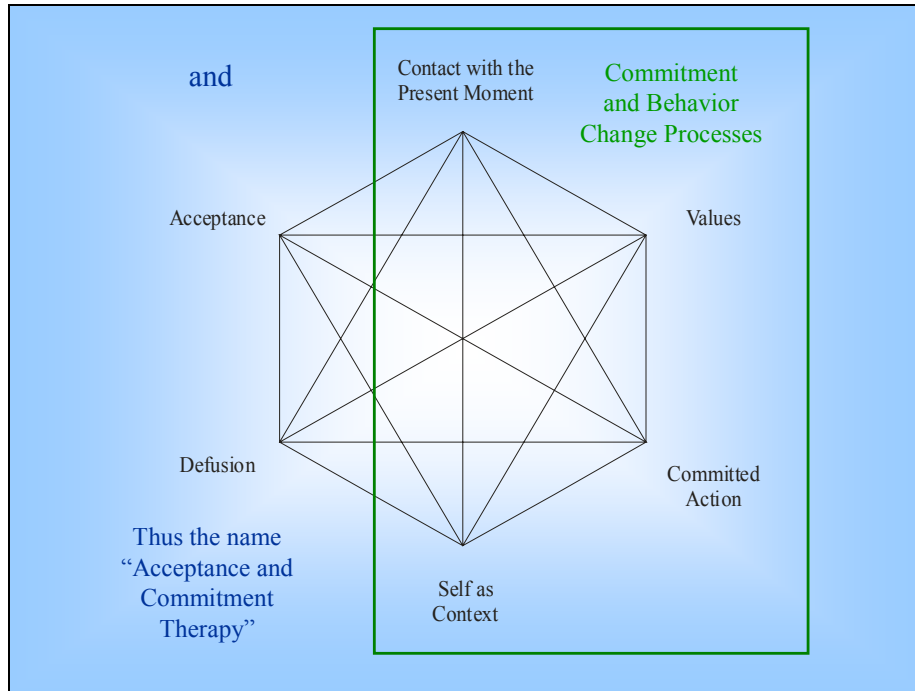
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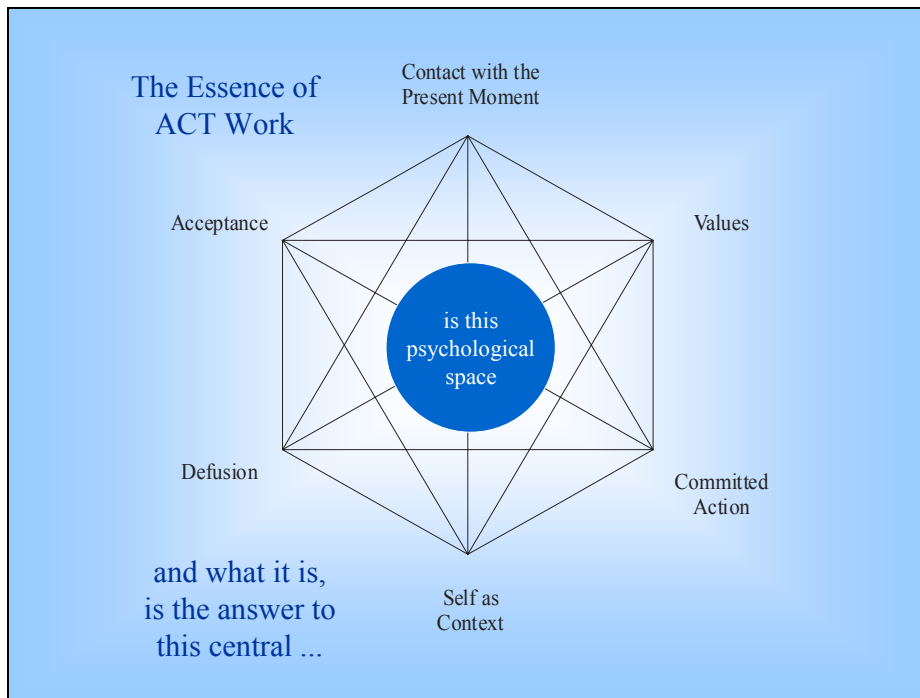
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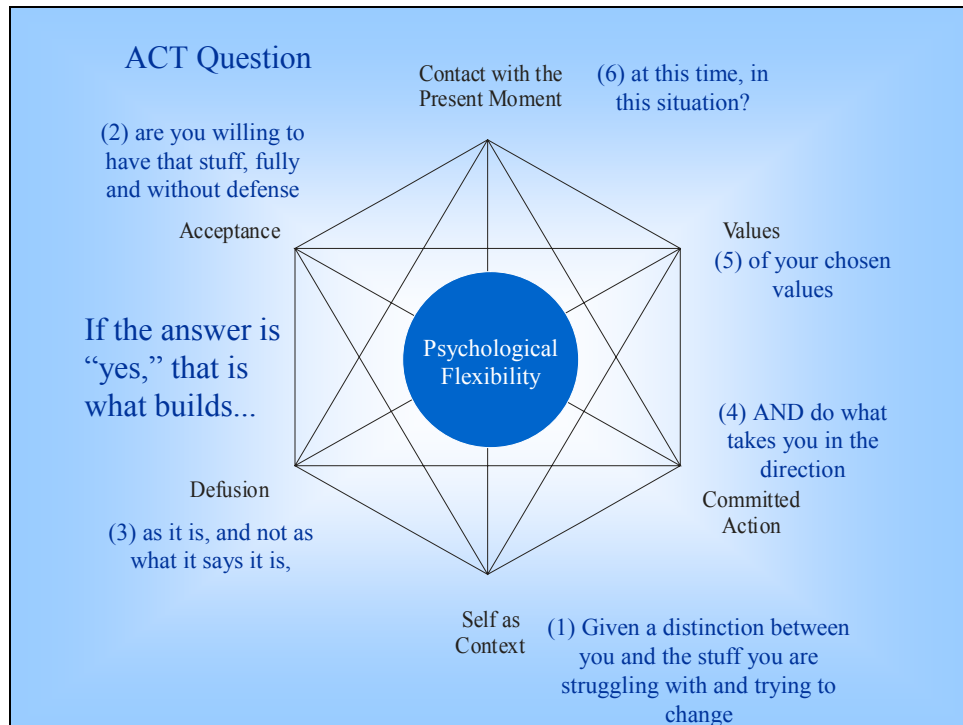
Slide 15



Slide 16



Slide 17



Slide 18

Psychological Flexibility

– Psychological flexibility is contacting the present moment fully as a conscious, historical human being, and based on what the situation affords changing or persisting in behavior in the service of chosen values.

4/21/2005

We Can Now Define ACT

- ACT is a functional contextual therapy approach based on Relational Frame Theory which views human psychological problems dominantly as problems of psychological inflexibility fostered by cognitive fusion and experiential avoidance. In the context of a therapeutic relationship, ACT brings direct contingencies and indirect verbal processes to bear on the experiential establishment of greater psychological flexibility primarily through acceptance, defusion, establishment of a transcendent sense of self, contact with the present moment, values, and building larger and larger patterns of committed action linked to those values.
- Said more simply, ACT uses acceptance and mindfulness processes, and commitment and behavior change processes, to produce greater psychological flexibility.