There are six essential sub-processes in ACT.

Acceptance

Essential Components of ACT
Slide 3

Defusion

Acceptance

Essential Components of ACT

Slide 4

Acceptance

Defusion

Self as Context

Essential Components of ACT
Slide 5

Self as Context
Contact with the Present Moment
Defusion
Acceptance
Essential Components of ACT

Slide 6

Self as Context
Contact with the Present Moment
Defusion
Acceptance
Values
Essential Components of ACT
Slide 7

Essential Components of ACT

Self as Context

Contact with the Present Moment

Acceptance

Defusion

Values

Committed Action

Slide 8

There are several kinds of relations among these six essential subprocesses. “Shared property relations” are those in which each component together forms a functional unit. Defusion and acceptance are both about undermining excessive literality, or (more colloquially) “letting go.”

Colloquially:

Let Go

Undermine Excessive Literality

More technically:
Self as context and contact with the present moment both involve verbal and non-verbal aspects of “here and now”, or more colloquially, “showing up.”

These processes are in the center of the hexagram because issues of being are central to all of the other processes and at one level of analysis ACT can be distilled down into a single word: Be.

Values and committed action involve positive uses of language to choose and complete courses of action ... that is they are about getting moving.

Colloquially:
- Let Go
- Show Up
- Get Moving
- Contact with the Present Moment

More technically:
- Undermine
- Excessive Literality
- Verbal and Non-Verbal
- Build Positive Use of Language

Values

Shared Property Relations

Acceptance

Defusion

Self as Context
Dialectical relations exist between undermining and promoting language functions in the service of acceptance and change.

Facets of the Acceptance and Change Dialectic
This then is the overall ACT model.

Slide 14

You can chunk them into two larger groups.
Thus the name “Acceptance and Commitment Therapy” and what it is, is the answer to this central ...
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**ACT Question**

1. Given a distinction between you and the stuff you are struggling with and trying to change
2. Are you willing to have that stuff, fully and without defense
3. As it is, and not as what it says it is,
4. AND do what takes you in the direction of your chosen values
5. Of your chosen values
6. At this time, in this situation?

If the answer is “yes,” that is what builds...

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**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.
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.