

Acceptance and Commitment Therapy



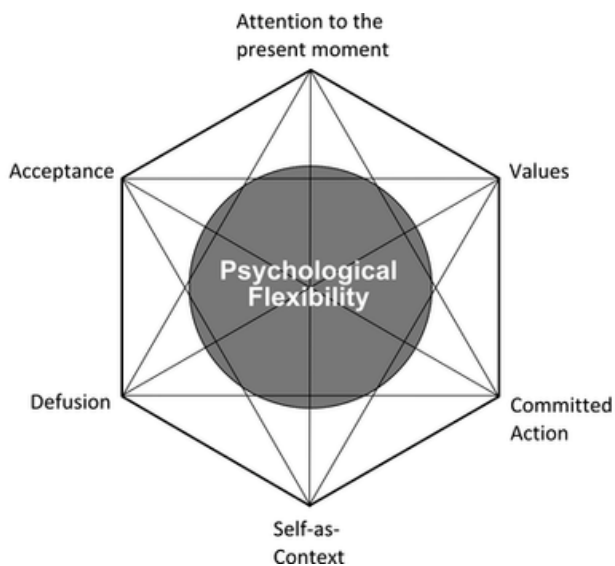
WHAT IS ACCEPTANCE AND COMMITMENT THERAPY?

Acceptance and Commitment Therapy is an empirically based psychological intervention that uses mindfulness approaches to increase psychological flexibility.



THE ACT HEXAFLEX

The Acceptance and Commitment Therapy hexaflex utilizes the 6 core values of psychological flexibility including attention to present moment, acceptance, defusion, self-as-context, committed action and values.



WHY IS ACCEPTANCE AND COMMITMENT THERAPY HELPFUL?

Psychological flexibility is the ability to remain in the present moment while unpleasant thoughts and feelings arise. ACT therapy involves accepting life events as they occur without trying to change them while working towards a values based life. Acceptance involves accepting emotions that may feel out of control and using direction to commit to a positive approach to help you push forward.

THE ACT MATRIX

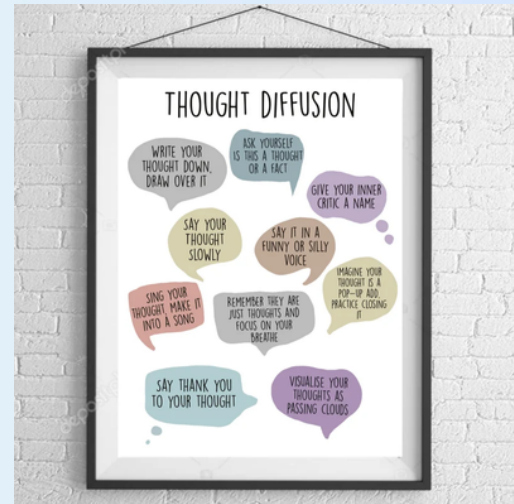
The Acceptance and Commitment Therapy matrix can be used to identify thoughts, feelings, and emotions and how they guide you closer/farther from your goals.



PRACTICAL WAYS TO IMPLEMENT ACT INTO YOUR CLASSROOM

1. HANG POSTERS AROUND THE ROOM REMINDING STUDENTS OF ACT COMPONENTS

Hanging posters around your classroom displays the six core values of ACT acceptance, defusion, self-as-context, committed action, values, and attention to the present moment.



2. START EACH SCHOOL DAY WITH AN ACCEPTANCE AND COMMITMENT THERAPY ACTIVITY

Acceptance and Commitment Therapy activities are a great way to start the day in your classroom. These activities can be located in ACT workbooks and/or attending ACT trainings/workshops.



3. IMPLEMENT ACT AMONG COWORKERS AND OTHER TEACHERS

Several studies have shown the practice of Acceptance and Commitment Therapy reducing burnout in professions and creating closer work environments among coworkers. Encourage your colleagues to implement ACT in their lives.



ADDITIONAL RESOURCES

Association for Contextual Behavioral Science Website: access resources to ACT here!
https://contextualscience.org/list_of_resources_for_learning_act



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