

# Using Acceptance and Commitment Therapy (ACT) for your own professional development

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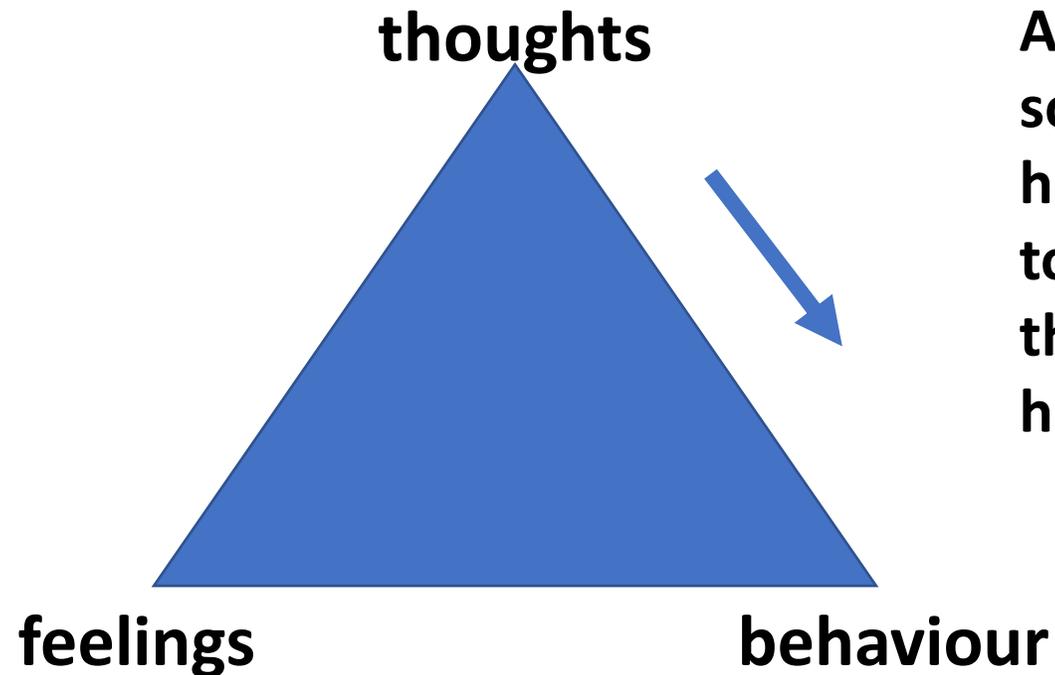


# Part 1

## Introduction to ACT

# Behavioural analytic approaches

CBT encourages us to change the thoughts – replacing negative ones with positive ones



ACT acknowledges that sometimes this is too hard, so encourages us to decrease the impact the negative thoughts have

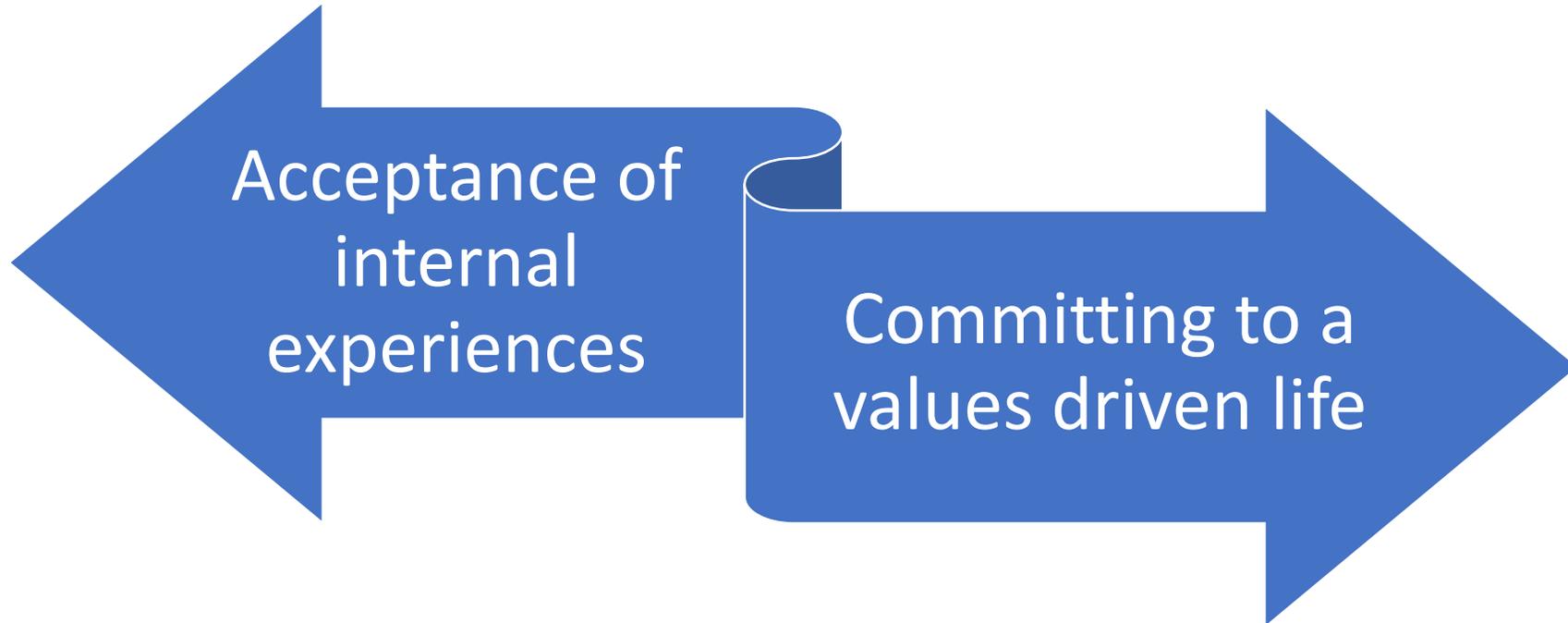
# Acceptance and Commitment Therapy

Unhelpful thoughts or feelings can stop us from living the life we want to live

ACT suggests that we can learn to **accept** the negative thoughts and feelings and **commit** to living the life we want to



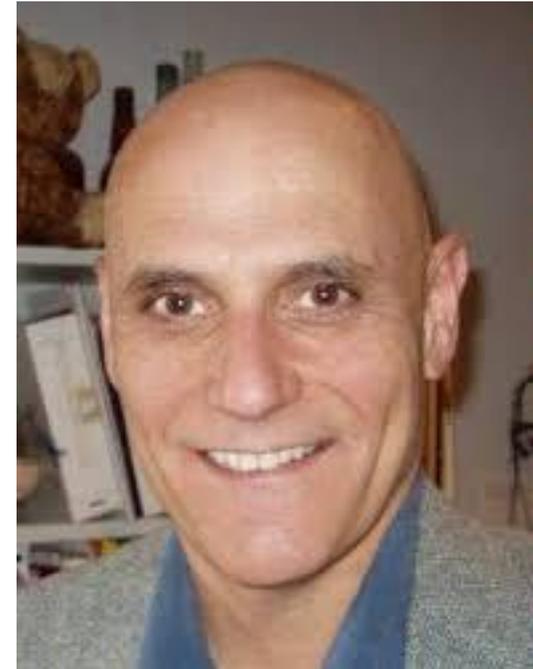
# ACT



# ACT Theory

Rooted in **Relational Frame Theory**  
the human capacity to produce  
words can either restrict or open up  
behaviour

Relational Frame Theory: A simple summary. *In*  
*Coaching in Careers Blog*  
<http://coachingincareers.blogspot.com/2019/06/relational-frame-theory-simple-summary.html>

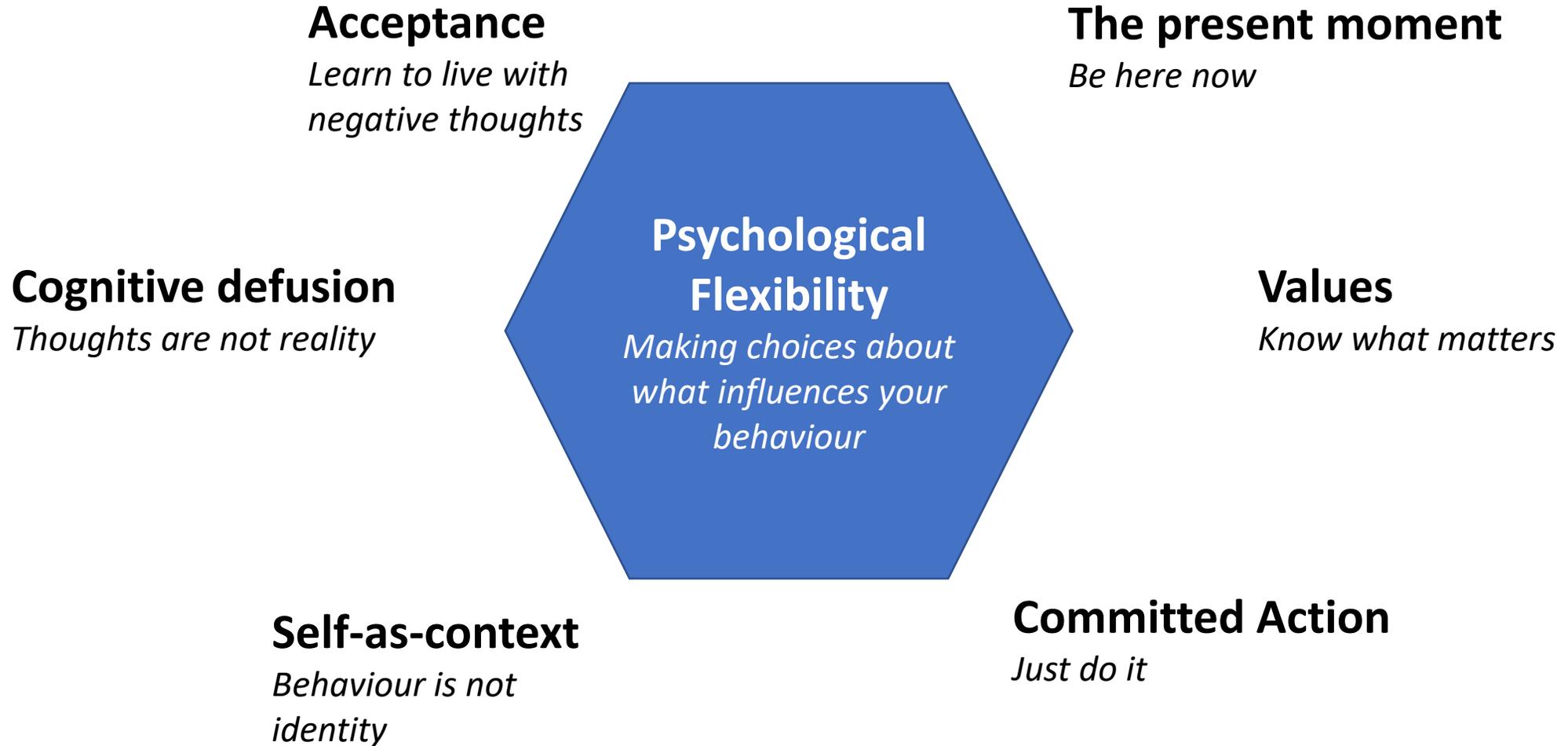


(Hayes et al., 2001)

# Part 2

## Underpinning Concepts

# The ACT Hexaflex



Part 3

The Retirement Party: identifying goals

# The Retirement Party

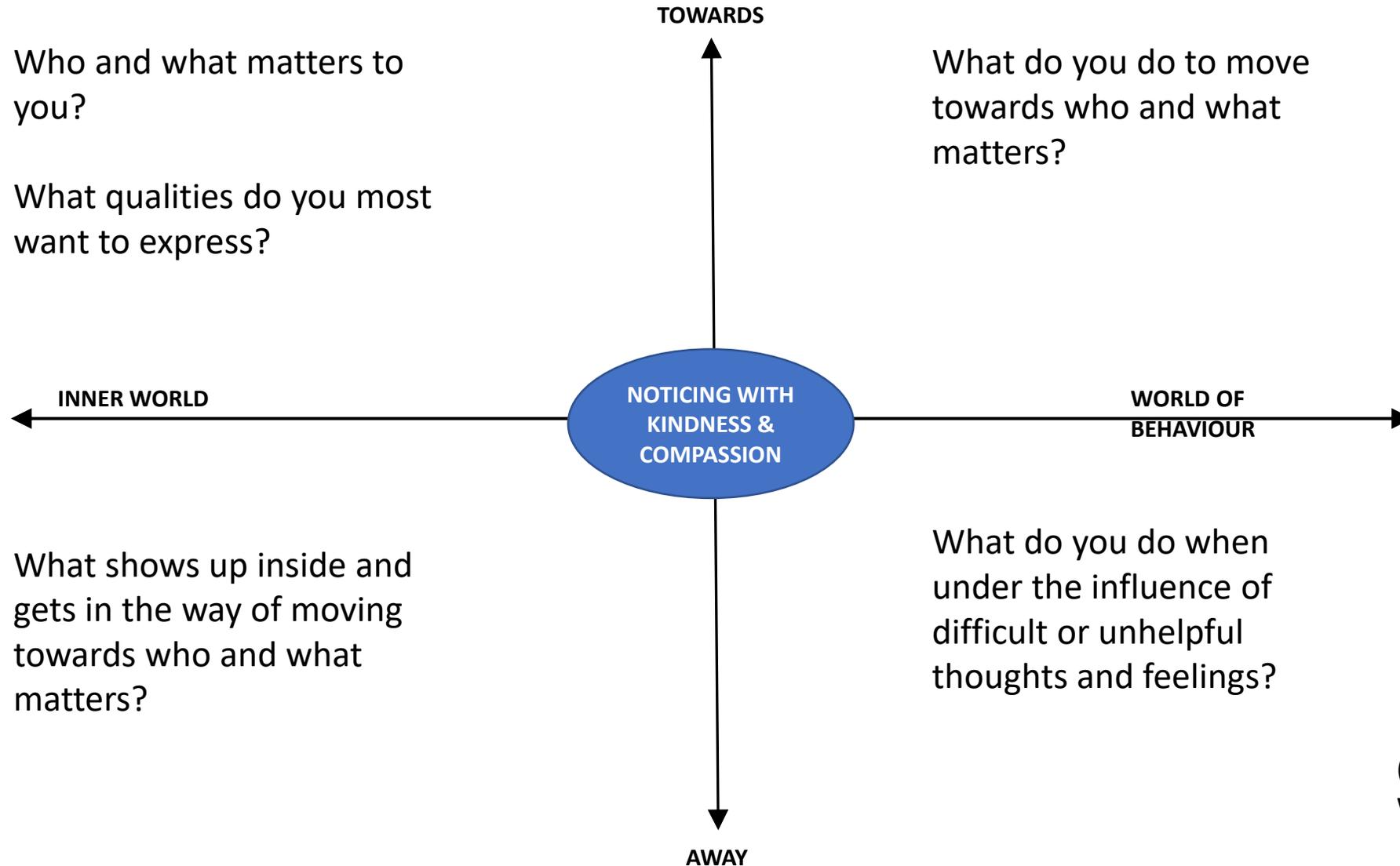
- Imagine yourself in the future, at your own retirement party – your ideal retirement party
- Have a look round the room. Who is there? What are they saying about you?
- When everyone has arrived, your boss gets up to make a speech about you
- What would you like your boss to say?
- Spend 5 minutes writing down some ideas
- From these thoughts, identify one specific goal you would like to achieve



Part 4

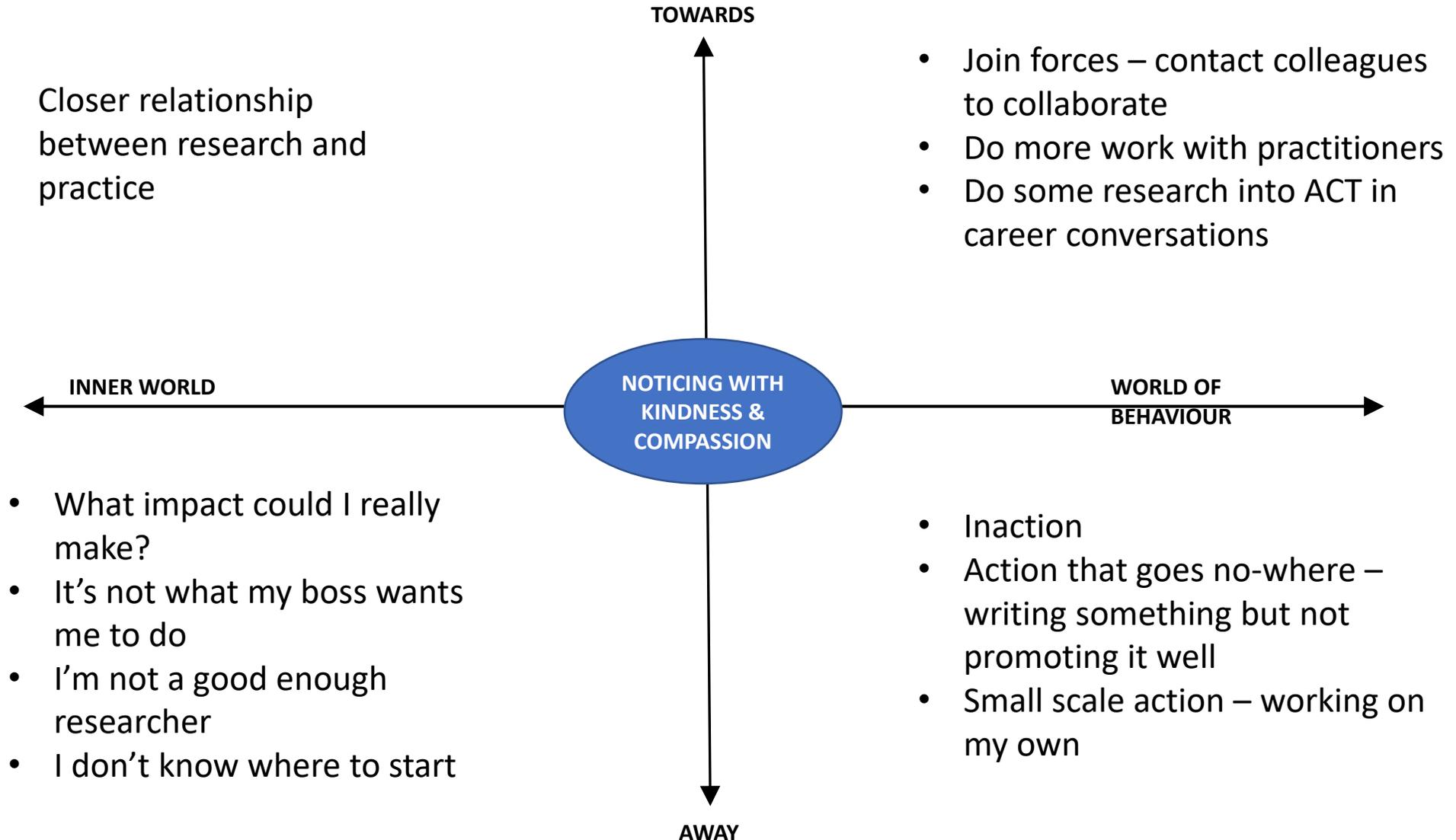
The Matrix: identifying steps

# The ACT MATRIX



(Polk, Schoendorkff, Wester & Olaz, 2016)

# The ACT MATRIX

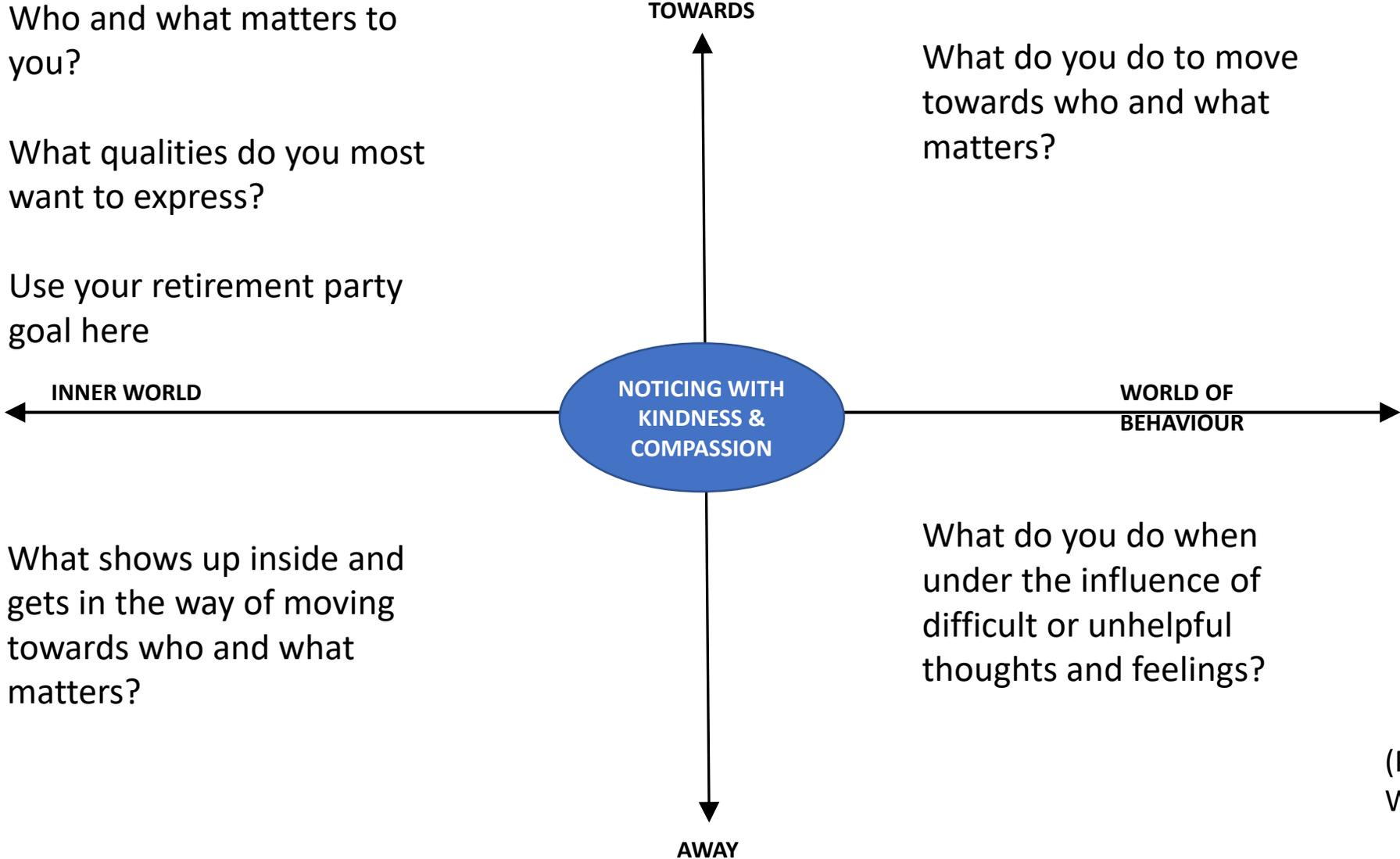


# The ACT Matrix – your turn

- Draw an ACT Matrix on a piece of paper
- Put your retirement-party goal in the top left square
- Spend a few minutes on your own filling in all four squares
- Then I will put you in groups and you can talk to each other about your Matrix plan



# The ACT MATRIX



(Polk, Schoendorkff, Wester & Olaz, 2016)

- Comments and question?

# Further Reading

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