

## ACT Study group 1 – Informative Document

Welcome to the transformative journey of ACT Study Group 1—an enriching program designed to deepen your understanding and application of Acceptance and Commitment Therapy (ACT). Over the course of 5 months, participants will engage in weekly meetings, exploring a comprehensive range of topics aimed at fostering personal and professional growth.

### Topics Covered:

- **Introduction to ACT:** Delve into the foundational principles of Acceptance and Commitment Therapy, laying the groundwork for the subsequent sessions.
- **Hooking:** Understand the concept of "hooking" and its role in fostering psychological flexibility—a key component of ACT.
- **ACT Session Structure:** Explore the structure of ACT sessions, learning how to effectively guide individuals towards meaningful behavioral change.
- **Goal Setting:** Uncover the nuances of goal setting within the context of ACT, emphasizing values-based objectives and committed actions.
- **Creative Hopelessness:** Delve into the transformative power of creative hopelessness, a concept integral to breaking free from unhelpful patterns.
- **Dropping the Anchor:** Learn the skill of "dropping the anchor" to ground yourself in the present moment and enhance mindfulness.
- **Psychological Flexibility:** Understand and cultivate psychological flexibility—a cornerstone of ACT that empowers individuals to adapt to life's challenges.
- **Self-Compassion:** Explore the role of self-compassion in ACT, fostering a kind and understanding relationship with oneself.
- **Therapist Journey:** Reflect on the therapist's journey within the ACT framework, addressing challenges and cultivating therapeutic presence.

Each weekly meeting will provide a platform for in-depth discussions, practical exercises, and experiential learning. Participants will actively apply ACT principles in a supportive and collaborative environment, enhancing their skills and confidence in utilizing this evidence-based therapeutic approach.

This 5-month program aims not only to provide theoretical knowledge but, more importantly, to foster practical application and experiential learning. The depth and breadth of the topics covered will empower participants to integrate ACT seamlessly into their professional practice.

The culmination of ACT Study Group 1 will be marked by a comprehensive evaluation, ensuring participants' proficiency in applying ACT principles. Successful participants will receive a letter of completion, affirming their accomplishment in this foundational ACT study group.

Embark on this transformative journey and immerse yourself in the principles of Acceptance and Commitment Therapy. Join ACT Study Group 1 to deepen your skills, broaden your perspective, and embark on a meaningful exploration of therapeutic possibilities.

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