

Acceptance and Commitment Therapy

Acceptance and commitment therapy (ACT) is an action-oriented approach to psychotherapy that integrates both cognitive and behavioral therapy. It is an empirically-based psychological intervention that uses acceptance and mindfulness strategies and behavior-change strategies.

The objective of ACT is to be present with what life brings us. It aims to teach clients to stop avoiding and struggling with their inner emotions and, instead, accept that these emotions are appropriate responses to certain situations. In ACT mindful behavior, attention to personal values, and commitment to action are important concepts. Clients are encouraged to take steps to change their behavior while, at the same time, learning to accept their psychological experiences. In this way, they begin to accept their issues and commit to making necessary changes in their behavior.

ACT can be used to help treat a variety of issues, such as stress, anxiety, depression, obsessive-compulsive disorder, and psychosis. It has also been used to help treat medical conditions such as chronic pain, substance abuse, and diabetes. It can be useful for people with Cystic Fibrosis, because it helps them accept the hardships of their disease that cannot be changed, and their feelings towards it, while encouraging them to continue pursuing goals in their lives.

For more information, please see:

<https://www.psychologytoday.com/us/therapy-types/acceptance-and-commitment-therapy>

https://en.wikipedia.org/wiki/Acceptance_and_commitment_therapy