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Belisle, PhD, BCBA, LBA
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Combining elements of
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presents a unique approach
for therapists to help
clients develop and

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experience deeper, more loving relationships. By exploring personal values and expectations, and by addressing central patterns of behaviors, therapists can help their clients establish and maintain intimacy with their partner and gain a greater understanding of their relationship as a whole.

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Amazon.com: ACT and RFT in Relationships: Helping Clients ...

ACT is a powerful treatment model that teaches clients to accept their thoughts, identify their core values, and discover how these

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values are extended to their relationships with others. RFT focuses on behavioral approaches to language and cognition, and can help clients identify their own expectations regarding relationships and how they might communicate these expectations with their loved ones more effectively.

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Ebook written by JoAnne
Dahl, . . .

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Using Acceptance And

ACT and RFT in Relationships
eBook by JoAnne Dahl, PhD

Relational Frame Theory

March 17, 2014. JoAnne Dahl,
PhD, is a clinical
psychologist specializing in
behavioral medicine and a co-
author of many books,
including the recently
released ACT and RFT in
Relationships: Helping
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Q&A: JoAnne Dahl, PhD,
coauthor of ACT and RFT in

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Advances in Relational Frame

Theory: Research and
Applications. This book,
edited by RFT experts Dr.
Simon Dymond and Dr. Bryan
Roche offers an excellent
deep dive into relational
frame theory, the research
that has been done in this
area, and the applications
(both actual and potential)
of RFT.

What is Relational Frame
Theory? A Psychologist
Explains ...

In a very real sense,
Marriage and Couples therapy
using ACT provides a skill

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training which allows for greater Awareness and Choice in the moment. Couples so easily can get swept along and pulled into patterns of connecting which can be very painful. They are often reactive and kneejerk and tend to be very habitual.

ACT in Marriage and Couples relationship therapy

An ACT / RFT Definition of Mindfulness The goal of ACT is an increase in psychological flexibility, that is, the ability to fully contact the present moment and the psychological reactions it produces as a conscious person and to persist or change in

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behavior in the situation in
the service of chosen
values. The ACT model is
shown in Figure 1.

Using Acceptance And Relational Frame Theory, Commitment Therapy And Acceptance and ... - ACT Mindfully

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