



The Hebrew University of Jerusalem

Syllabus

Treatment in acceptance and commitment - 3018

Last update 22-02-2020

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Lior Cohen

Coordinator Email: lior.cohen4@mail.huji.ac.il

Coordinator Office Hours:

Teaching Staff:

Dr. Lior Cohen

Course/Module description:

The course is an introductory course to acceptance and commitment Therapy. ACT is a CBT third-wave therapeutic approach that emphasizes acceptance, across change, of difficult thoughts and feelings as a way of coping with various problems. This is a non-protocol approach that is suitable for dealing with a variety of difficulties such as anxiety, depression, post-trauma, pain and more. The approach sharpens the distinction between pain that is an integral part of life and suffering, which we can greatly reduce, and deals with the central processes that increase suffering in our lives and how to change them. A central process that enhances suffering is experiential avoidance, and ACT encourages the opposite, a direct and accepting encounter of internal experiences. The overarching goal of ACT is to increase psychological flexibility in dealing with difficulties. At the same time ACT encourages committed activity according to the patient's values and encourages action to promote the patients' life. ACT is a pragmatic, research-based approach and there are many studies that support its effectiveness in various clinical situations.

Course/Module aims:

The main purpose of the course is to become familiar in depth with ACT and to learn to conceptualize cases according to ACT. In addition, the aim is also to develop the ability to use the principles of ACT in treating patients with different difficulties.

Learning outcomes - On successful completion of this module, students should be able to:

1. To build a case conceptualization according to ACT.
2. To design therapeutic interventions according to ACT.
3. To incorporate ACT interventions into therapies in different approaches.

Attendance requirements(%):

80%

Teaching arrangement and method of instruction: The course will consist of frontal lectures and practical exercises.

Course/Module Content:

1. Myths of happiness and introduction to ACT
2. Psychological flexibility - the Hexaflex model.

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3. Acceptance and Experiential Avoidance
 4. Cognitive fusion and defusion
 5. Contact with the Present moment - Introduction to Mindfulness
 6. Values and Committed action.
 7. Self as content versus self as context

Required Reading:

הייז, ס. צ., סטרוסאל, ק. ד., ווילסון, ק. ג. (2014). תרפיית קבלה ומחויבות: תהליך ועבודה מעשית ליצירת שינוי קשוב. הוצאת אח.
יובל, י' (2011). קבלה ומחויבות: תיאוריה ופרקטיקה. בתוך מרום, צ', גלבוש - שכטמן, א', מור, נ', ומאירס, י', (עורכים), טיפול קוגניטיבי התנהגותי במבוגרים: עקרונות טיפוליים. עמ' 353-384. ת"א: דיונון.
ליבליך, מ. (2018). מיינדפולנס: להיות כאן ועכשיו: תרגול, הגות ויישומים. כתר: בן שמן.
Harris, R. (2008). *The happiness trap: How to stop struggling and start living*. Shambhala publications inc.: Boston
Harris, R. (2009). *ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger.
Hayes, S. (2019). *A Liberated Mind: How to Pivot Toward What Matters*. New York: Avery.
Hayes, S. C. & Smith, S. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. New Harbinger Publications, Inc.: Oakland

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 90 %
Assignments 10 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: