



Syllabus

ACT: A Cognitive-Behavioral Theory and Practice - 51966

Last update 08-08-2023

HU Credits: 2

Responsible Department: Psychology

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Iftah Yovel

Coordinator Email: iftah.yovel@mail.huji.ac.il

Coordinator Office Hours: Appointment by email

Teaching Staff:

Prof Iftah Yovel

Course/Module description:

In this graduate-level course. Class lectures and readings will focus mostly on the theory that underlies Acceptance and Commitment Therapy (ACT), as well as on the core processes of this clinical approach.

Course/Module aims:

This class will introduce graduate-level clinical psychology students to current cognitive behavioral therapies, with a strong emphasis on Acceptance and Commitment Therapy.

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

Critically discuss the basic principles of current cognitive and behavioral treatments

Critically compare between ACT and more "traditional" CBT.

Conceptualize a case based on the principles of Acceptance and Commitment Therapy.

Develop a treatment plan based on the core processes of Acceptance and Commitment Therapy.

Attendance requirements(%):

90

Teaching arrangement and method of instruction: Lectures

Active class discussions

Weekly readings

Weekly responses to readings on class website

Course/Module Content:

Acceptance and Commitment therapy: basic theory and conceptualization of psychopathology, core treatment processes.

ACT vs. "traditional" CBT: differences and similarities

Required Reading:

יובל, י. (2011). טיפול באמצעות קבלה ומחוייבות (ACT): תיאוריה ופרקטיקה. בתוך: טיפול

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- קוגניטיבי התנהגותי: עקרונות טיפוליים. עורכים: צ. מרום, א. גלבוץ.
Yovel, I. (2009). Acceptance and commitment therapy and the new generation of cognitive behavioral treatments. *Israel Journal of Psychiatry and Related Sciences*, 46(4), 304-309.
- Hayes, S.C., Wilson, K.G., Gifford, E.V., Follette, V.M., & Strosahl, K. (1996) *Experiential avoidance and behavioral disorders: A functional dimensional approach to diagnosis and treatment*, *Journal of Consulting and Clinical Psychology*, 64, 1152-1168.
- Shapiro, S., Carlson, L., Astin, J., & Freedman, B. (2006). Mechanisms of Mindfulness. *Journal of Clinical Psychology*, 62(3), 373-386.
- Sedlmeier, P., Eberth, J., Schwarz, M., Zimmermann, D., Haarig, F., Jaeger, S., & Kunze, S. (2012, May 14). The Psychological Effects of Meditation: A Meta-Analysis. *Psychological Bulletin*. Advance online publication.
- Teasdale, J., Moore, R., Hayhurst, H., Pope, M., Williams, S., & Segal, Z. (2002). Metacognitive awareness and prevention of relapse in depression: Empirical evidence. *Journal of Consulting and Clinical Psychology*, 70(2), 275-287.
- Kashdan, T. B., & Rottenberg, J. (2010). Psychological flexibility as a fundamental aspect of health. *Clinical Psychology Review*, 30(7), 865-878.
- Arch, J.J. & Craske, M.G. (2008). Acceptance and Commitment Therapy and Cognitive Behavioral Therapy for Anxiety Disorders: Different Treatments, Similar Mechanisms?. *Clinical psychology: science and practice*, 15(4), 263-279.
- Dimidjian, S., Martell, C., Addis, M., & Herman-Dunn, R. (2008). Behavioral activation for depression. *Clinical handbook of psychological disorders: A step-by-step treatment manual (4th ed.)* (pp. 328-364). New York, NY US: Guilford Press.

Additional Reading Material:

- Acceptance and Commitment Therapy
Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change (2nd ed.)*. New York, NY, US: Guilford Press.
- Hayes, S. C. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
- Wilson, K., & Murrell, A. (2004). *Values Work in Acceptance and Commitment Therapy: Setting a Course for Behavioral Treatment*. *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 120-151). New York, NY US: Guilford Press.
- Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour Research and Therapy*, 44, 1-25.
- Hayes, S. C., Levin, M. E., Plumb-Villardaga, J., Villatte, J. L., & Pistorello, J. (2011). Acceptance and commitment therapy and contextual behavioral science: Examining the progress of a distinctive model of behavioral and cognitive therapy. *Behavior Therapy*
- Pull, C. B. (2009). *Current empirical status of acceptance and commitment therapy*.

Current Opinion in Psychiatry, 22(1), 55-60.

Basic Mechanisms

Tenneke, N. (2010). *Learning RFT: An introduction to relational frame theory and its clinical application*: Oakland, CA, US: Context Press/New Harbinger Publications.

ACT vs. "traditional" CBT

Mennin, D. S., Ellard, K. K., Fresco, D. M., & Gross, J. J. (2013). *United We Stand: Emphasizing Commonalities Across Cognitive-Behavioral Therapies*. *Behavior Therapy*, 44(2), 234-248.

Hofmann, S., & Asmundson, G. (2008). Acceptance and mindfulness-based therapy: New wave or old hat?. *Clinical Psychology Review*, 28(1), 1-16.

Hayes, S. (2008). Climbing our hills: A beginning conversation on the comparison of acceptance and commitment therapy and traditional cognitive behavioral therapy. *Clinical Psychology: Science and Practice*, 15(4), 286-295.

Longmore, R. J., & Worrell, M. (2007). Do we need to challenge thoughts in cognitive behavior therapy? *Clinical Psychology Review*, 27, 173-187.

Behavioral Activation

Martell, C. R., Addis, M. E., & Jacobson, N. S. (2001). *Depression in context: Strategies for guided action*. New York: Norton.

Martell, C., Addis, M., & Dimidjian, S. (2004). *Finding the Action in Behavioral Activation: The Search for Empirically Supported Interventions and Mechanisms of Change*. *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 152-167). New York, NY US: Guilford Press.

Jacobson, N., & Gortner, E. (2000). Can depression be de-medicalized in the 21st century: Scientific revolutions, counter-revolutions and the magnetic field of normal science. *Behaviour Research and Therapy*, 38(2), 103-117.

Jacobson, N., Martell, C., & Dimidjian, S. (2001). Behavioral activation treatment for depression: Returning to contextual roots. *Clinical Psychology: Science and Practice*, 8(3), 255-270.

Dimidjian, S., Hollon, S. D., Dobson, K. S., Schmaling, K. B., Kohlenberg, R. J., Addis, M. E., . . . Jacobson, N. S. (2006). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *Journal of Consulting and Clinical Psychology*, 74(4), 658-670

Lejuez, C. W., Hopko, D. R., Acierno, R., Daughters, S. B., & Pagoto, S. L. (2011). Ten year revision of the brief behavioral activation treatment for depression: Revised treatment manual. *Behavior Modification*, 35(2), 111-161.

Other types of cognitive-behavioral acceptance-based therapies (few examples)

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2013). *Mindfulness-based cognitive therapy for depression* (2nd ed.). New York, NY, US: Guilford Press.

Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. Guilford, New York.

Piet, J., & Hougaard, E. (2011). *The effect of mindfulness-based cognitive therapy*

for prevention of relapse in recurrent major depressive disorder: A systematic review and meta-analysis. Clinical Psychology Review, 31(6), 1032-1040.

Hayes, S. C. Follette, V. M. & Linehan, M. M. (2004), Mindfulness and acceptance: Expanding the cognitive-behavioral tradition. New York, NY: Guilford Press.

Marlatt, G. (2002). Buddhist philosophy and the treatment of addictive behavior. Cognitive and Behavioral Practice, 9(1), 44-49.

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 80 %

Attendance / Participation in Field Excursion 20 %

Additional information: