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Combining elements of acceptance and commitment therapy (ACT) and relational frame theory (RFT), ACT and RFT for Relationships presents a unique approach for therapists to help clients develop and 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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ACT is a powerful treatment model that teaches clients to accept their thoughts, identify their core values, and discover how these values are extended to their relationships with others. RFT focuses

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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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ACT and RFT in Relationships eBook by JoAnne Dahl, PhD ...

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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 Clients Deepen Intimacy and Maintain Healthy Commitments Using Acceptance and Commitment Therapy and Relational Frame Theory.

Q&A: JoAnne Dahl, PhD, coauthor of ACT and RFT in ...
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.

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

In a very real sense, Marriage and Couples therapy using ACT provides a skill 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 behavior in the situation in the service of chosen values. The ACT model is shown in Figure 1.

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