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| *Title and Code of Course*: ERPB-MPS2781 Acceptance and Commitment Therapy |
| *Instructor’s Name*: Dr. Nikolett Eisenbeck |
| *Instructor’s Email Address*: eisenbeckniki@gmail.com   |  |  |  |  | | --- | --- | --- | --- | | Credit Point Value:  **6** | Number of Lessons per Week: **2** | Type of Course:  **Seminar X**  **Lecture ☐** | Method of Evaluation:  **Oral Examination ☐**  **In-Class Presentation X**  **Other ☐** | |
| **Course Description:**  The course aims to present one of the most successful modern psychotherapies, the Acceptance and Commitment Therapy (ACT; Hayes, Stroshal & Wilson, 2011). According to ACT, the source of human suffering is the so-called psychological inflexibility: attempts to control unwanted thoughts and feelings instead of living a life based on personal values. Thus, ACT does not attempt to directly change problematic thoughts or feelings, but seek to modify the person’s relationship with them by focusing on the development of a meaningful life while accepting inner experiences as they appear. During the course, the participants learn the theoretical background and basic concepts of ACT, especially its associations with the Relational Frame Theory (RFT; e.g., Hayes, Barnes-Holmes, & Roche, 2001; Torneke, Barnes-Holmes, & Hayes, 2010). ACT-related techniques, such as physical exercises, metaphors, mindfulness, defusion, acceptance and values-based techniques are presented with an emphasis on experiential learning. The assessment for this course is through oral presentations about a chosen aspect of the therapy and by showing evidence of knowledge and skills gained during the coursework. |
| **Bibliography:**  Harris, R. (2008). *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT*: Shambhala.  Harris, R. (2009). *ACT made simple: An easy-to-read primer on acceptance and commitment therapy:* New Harbinger Publications.  Hayes, S. C., Luoma, J. B., Bond, F. W.,Masuda, A., &Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behav Res Ther, 44*(1), 1-25.  Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2011). *Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change*: Guilford Publications.  Torneke, N., Barnes-Holmes, D., & Hayes, S. C. (2010). *Learning RFT: An Introduction to Relational Frame Theory and Its Clinical Application:* New Harbinger Publications. |