

## HSC215.9 Acceptance and Commitment Therapy

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Name of Unit 1 (Unit Code 1)
Acceptance and Commitment Therapy (HSC215.9)

### SECTION 1 – GENERAL INFORMATION

#### 1.1 Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Masters	One semester	Advanced	Brian Gabriels

#### 1.2 Core or elective unit

Indicate if the unit is a

- core unit
- elective unit
- other (please specify below):

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#### 1.3 Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
6	96

#### 1.4 Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week*	No. personal study hours per week**	Total workload hours per week***
3	7	10

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: \_0\_ hours per week

### 1.5 Delivery mode

Tick all applicable delivery modes for the unit:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

See Delivery Modes Policy.

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

### 1.6 Pre-requisites and co-requisites

Are students required to have undertaken a prerequisite or co-requisite unit for this unit?

- Yes
- No

**If YES**, provide details of the prerequisite or co-requisite requirements below.

HSC202.8 Counselling Theories & Practice (prerequisite)

### 1.7 Other resource requirements

Do students require access to specialist facilities and/or equipment for this unit (for example, special computer access, physical education equipment)?

- Yes
- No

**If YES**, provide details of specialist facilities and/or equipment below.

Video recording equipment to record counselling practical assessment

## SECTION 2 – ACADEMIC DETAILS

### 2.1 Unit Descriptor

Provide below a brief unit description, which includes a summary of the key content of the unit.

This unit examines the theoretical and philosophical underpinning of Acceptance and Commitment Therapy (ACT) and provides students with the skill-based training specific to this framework. It advances the idea that psychological rigidity is a source of much suffering and focuses on effective ways to nurture psychological flexibility by targeting six key processes: defusion, acceptance, attention to the present moment, perspective taking, values, and committed action. Students will also be instructed on how to establish a powerful therapeutic relationship as well as how to case conceptualise from an ACT perspective.

## 2.2 Learning Outcomes for the Unit

### Learning outcomes for unit:

1. Examine the foundational aspects of Acceptance and Commitment Therapy and its effectiveness in a clinical context
2. Assess, using the ACT framework, how values can be used to create a sense of life's meaning and direction in their own lives
3. Respond to client presenting issues in accordance with the core clinical processes of the ACT perspective

### Assessment tasks

Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
<b>Essay</b> Write a 1500-word essay that demonstrates an understanding of the foundational aspects of ACT and critically evaluate research relating to the efficacy of ACT with reference to one particular clinical issue.	1	Week 4	25%
<b>Journal</b> Conduct a personal experiment of <i>no less than ten</i> weeks examining what happens as you live your life in line with your values, or what happens when you fail to align with your values. Apply the ACT theory and processes to valued living. Reflect upon and report on your values experiment. Equivalent to 1500 words in total.	1, 2	Week 10	25%

Assessment tasks			
Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
<p><b>Skill Development</b></p> <p>Part A: A formative assessment—ACT six core processes skill development. Student's skill practice and feedback received from the lecturer will prepare them for part B of the assessment.</p> <p>Part B: A summative assessment—In-person, real-time assessment.</p> <p>Equivalent to 3000 words in total.</p>	1, 2, 3	Week 13	50%

### 2.3 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required Text Books
<p>Harris, R. (2019). <i>ACT made simple: A quick-start guide to ACT basics and beyond</i> (2nd ed.). New Harbinger.</p> <p>Hayes, S. C., Strosahl, K. D., &amp; Wilson, K. G. (2012). <i>Acceptance and commitment therapy: The process and practice of mindful change</i> (2nd ed.). The Guilford Press.</p>
Recommended Reference List
<p>Harris, R. (2013). <i>Getting unstuck in ACT</i>. New Harbinger.</p> <p>Hayes, L. L., &amp; Ciarrochi, J. (2015). <i>The thriving adolescent: Using acceptance and commitment therapy and positive psychology to help teens manage emotions, achieve goals, and build connection</i>. New Harbinger.</p> <p>Hayes, S. C., Moran, D. J., Patricia, A., Bach, P. A. (2008). <i>ACT in practice: Case conceptualization in Acceptance and Commitment Therapy</i>. New Harbinger.</p> <p>Hayes, S. C., &amp; Smith, S. (2005). <i>Get out of your mind and into your life: The new Acceptance and Commitment Therapy</i>. New Harbinger.</p> <p>Knabb, J. J. (2016). <i>Faith-based ACT for Christian clients: An integrative treatment approach</i>. Taylor &amp; Francis.</p> <p>Luoma, J. B., Hayes, S. C., &amp; Walser, R. D. (2017). <i>Learning ACT: An Acceptance and Commitment Therapy skills-training manual for therapists</i> (2nd ed.). New Harbinger.</p> <p>McKay, M., Lev, A., &amp; Skeen, M. (2012). <i>Acceptance and Commitment Therapy for interpersonal problems: Using mindfulness, acceptance, and schema awareness to change interpersonal behaviours</i>. New Harbinger.</p> <p>Ramnerö, J., &amp; Törneke, N. (2008). <i>The ABCs of human behavior: Behavioral principles for the practicing clinician</i>. New Harbinger.</p> <p>Törneke, N. (2010). <i>Learning RFT: An introduction to relational frame theory and its clinical application</i>. New Harbinger.</p>

Zettle, R. D. (2011). *ACT for depression: A clinician's guide to using Acceptance and Commitment Therapy in treating depression*. New Harbinger.