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What is the ACT Matrix? (Life Map

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## Relational Frame Theory

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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

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Advances in Relational Frame Theory:

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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.

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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

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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.

Relational Frame Theory, Acceptance and ...

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- ACT Mindfully  
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