Is ACT an existential therapy?

RADICAL BEHAVIOURISM

RFT

ACT AND EXISTENTIAL THERAPY

EXISTENTIAL-PHENOMENOLOGICAL PHILOSOPHY
Is ACT an existential therapy?

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ACT AND EXISTENTIAL THERAPY

EXISTENTIAL-PHENOMENOLOGICAL PHILOSOPHY
Is ACT an Existential Therapy?

What similarities?

How? Why?

Now what?
A shared stance

• Non-pathologising
• Acceptance
• Non-hierarchical
• Freedom and choice
• Meaning and values
mindfulness for two

An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy

KELLY G. WILSON, PhD
WITH TROY DUFRENE
Get Out of Your Mind & Into Your Life
The New Acceptance & Commitment Therapy

STEVEN C. HAYES, PH.D.
with SPENCER SMITH
Existential Therapy? Or ACT?

- ‘Aim of therapeutic work = helping clients to become more aware of their actual existence, and to live more in accordance with their true values
- Therapists work with the concrete actuality of clients’ experiences
- Clients are encouraged to acknowledge, and act on, their freedom and responsibility’
Existential Therapy? Or ACT?

• ‘Clients are encouraged to acknowledge, accept and learn from the more ‘negative’ feelings
• All aspects of clients’ being are seen as fundamentally interconnected
• Therapists are genuine and direct
• Practice is flexible and adaptable’
ACT: An Existential Therapy

- Shared Stance
- Shared Processes
- Shared Metaphors

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Radical Behaviourism

Existential-Phenomenological Philosophy

ACT and Existential Therapy
Christine Ramsey-Wade

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