

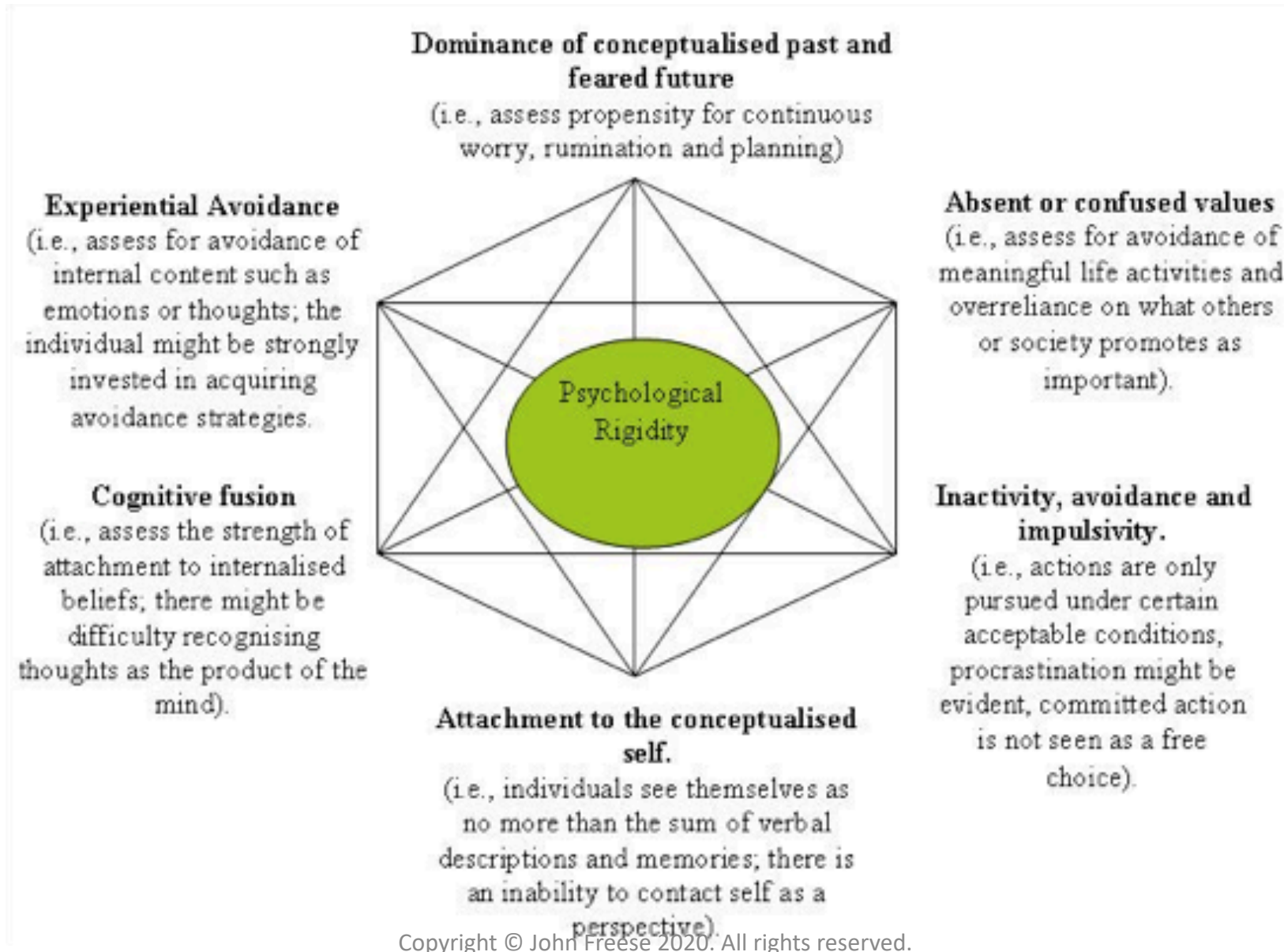
Buddhist ACT

A Buddhist model of care and counseling that mutually critically correlates Buddhist praxis with Acceptance Commitment Therapy

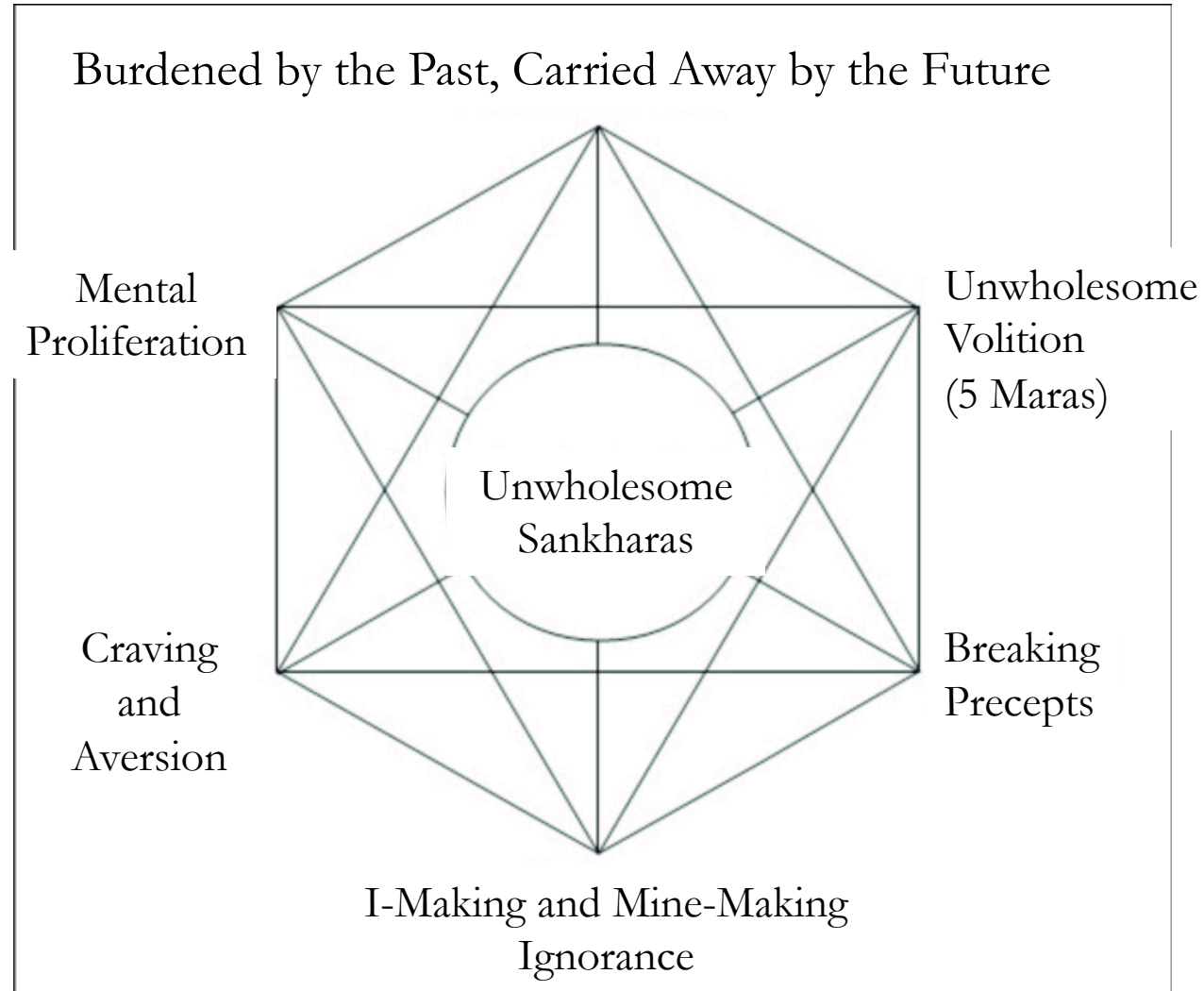
Notes for Buddhist ACT

- How I found out about ACT: Dr. Hiro Sasaki's class on Third Wave Behaviorism
- Background of ACT and how I see it as a good fit with Buddhism: Not a Frankenstein mindfulness, inspired somewhat by Buddhism but built using relational frame theory as part of contextual behavioral science.
- Psychological flexibility and psychological rigidity compared to right effort
- Overview of six processes
- Correlation with Buddhist processes. A version of Buddhist ACT not the version of Buddhist ACT.
- ACT provides a matrix for Buddhism to embrace and transform suffering in different contexts such as one on one counseling, group counseling, congregation-sized projects, school curriculum.
- ACT provides a structure for different traditions, both secular and religious, to be in touch with each other and, where possible, to support each other.

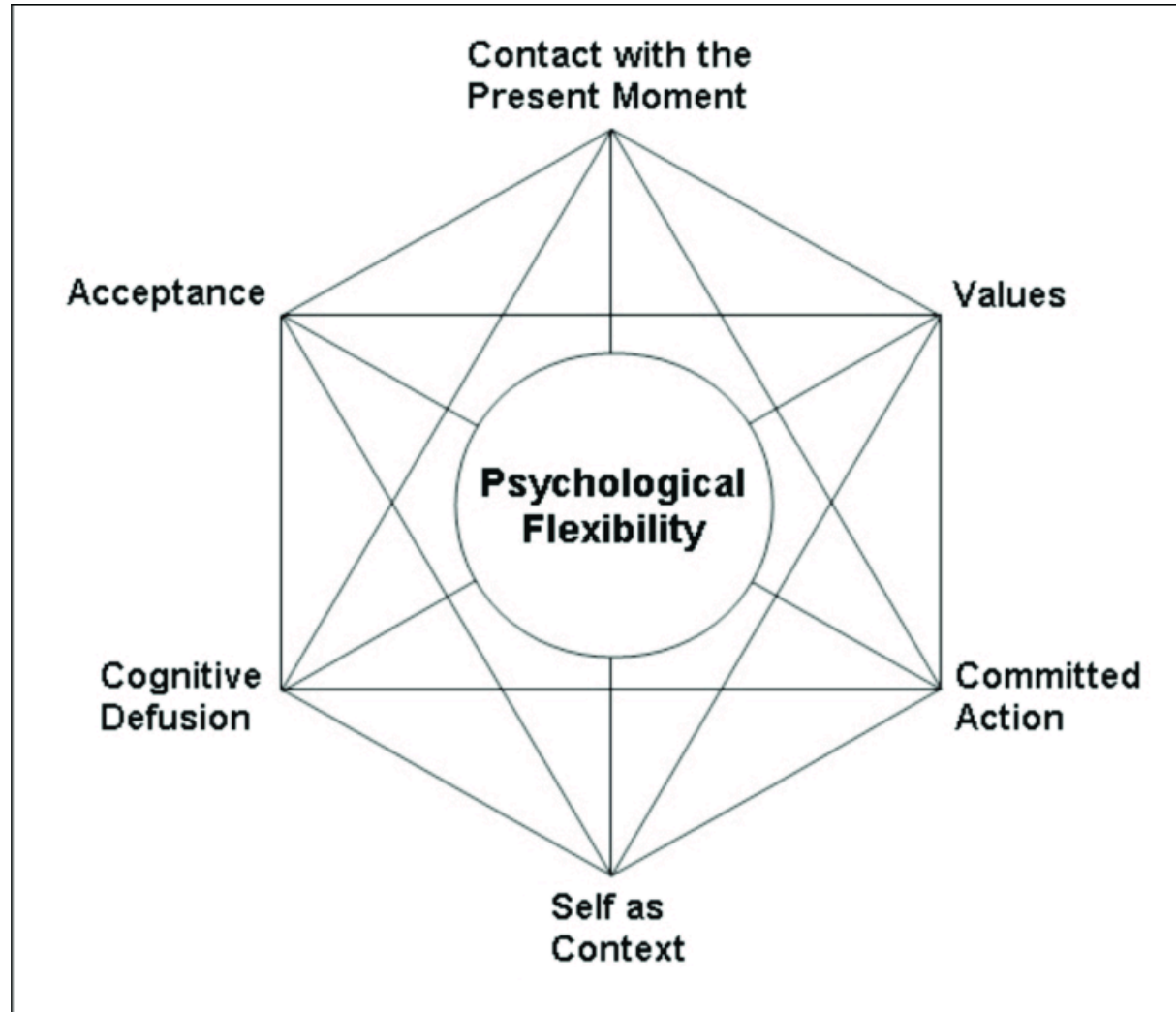
Acceptance Commitment Therapy (ACT)



Buddhist ACT



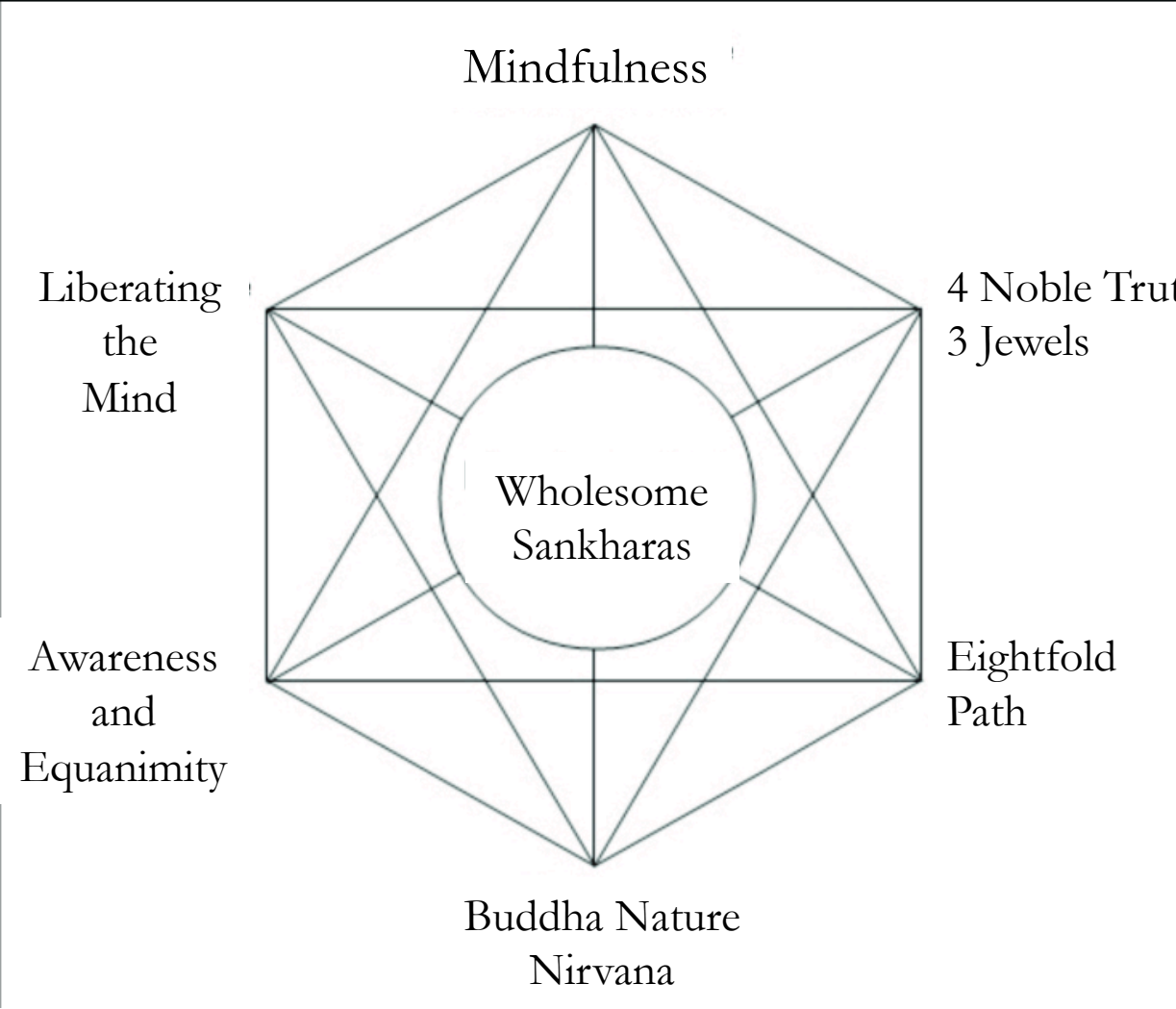
Acceptance Commitment Therapy (ACT)



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Buddhist ACT



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