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)

Experiential Avoidance
(i.e., assess for avoidance of internal content such as emotions or thoughts; the individual might be strongly invested in acquiring avoidance strategies.)

Cognitive fusion
(i.e., assess the strength of attachment to internalised beliefs; there might be difficulty recognising thoughts as the product of the mind).

Attachment to the conceptualised self.
(i.e., individuals see themselves as no more than the sum of verbal descriptions and memories; there is an inability to contact self as a perspective).

Dominance of conceptualised past and feared future
(i.e., assess propensity for continuous worry, rumination and planning)

Absent or confused values
(i.e., assess for avoidance of meaningful life activities and overreliance on what others or society promotes as important).

Inactivity, avoidance and impulsivity.
(i.e., actions are only pursued under certain acceptable conditions, procrastination might be evident, committed action is not seen as a free choice).

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Buddhist ACT

Burdened by the Past, Carried Away by the Future

Mental Proliferation

Craving and Aversion

Unwholesome Sankharas

Unwholesome Volition (5 Maras)

Breaking Precepts

I-Making and Mine-Making Ignorance

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Acceptance Commitment Therapy (ACT)

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Buddhist ACT

Mindfulness

Liberating the Mind

Awareness and Equanimity

Wholesome Sankharas

4 Noble Truths

3 Jewels

Eightfold Path

Buddha Nature

Nirvana

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Bibliography


