Psychology

Your name

Institution

# Acceptance and Commitment Therapy

Acceptance and commitment therapy is an effective therapeutic technique. In ACT people are encouraged to embrace their feelings and thoughts. ACT can be used for addiction, substance abuse, OCD, depression, anxiety, and other mental health issues. My preference is more leaning towards this kind of therapy because these techniques focus on resolving unhealthy behaviors. A therapist develops a healthy relationship with his/ her client and make them commit to facing their problems. It is one of the most effective technique in therapeutic studies. This is because the therapist focuses on facing the problems head-on instead of avoiding them.

The therapist makes sure that the patient accepts his/ her problems. As a result, the patient commits to their problems. In ACT, a person has to accept that suffering is inevitable and natural condition. There are various steps involve in this kind of therapy. First is to accept the problems to avoid thinking about negative experiences. Next step in ACT is a cognitive diffusion, which helps in reducing the level of internal resistance. In this step, a therapist tries to bend the way a person feels and thinks. Using various techniques, a therapist also tries to change how a person reacts under a stressful situation. The main objective of this approach is to make sure that a person develops a skill to face and overcome their troubles. A therapist then tries to solve the current situation by analyzing patient’s perspective. In the next step, is to make a patient realize that there are other things that need attention in life. The last step in this technique is a committed action against the problems. The therapist then makes their patient committed to certain actions which will help them resolve the problem in hand. Making a troubled patient commit to an action will not only help them in their present state but also in the future. This is one of the most important factor which makes my preference more incline towards ACT.

**Reference**

Smith-Jones, Elsie. (2016). Theories of Counseling and Psychotherapy. 2nd Edition Sage, Newbury Park, CA.