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# **Act And Rft In Relationships Helping Clients Deepen Intimacy And Maintain Healthy Com mitments Using**

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### **Act And Rft In Relationships**

Combining elements of acceptance and commitment therapy and relational frame theory (ACT) and relational frame theory (RFT), ACT and RFT for Relationships presents

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a unique approach for therapists to help clients develop and experience deeper, more loving relationships. By exploring personal values and expectations, and by addressing central patterns of behaviors, therapists can help their clients establish and maintain intimacy with their partner and gain a greater understanding of their

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relationship as a whole.

## **ACT and RFT in Relationships | NewHarbinger.com**

ACT is a powerful treatment model that teaches clients to accept their thoughts, identify their core values, and discover how these values are extended to their relationships with others. RFT focuses on behavioral approaches to language and



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cognition, and can help clients identify their own expectations regarding relationships and how they might communicate these expectations with their loved ones more effectively.

## **ACT and RFT in Relationships: Helping Clients Deepen ...**

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Combining elements of acceptance and commitment therapy (ACT) and relational frame theory (RFT), ACT and RFT for Relationships presents a unique approach for therapists to help clients develop and experience deeper, more loving relationships. By exploring personal values and

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expectations, and by addressing central patterns of behaviors, therapists can help their clients establish and maintain intimacy with their partner and gain a greater understanding of their relationship as a whole.

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their clients establish and maintain intimacy with their partner and gain a greater understanding of their relationship as a whole.

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It might not be immediately clear how the relational frame theory of language and cognition is connected to a form of therapy, but you'll see that ACT is firmly rooted within RFT. According to the Association for Contextual Behavioral Science, an organization dedicated



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to the same goals as  
Dr. Hayes, ACT is:

### **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

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connecting which can be very painful. They are often reactive and kneejerk and tend to be very habitual.

### **ACT in Marriage and Couples relationship therapy**

ACT is a powerful treatment model that teaches clients to accept their thoughts, identify their core values, and discover how these values are extended to their

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relationships with others. RFT focuses on behavioral approaches to language and cognition, and can help clients identify their own expectations regarding relationships and how they might communicate these expectations with their loved ones more effectively.

**ACT and RFT in  
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ACT is a powerful treatment model that teaches clients to accept their thoughts, identify their core values, and discover how these values are extended to their relationships with others. RFT focuses on behavioral approaches to language and cognition, and can help clients identify their own expectations regarding relationships

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Relationships  
and how they might  
communicate these  
expectations with their  
loved ones more  
effectively.

## Healthy Commitments **ACT and RFT in Relationships: Helping Clients**

**Deepen ...**

March 17, 2014 JoAnne  
Dahl, PhD, is a clinical  
psychologist  
specializing in  
behavioral medicine  
and a co-author of  
many books, including

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**Q&A: JoAnne Dahl,  
PhD, coauthor of  
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Relational frame theory  
(RFT) is a psychological  
theory of human



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language. It was developed originally by Steven C. Hayes of University of Nevada, Reno and has been extended in research, notably by Dermot Barnes-Holmes and colleagues of Ghent University.. Relational frame theory argues that the building block of human language and higher cognition is relating, i.e. the human ability to create ...

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**Relational frame  
theory - Wikipedia**

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theory. [JoAnne Dahl;  
Will DeRooy] -- "Even if  
you are not a couples  
therapist, chances are  
you have dealt with  
clients whose problems  
are based in

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relationship issues.

## Helping Clients

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# Healthy Commitments

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# Therapy And Relational Frame Theory