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ACT and RFT in Relationships eBook by JoAnne Dahl, PhD ...

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

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books, including the recently released ACT and RFT in Relationships: Helping Clients Deepen Intimacy and Maintain Healthy Commitments Using Acceptance and Commitment Therapy and Relational Frame Theory.

Q&A: JoAnne Dahl, PhD, coauthor of ACT and RFT in ...

Advances in Relational Frame Theory: Research and Applications. This book, edited by RFT experts Dr. Simon Dymond and Dr. Bryan Roche offers an excellent deep dive into relational frame theory, the research that has been done in this area, and the applications (both

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ACT in Marriage and Couples relationship

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An ACT / RFT Definition of Mindfulness The goal of ACT is an increase in psychological flexibility, that is, the ability to fully contact the present moment and the psychological reactions it produces as a conscious person and to persist or change in behavior in the situation in the service of chosen values. The ACT model is shown in Figure 1.

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