

**Adherence and Competence Tool for Supervision of ACT (the ACTS of ACT)**

Client:

Therapy Session Number:

**For the therapy session please rate for the presence of each of the components below.**

For each component that is *present*, please rate how *appropriate* for this stage of therapy, and then rate *client responsiveness* to this component.

<b><i>ACT Therapeutic Stance</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High
<b><i>Developing Acceptance and Willingness/Undermining Experiential Control</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High
<b><i>Undermining Cognitive Fusion</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High
<b><i>Getting in Contact with the Present Moment</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High
<b><i>Distinguishing the Conceptualized Self from Self-as-context</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High
<b><i>Defining Valued Directions</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High
<b><i>Building Patterns of Committed Action</i></b>	<b>How present in this session?</b>	<b>How appropriate for this stage of therapy?</b>	<b>Client Responsiveness?</b>
	0 Not at all 1 Minimal 2 Satisfactory 3 High 4 Very High	0 Inappropriate 1 Minimally 2 Satisfactory 3 Highly 4 Very Highly	0 Unresponsive 1 Minimal 2 Satisfactory 3 High 4 Very High

<b>ACT-Inconsistent techniques/ Proscribed behaviours</b>	<b>How present in this session?</b>				
Did the therapist explain the “meaning” of paradoxes or metaphors (possibly to develop “insight”)?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
Did the therapist engage in criticism, judgement or taking a “one up” position?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
Did the therapist argue with, lecture, coerce or attempt to convince the client?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
Did the therapist substitute his or her opinions for the client's genuine experience of what is working/ not working?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
Did the therapist model the need to resolve contradictory or difficult ideas, feelings, memories, and the like?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
<b>Evidence for Beliefs:</b> Did the therapist assess the evidence that the client uses to support his/her beliefs?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
<b>Behavioural Experiments:</b> Did the therapist encourage the client to 1) engage in specific behaviours for the purpose of testing the validity of their beliefs, OR 2) make explicit predictions about external events so that the outcomes of those events could serve as tests of those predictions OR 3) review the outcome of previous validity tests?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
<b>Colombo Style:</b> Did the therapist help the client to explain his/her reasons for holding a belief by apologising for being confused about it all but then carefully questioning to gain the details?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High
<b>Cognitive Restructuring:</b> Did the therapist challenge the client’s beliefs through discussion, or engage in efforts to develop alternate beliefs that would be more helpful?	0 Not at all	1 Minimal	2 Moderate	3 High	4 Very High

### **Overall Rating**

How would you rate the clinician **overall** in this session, as an ACT therapist?

0                      1                      2                      3                      4                      5                      6  
 Poor      Barely Adequate      Mediocre      Satisfactory      Good      Very Good      Excellent