**Acceptance and Commitment Therapy (ACT)**

ACT is a mindfulness-based therapy that works to create a rich and meaningful life while accepting that pain is inevitable.  It teaches us to use our values to build meaningful experiences and use mindfulness in everyday life.  ACT teaches that suffering/pain is part of the human experience; thus, the goal is not “symptom” reduction or eliminating suffering.  Rather, mindfulness skills of acceptance; cognitive delusion; contact with the present moment; and the observing self are taught to build acceptance of private experiences outside of our personal control and to build commitment and action toward living a valued life.

Article: <https://www.psychotherapy.net/article/Acceptance-and-Commitment-Therapy-ACT>

More info by an ACT writer: <https://www.actmindfully.com.au/about-act/>

Non-technical overview: <https://www.actmindfully.com.au/upimages/Dr_Russ_Harris_-_A_Non-technical_Overview_of_ACT.pdf>

Podcast: <https://psychcentral.com/blog/podcast-what-is-act-acceptance-and-commitment-therapy>
Australian Family Physician article: <https://www.racgp.org.au/afp/2012/september/acceptance-and-commitment-therapy>