

Reference List and Further Notes: ACT is and is not 'just another CBT'

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<https://www.psy-ed.com/wpblog/cognitive-behavioral-therapy/>
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Additional References Mentioned:

- American Psychological Association (APA). (retrieved Feb 2025). What is Cognitive Behavioral Therapy? <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>

The following were referred to in the Martin article which is open access at the link above. Except for Sidman's work on stimulus equivalence - the forerunner to Relational Frame Theory - which you can find out more about on the ACBS website at https://contextualscience.org/suggested_readings_helpful_presentations especially the first Hayes et al. (2021) article which is available open access at <https://revistaperspectivas.org/perspectivas/article/download/708/343/1893>

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Appendix: Example responses from CBT and ACT

Client Statement	CBT response	ACT response
<p>Every time I forget the name of a colleague, I think "that's it, I'm getting dementia"</p>	<p>Homework: let's track how often you remember colleagues' names OR Yet you've been tested and there's no sign of dementia. Let's weigh up what's most likely. E.g. you're under pressure at work and that's where the forgetting is more likely</p>	<p>Values: What did that stop you doing? Could you do it anyway while having the thought? Defusion: Notice your reaction to "I'm getting dementia." Now notice your reaction to thinking "I notice I'm having the thought that I'm getting dementia."</p>
<p>I just don't think a psychologist can help me. I'm too far gone.</p>	<p>That sounds pretty final. Any evidence for that? How many hundred psychologists have you tried? OR How would you know if a psychologist <i>could</i> support you?</p>	<p>Acceptance: Let's just suppose we accept that you are too far gone. Now what? Willingness: Would you be willing to humour me and go along with what I ask, even while still having that thought?</p>
<p>I've got to keep this anger in. I can't let anyone see that I'm angry like this.</p>	<p>Is it always true that expressing anger is harmful? Are there situations where expressing anger in a healthy way might be helpful? OR Do you believe that anger is always bad or that expressing anger will lead to negative consequences?</p>	<p>Defusion: Try thinking - "I have to let this anger out. All the best things will happen if I express it." Workability (FC): And how's it working for you - fighting yourself over it? Acceptance: What if there's a third option - just have the anger as a temporary experience?</p>