

THE ACT PRACTITIONER'S PATH

A Developmental Framework for strengthening your
therapeutic craft and clinical impact



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Why this Webinar?

The developmental path for an ACT Therapist can be confusing:

- No certification or accreditation process.
- Lots of short courses / few longer-form programmes.
- Finding ACT supervisors may not be easy.
- How can we measure our knowledge and skills?
- “When can I call myself an ACT Therapist?”

ACT Practitioner's Path

A Developmental Framework for strengthening your therapeutic craft and clinical impact

EMBODIED

"The work flows; I respond with presence, creativity and impact."

SHAPING

"Through feedback and courage, my skills start to take form."

STUCK

"Overthinking, over-talking, losing rhythm."

APPRENTICE

"I know the basics, but I can't yet apply them with confidence."

CURIOUS

"I like the look of this; I want to find out more."



A person with long brown hair, wearing a teal headband and a teal and white striped shirt, is holding a large, unfolded road map. The map is held up to their face, completely obscuring it. The map shows a network of roads and geographical features, with a small orange-shaded area in the upper left quadrant. The person is standing outdoors in a desert-like environment with dry, yellowish-brown vegetation and a clear blue sky. A white car is partially visible in the lower right corner. A white horizontal line is positioned above the text.

EXERCISE: Where are you on the developmental path?

Six Growth Practices

How ACT Therapists Develop their Knowledge and Skills

- ✓ **PRACTICE FROM THE INSIDE OUT**
Build presence and flexibility in your own life to bring more steadiness into the room.
- ✓ **SUPPORT CLIENTS TO CHANGE**
Focus the work on meaningful action and gently disrupt avoidance — in you and the client.
- ✓ **ASSESS, TRACK & MODIFY INTERVENTIONS**
Choose a skill, practise it deliberately, get feedback, and refine.
- ✓ **PRACTICE FUNCTIONAL ANALYSIS**
Use functional patterns as your compass; let them guide interventions with precision.
- ✓ **LEARN HOW TO HANDLE COMPLEXITY**
Use supervision, role-plays and feedback to stay flexible when sessions intensify.
- ✓ **EMBED RELECTIVE PRACTICE**
Ask courageous questions that help you integrate learning and deepen your therapeutic craft.



EXERCISE: Which growth practice am I curious about?

ADV-ACT Training Programme

Advanced ACT: Strengthening Your ACT Therapeutic Craft

A developmental programme for therapists who want to:

- ✔ Move from Stuck to Shaping to Embodied practice
- ✔ Build confidence, presence and clinical flexibility
- ✔ Practise ACT deliberately with support and feedback
- ✔ Handle complexity with more clarity and steadiness
- ✔ Deepen functional analysis and moment-to-moment awareness

What we do together:

- ✔ **Deliberate practice** of key therapeutic skills
- ✔ **Live coaching** & feedback in a supportive group
- ✔ **Functional analysis** applied to real moments
- ✔ **Reflective practice** that deepens intuition
- ✔ **Small, targeted shaping** week by week

How it works: Weekly online sessions. Small Group Learning. Supportive Challenges. The January cohort is now forming.

Interested?



Scan the Code

or visit www.openforwards.com/advanced-act-training-programme. Enrolment is by application only. Cohorts start in January, May & September. Places are limited to five people.

Apply Now

Applications open for all cohorts this year.



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