ACT Coach is a mobile phone app for people currently participating in Acceptance and Commitment Therapy (ACT), an evidence-based psychotherapy used to treat symptoms of a number of mental health conditions, including post-traumatic stress disorder (PTSD), depression, anxiety, and chronic pain. The convenient ACT Coach interface is designed to improve rates of patient participation in treatment and, as a result, improve treatment outcomes. This app is also intended to improve provider adherence to the published treatment protocol. ACT Coach was developed by subject matter experts from the Department of Veterans Affairs National Center for PTSD (NCPTSD) and the Department of Defense National Center for Telehealth & Technology (T2).

ACT incorporates mindfulness and acceptance strategies to help people cope with unpleasant emotions and symptoms. In ACT, clients are encouraged to move toward committed actions based on what they value, with a focus on the present experience. ACT has a growing body of empirical support as a treatment modality for use in mental health settings.

ACT Coach is based on information contained in the following publications: *The Mindfulness and Acceptance Workbook for Anxiety*, *Get Out of Your Mind and Into Your Life*, *Learning ACT*, and *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems*.

The features of ACT Coach include:

- Detailed walkthroughs for 6 mindfulness exercises to practice the ACT core concepts of acceptance and willingness, including voice-guided sessions with captions and instructions for self-guided sessions
- Tools to help identify personal values and take concrete actions to live one’s life by those values
- Logs for keeping track of useful coping strategies and willingness to practice
- Educational materials about the principles and practices of ACT

ACT Coach is designed for people who are in Acceptance and Commitment Therapy and want to use an ACT app in conjunction with their therapist to bring ACT practice into daily life. This is not a self-help app for patients. It is designed to be used interactively by clinician and patient as an adjunct to face-to-face psychotherapeutic treatment using ACT principles. Similarly, a prerequisite for successful use of this app by healthcare providers is formal clinical training in ACT. This app does not provide training in ACT and will not serve as an adequate substitute for this training.

ACT Coach is available for mobile Apple devices (iPhone, iPad, and iPod touch).

For more information about Acceptance and Commitment Therapy, see http://ptsd.va.gov.