

ACT Coach Mobile App

ACT Coach is a smartphone application developed for people in Acceptance and Commitment Therapy (ACT) to be used in conjunction with their therapist to bring ACT practice into daily life. These including the concept of mindfulness practice, strategies for integrating personal values into their daily lives, reminders of ACT philosophy and principles, and tools for tracking how they are doing in their therapy.

ACT incorporates mindfulness and acceptance strategies to help people cope with unpleasant emotions and symptoms. 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 and can be useful for anyone who struggles with depression, anxiety, PTSD, or other trauma-related difficulties.



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 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. This is not a self-help tool for patients, and it does not provide training in ACT for clinicians.

Features of ACT Coach include:

- Six mindfulness exercises to practice the ACT core concepts of acceptance and willingness
- Tools to help identify personal values and to take concrete actions to live by them
- Logs for keeping track of useful coping strategies and willingness to practice

ACT Coach Features

This FREE, evidence-based app is available now on iTunes.

Users can learn:

- What Acceptance and Commitment Therapy (ACT) is and how it works
- Important ACT concepts, definitions, and strategies

Walkthroughs for 6 mindfulness exercises, including voice-guided sessions with caption slideshows and an option for self-guided practice:

- Mindful Breathing
- Mindful Walking
- Mindful Eating
- Observe Thoughts
- Observe Sensations
- Observe Emotions

User can access reminders, metaphors, and tips to overcome barriers to living according to their values.

Users can tag mindfulness exercises, tools, and tips as favorites for easy access later from the Home screen.

Users define their values across various domains, then develop a list of actions they can take to support their values. Users can add actions to their calendar to ensure success.

Users can log mindfulness exercises, coping strategies for dealing with upsetting feelings, and willingness to experience thoughts and emotions in different situations.

Users can view past logs to keep track of progress.

