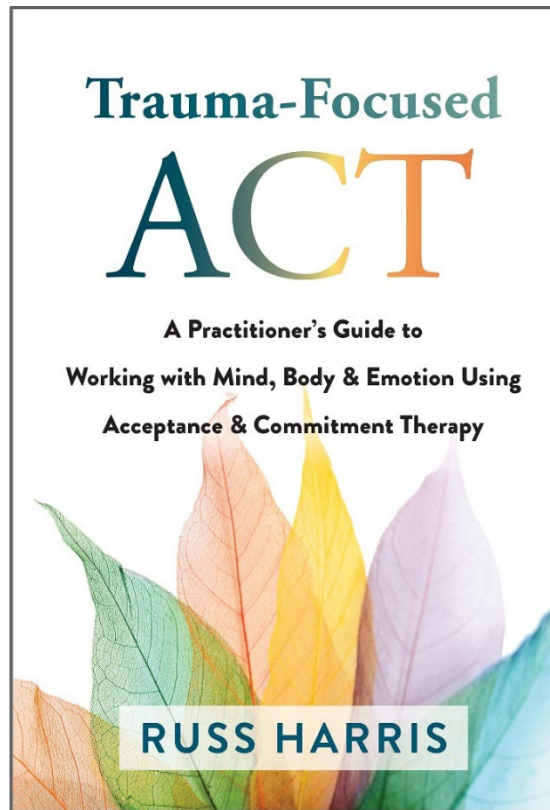


Trauma-Focused ACT: Extra Bits



“Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care.”

—Kirk Strosahl, PhD, cofounder of ACT

Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience. ([Click here to download the first chapter](#))

Discover cutting-edge strategies for healing the past, living in the present, and building a new future. With this compassion-based, exposure-centered approach, you'll learn how to help your clients:

- Find safety and security in their bodies
- Overcome hyperarousal and hypoarousal
- Break free from dissociation
- Shift from self-hatred to self-compassion
- Rapidly ground themselves and reengage in life
- Unhook from difficult cognitions and emotions
- Develop an integrated sense of self
- Resolve traumatic memories through flexible exposure
- Connect with and live by their values
- Experience post-traumatic growth

Please freely share the resources in this document with anyone you think may benefit.

Chapter 1

- eBook: How to do ACT via telehealth

Chapter 2

- ACT Case Formulation Worksheet
- Scripts for 'pushing away paper' and 'hands as thoughts'
- Triflex and hexaflex diagrams

Chapter 3

- YouTube animation: the three "parts" of the brain: reptilian, mammalian, and neocortex
- YouTube animation: the amygdala, hippocampus, thalamus, and prefrontal cortex
- YouTube animation: three different meanings of "freeze"

Chapter 5

- Printable Choice Point Diagram
- Comparison of the matrix and the choice point
- Worksheet: tracking towards and away moves

Chapter 8

- Audio MP3 - 4 mins - dropping anchor
- Audio MP3 - 8 mins - dropping anchor
- Audio MP3 - 11 mins - dropping anchor
- Client handout on dropping anchor
- Generic script for dropping anchor
- Scripts: incorporating mindful breathing into dropping anchor; training attention through mindfulness of the breath
- Notes on incorporating memories into historical narratives.
- Notes on how to go further with dropping anchor exercises (e.g. adding in more values, defusion, acceptance)

Chapter 9

- [Worksheet: the bull's eye](#)
- [Client handout: the challenge formula](#)

Chapter 10

- [Worksheet: "Twelve Key Themes"](#)
- [Worksheet: "Big Six"](#)
- [Worksheet: "Relationship Roadblocks"](#)
- [Worksheet: Checklist for common away moves](#)
- [eBook: Caveman Mind Metaphors](#)
- [YouTube video: "Thanking Your Mind"](#)
- [Writing a compassionate letter to yourself, your mind, or a part of you](#)

Chapter 11

- [Audio MP3: "Hearing your thoughts"](#)
- [Audio MP3: "Leaves on a stream"](#)
- [Audio MP3: 'Getting out of the river' \(AKA 'Dipping in and out of the stream'\)](#)
- [Client handout: "Playing with thoughts"](#)
- [eBook: Preempting Your Mind](#)

Chapter 12

- [The "Join the DOTS" worksheet](#)
- [What to do when clients mention prescription medications](#)
- [YouTube animation: the Struggle Switch metaphor](#)

Chapter 13

- [Client handout: practice opening up and making room for feelings](#)
- [Script: urge surfing with a grape or Mentos](#)
- [eBook: working with anger](#)

Chapter 14

- Script: Kind Hand Exercise
- Script: Bowl of Kindness exercise
- Script: Loving-Kindness Meditation

Chapter 15

- Values checklist
- Values cards: where to get them
- Values cards: how to use them
- Worksheets: monitoring and scheduling
- Worksheet: the bull's eye
- The "Life Compass."

Chapter 16

- Worksheet: setting SMART goals
- Worksheet: values-based problem solving
- Worksheet: overcoming HARD barriers
- Worksheets: monitoring and scheduling

Chapter 17

- Worksheet: generic functional analysis
- Worksheet: choice-point-based functional analysis
- Worksheet: undermining problematic behavior

Chapter 18

- Client handout: the seven Rs

Chapter 19

- Practitioner's Barriers Worksheet
- MP3 audio: Compassion for Your Client

Chapter 20

- What if clients have trouble with one of the scales?
- Diagram: “Move with the TIMES”
- Worksheet: exposure record
- Worksheet: exposure home practice
- Worksheet: exposure hierarchy

Chapter 21

- MP3 audio: the Transcendent Self exercise
- Script: the Transcendent Self exercise
- How to foster self-as-context in any mindfulness practice
- YouTube animation: the chessboard metaphor
- Script for the chessboard metaphor
- Good Self/Bad Self exercise

Chapter 22

- Script: brief body scans
- eBook: working with posture
- Script: progressive muscle mindfulness.
- MP3 audio: progressive muscle mindfulness (mid-length body scan)

Chapter 23

- Client handout: self-soothing
- Client handout: sleep hygiene
- Imagery rehearsal therapy for nightmares (“nightmare rehearsal”)

Chapter 27

- Notice Your Hand
- Worksheet: “Life Appreciation” (Focusing, savoring and engaging)

Chapter 28

- Attachment Styles Handout & Worksheet
- Worksheet: Difficult dilemmas and hard decisions

Chapter 29

- Script: compassion for the “younger you” (inner child exercise)

Chapter 31

- Script: Loving-Kindness Meditation
- Worksheet: forgiving others
- Worksheet: self-forgiveness

Chapter 32

- Relapse Prevention Plans
- Willingness and Action Plan

Chapter 33

- How to Do Creative Hopelessness Briefly
- How to Create a Brief Intervention Toolkit.



Trauma-Focused ACT

6-week online training
with Russ Harris

Textbooks are a great way to learn.

However, an interactive training ...
with many videos of therapy sessions ...
and daily dialogue with the trainer ...
is a very different experience!

For more information: [click here](#).