

A16. The ACTs of ACT Fidelity Measure

Workshop session number: _____ Date: _____

For the workshop session, please rate for the presence of each of the components below.

For each component that is *present*, please rate how appropriate it is for this stage of therapy, and then rate group responsiveness to this component.

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| ACT therapeutic stance | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |
| Developing acceptance and willingness/undermining experiential control | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |
| Undermining cognitive fusion | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |
| Getting in contact with the present moment | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |

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| Distinguishing the conceptualized self from self-as-context | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |
| Defining valued directions | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |
| Building patterns of committed action | <i>How present in this session?</i> | <i>How appropriate for this session?</i> | <i>Group responsiveness?</i> |
| | 0 = Not at all 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high | 0 = Inappropriate 1 = Minimally 2 = Satisfactory 3 = Highly 4 = Very high | 0 = Unresponsive 1 = Minimal 2 = Satisfactory 3 = High 4 = Very high |

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| ACT-Inconsistent Techniques/Proscribed Behaviors | How Present in This Session? |
| Did the facilitator explain the “meaning” of paradoxes or metaphors (possibly to develop “insight”)? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |
| Did the facilitator engage in criticism, judgment, or taking a “one-up” position? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |

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| Did the facilitator argue with, lecture, coerce, or attempt to convince the participant? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |
| Did the facilitator substitute his or her opinions for the participant's genuine experience of what is working or not working? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |
| Did the facilitator model the need to resolve contradictory or difficult ideas, feelings, memories, and the like? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |
| Evidence for delusional beliefs: Did the facilitator assess the evidence the participant uses to support his or her delusional beliefs? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |
| Validity testing/behavioral experiments: Did the facilitator encourage the participant to (1) engage in specific behaviors for the purpose of testing the validity of his or her beliefs, or (2) make explicit predictions about external events so that the outcomes of those events could serve as tests of those predictions, or (3) review the outcome of previous validity tests? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |
| Verbal challenge of delusions: Did the facilitator challenge the participant's beliefs through discussion? | 0 = Not at all 1 = Minimal 2 = Moderate 3 = High 4 = Very high |

Overall Rating

How would you rate the facilitator's performance *overall* in leading group ACT in this session?

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|------|-----------------|----------|--------------|------|-----------|-----------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Poor | Barely adequate | Mediocre | Satisfactory | Good | Very good | Excellent |