



Roadmap for Using **ACT Coach** in ACT Treatment



Overview of App Tools

Congruent with Acceptance and Commitment Therapy (ACT), the ACT Coach tools may be used in any order, according to the focus of individual sessions.

Learn

- This section contains psychoeducational material about ACT and key term definitions. Consider assigning the first three items (e.g., “What is ACT?”) upon initial introduction to ACT.
- Consider assigning remaining terms as introduced during treatment.

Practice Mindfulness

- Six mindfulness practices are available as audio-led or self-led with text instructions. Users can ‘star’ the ones they like, and they will appear on the “Favorites” tab.
- Consider using the app to guide practice during session as this may facilitate use outside of session.*

Live Your Values

- The user builds a list of values with specific values-based actions. There is an option to integrate actions with the device’s calendar to set up reminders.
- Consider entering and scheduling actions during assignment planning at the end of each session.

Track Your ACT Moments

- Mindfulness Log – This can be used to track Mindfulness practice.
- Coping Strategies Log – Here the user writes about a situation, how s/he responded, and how s/he could respond differently in the future. This tool may be useful for practice assignments related to discussions of “Control as the Problem.”
- Willingness Log – Here the user writes about a situation, reasons to NOT avoid, how s/he behaved, and the result of behavior. Use this to reinforce behaviors in support of value-directed living.

Take ACTION

- Users can ‘star’ the items they like, and they will appear on the “Favorites” tab.
- View Tips – Includes reminders of key ACT lessons.
- View Metaphors – Flip through metaphors introduced during therapy.
- Overcome Barriers to Action – Includes ACT tool reminders organized by common barriers (e.g., “Forgot or ran out of time,” “Interpersonal consequences,” “Use of alcohol or drugs”).



Mobile App Tips



- While it is best to not use electronic devices close to bedtime, consider helping the Veteran download a blue-light filter app or change the screen settings on their phone to reduce blue light at night. Newer phones have a “night shift mode” available in settings (it typically looks like a sun/moon icon).
- Text size can be changed under Display settings for users who desire larger font.

ACT Coach Tools Organized by ACT Session Topic

ACT Session Topic	Learn	Practice Mindfulness & Track Your Mindfulness	Coping Strategies Log	Willingness Log	Live Your Values	Take ACTION
Commitment to Therapy	X	X				
Values Assessment	X	X				
Creative Hopelessness		X				
Control as the Problem		X	X			
Willingness		X	X	X	X	
Self-as-Context		X		X	X	
Values		X			X	
Committed Action		X			X	
Termination		X			X	X
Post-Therapy		X			X	X

