



Roadmap for Using ACT Coach in ACT for Depression (ACT-D) Treatment

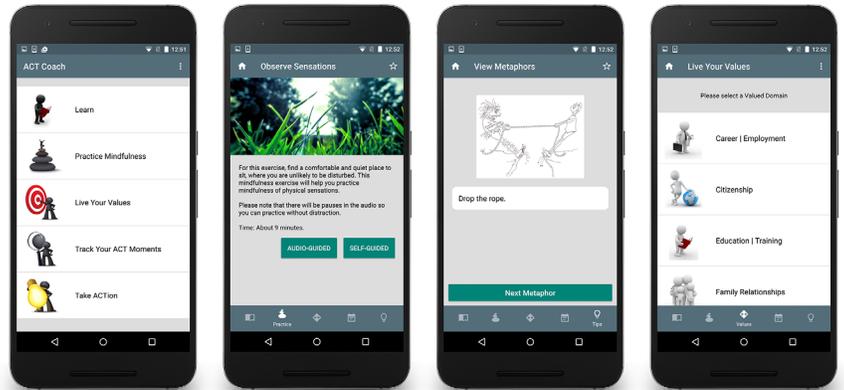


Overview of App Tools

- 1. Learn:** This section contains psychoeducational material about ACT and key term definitions.
 - a. Consider assigning the first three items (e.g., “What is ACT?”) upon initial introduction to ACT.
 - b. Consider assigning remaining terms as introduced during treatment.
- 2. 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.
 - a. Consider using the app to guide practice during sessions as this may facilitate use outside of session.

- 3. Live Your Values:** Users build 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.

- a. Consider entering and scheduling actions during assignment planning at the end of each session.
- b. This can supplement the Committed Action Assignment worksheet.



4. Track Your ACT Moments

(Page numbers refer to the ACT-D VA Manual)**

- a. Mindfulness Log – This can be used as a replacement for the Mindfulness Tracking Form (p. 106**).
- b. Coping Strategies Log – Here the user writes about a situation, how s/he responded, and how s/he could respond differently in the future. Use in place of “Control as the Problem” worksheet (p. 110**).
- c. Willingness Log – Here the user writes about a situation, reasons to NOT avoid, how s/he behaved, and the result of the behavior. Use this in place of or in addition to the Willingness Worksheet (p. 111-112**).

5. Take ACTION:

- a. View Tips – Includes reminders of key ACT lessons.
- b. View Metaphors – Flip through metaphors introduced during therapy.
- c. 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-D Session

- See the corresponding number/letter on Page 1 for explanation of how a given tool can be used.
- If ACT Coach is used throughout therapy, the Veteran will leave with a list of quickly accessible Favorites to support continued practice of ACT.
- Consider Mindfulness Coach for additional self-guided mindfulness training (marked with an asterisk * in the chart).

ACT-D Session	Learn	Practice Mindfulness & Track Your Mindfulness	Coping Strategies Log	Willingness Log	Live Your Values	Take ACTION
1: Commitment to Therapy	1a	2, 4a				
2: Values Assessment	1a	2, 4a				
3: Creative Hopelessness		2, 4a				
4: Control as the Problem		2, 4a	4b			
5: Willingness - I		2, 4a	4b	4c	3a, b	
6: Willingness - II		2, 4a		4c	3a, b	
7: Self-as-Context - I		2, 4a		4c	3a, b	
8: Self-as-Context - II		2, 4a			3a, b	
9: Values - I		2, 4a			3a, b	
10 Values - II		2, 4a			3a, b	
11: Committed Action		2, 4a			3a, b	
12: Termination		2, 4a			3a, b	5a, b, c
Post-Therapy		*			3a, b	5a, b, c

Reference

Walser, R. D., Sears, K., Chartier, M., & Karlin, B. E. (2012). Acceptance and Commitment Therapy for Depression in Veterans: Therapist manual. Washington, DC: U.S. Department of Veterans Affairs.