



## 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.