# ACT Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



# ACT Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

**TALKING THERAPIES UK**

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First edition, 2026.

This pack accompanies the course “ACT Foundations” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 2. This printing was set on 9 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

# Contents

**How to use this pack** 1

**Part 1 Planning the course** 3

1. About ACT Foundations 4
2. Planning the sessions 5

# How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “ACT Foundations” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

### What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

# Planning the course

*What the course covers, who it is for, and how to run it.*

CHAPTER 1

# About ACT Foundations

Most people, and many therapies, assume that difficult thoughts and feelings must be reduced before life can improve. Acceptance and Commitment Therapy begins from the opposite observation: that the struggle against inner experience is itself the engine of much suffering. This course teaches ACT from the ground up, for trainees and practitioners meeting the model for the first time.

You will begin with the ACT stance: creative hopelessness, the discovery that the control agenda has been tried and has failed, and acceptance properly defined as willingness rather than resignation. You will learn defusion, the skill of seeing thoughts as thoughts rather than obeying them as orders, and meet the observing self, the perspective from which all experience can be held. The second module completes the model: values as chosen life directions rather than achievable goals, and committed action as the behavioural discipline that turns direction into a life, drawing the whole hexaflex together.

Full written lessons, each with key points and an experiential practice task, because ACT is learned by doing, with a built-in study tutor available throughout. Six hours of CPD, around six months of access, a final assessment, and a personalised certificate on passing.

### By the end of the course, participants will be able to

- Explain ACT's view that suffering grows from experiential avoidance and cognitive fusion, not from feelings themselves
- Describe the six hexaflex processes and how together they constitute psychological flexibility
- Demonstrate simple defusion techniques that change a thought's grip rather than its content
- Distinguish acceptance as willingness from resignation or approval
- Help a client clarify values as chosen life directions distinct from goals
- Use the ACT matrix to sort towards and away moves in everyday situations

### Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

### At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

# Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

## The course at a glance

| Session | Module | Lessons | Time |
|---|---|---|---|
| 1 | The ACT stance | 4 | 180 minutes |
| 2 | Values and action | 5 | 180 minutes |

### The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

### What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

### Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.