ACT in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



ACT in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “ACT in Practice” 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.

This printing was set on 27 October 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.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “ACT in Practice” to a group: a session for each of its 3 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 3 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 in Practice

ACT read from a book and ACT delivered in session are different skills. This course teaches the second one: for practitioners who know the hexaflex and now want to move around it fluently with real clients, choosing processes by function rather than following a sequence by habit.

The first module puts the engine on the bench. You will learn functional analysis as ACT practises it, asking what a behaviour does rather than what it looks like, and use it to choose which process to work at any given moment. You will then study the craft of experiential work: delivering metaphor so it lands as discovery rather than decoration, and running in-session exercises with precision and consent. The second module addresses willingness, graded exposure ACT-style with the dial always in the client's hand, and then turns the model on its deliverer: the therapist's own hooks, fusions and avoidances, and how they shape what happens in the room.

Substantial written lessons with key points and practice tasks that build in-session skill, with a study tutor throughout. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing. For clinicians who want their ACT to feel like ACT.

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

- Assess clients in ACT terms, mapping each hexaflex process and where flexibility breaks down
- Select and sequence defusion, acceptance, present-moment, self-as-context, values and committed-action work within sessions
- Use metaphor and experiential exercise skilfully, and recover when an exercise falls flat
- Build values-based behavioural commitments with workable scope and follow-through
- Apply ACT to anxiety, low mood and chronic pain presentations with fidelity to process, not script
- Track process change in session and let workability, not ideology, decide what happens next

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 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	Foundations and Functional Analysis in ACT	5	195 minutes
2	Process-Specific Experiential Interventions and Values	5	195 minutes
3	Enhancing Therapist Psychological Flexibility and Willingness	3	195 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.