Advanced ACT: Process-Based Work: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced ACT: Process-Based Work: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Advanced ACT: Process-Based Work” 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 3. 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.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced ACT: Process-Based Work” to a group: a session for each of its 4 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 4 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 Advanced ACT: Process-Based Work

Beneath ACT's accessible surface sits a rigorous behavioural science, and beyond its protocol sits a movement reshaping how psychological treatment is organised. This course works at both depths, for experienced ACT practitioners who want the model's foundations and its hardest applications.

The first module opens the bonnet. You will study Relational Frame Theory in working clinical form, why human language both builds and traps the mind, and what derived relational responding means for how interventions generalise, then follow the field's process-based turn: the move from named protocols for named disorders towards processes of change identified case by case. The second module takes ACT onto hard ground: chronic pain, where the evidence is strongest and the willingness work most demanding, and long-entrenched presentations where values have been abandoned for decades. Throughout, the evidence is read honestly, including where it is thin, mixed or oversold.

Extended written lessons with key points and advanced practice tasks, with a study tutor available for the theoretical and clinical questions this material raises. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing.

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

- Practise process-based ACT flexibly, moving with what the moment offers rather than following a module order
- Work with self-as-context at depth, including perspective-taking exercises grounded in relational frame theory
- Apply ACT to entrenched, multi-problem and high-shame presentations
- Integrate compassion-focused and exposure-based work within an ACT frame coherently
- Use your own psychological flexibility, in the room, as the primary instrument of the work
- Evaluate the process-based therapy movement critically, including its measurement problems

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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 of Relational Frame Theory	5	210 minutes
2	Advanced Intervention Design and Monitoring	5	210 minutes
3	Process-Based ACT for Chronic Pain	5	210 minutes
4	Perspective Taking and Values in Pain Management	4	210 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.