

A QUICK GUIDE TO ACT CASE CONCEPTUALIZATION

1. What valued direction does the client want to move in?

(What domain of life and what values seem most important to this client? Does she have any values-congruent goals or ongoing valued activities?)

2. What stands in the client's way?

(Identify the barriers to valued living: fusion, avoidance, and unworkable action.)

a) What is he fusing with?

(Identify problematic fusion, including reasons, rules, judgments, past, future, and self-description.)

b) What is she avoiding?

(Identify thoughts, feelings, memories, urges, sensations, and emotions that this client is trying to avoid or get rid of.)

c) What unworkable actions is he taking?

(What is the client doing that makes his life worse or keeps him stuck?)[END OUT1]

You can use the diagram below to help you plan your next session. Write down any metaphors, exercises, questions, techniques, or worksheets that you could use in the next session to help your client make a workable shift.

