

**SES's L.S. RAHEJA COLLEGE OF ARTS and
COMMERCE (AUTONOMOUS)**



BOARD OF STUDIES: Psychology

**PROGRAMME: MA Psychology (with Clinical
Specialization)**

SEMESTER: III

NOMENCLATURE OF THE COURSE: ACT and DBT

NEP Vertical: ELECTIVE

Credit: 4

(As Per Choice Based Credit System (under NEP 2020) with
effect from the academic year 2025-26)



Programme:	MA Psychology (with Clinical Specialization)
Nomenclature of the Course	ACT and DBT
Total Marks	100
Semester:	III
Academic year	2025-26

LEARNING OBJECTIVES:

- 1. Understanding of ACT Principles** – Explain the core concepts of Acceptance and Commitment Therapy, including psychological flexibility, mindfulness, and values-based action.
- 2. Evaluate the Effectiveness of ACT and DBT Interventions** – Analyze empirical research and case studies to assess the impact of ACT and DBT on various psychological disorders
- 3. Analyze Case Studies in ACT and DBT Application** – Interpret real-life clinical cases to understand how ACT can be adapted to diverse client populations.

COURSE OUTCOMES:

- Understand the empirical evidence supporting ACT and DBT interventions for various psychological disorders.
- Conduct **case formulations** using ACT and DBT frameworks, tailoring interventions to individual client needs.
- Critically evaluate **the effectiveness of ACT and DBT interventions** as evidence-based therapeutic techniques.

Unit	Course Content	Andragogy	No of Lectures
1	1. Acceptance and Commitment Therapy 1.1 Core principles of ACT: Psychological flexibility, mindfulness, and values-based action 1.2 ACT interventions: Cognitive diffusion, acceptance, and commitment techniques 1.3 Empirical evidence supporting ACT	Interactive lectures PowerPoint presentations Observation and Analysis Case studies	15
2	2. Practicing ACT in Clinical Setting 2.1 ACT interventions for anxiety, depression 2.2 ACT interventions for PTSD, and chronic pain 2.3 Case formulations and individualized ACT treatment plans 2.4 Integrating ACT with other therapeutic modalities	Interactive lectures PowerPoint presentations Observation and Analysis Case studies	15
3	3. Dialectical Behavior Therapy (DBT) 3.1 Core principles of DBT: Emotion regulation, distress tolerance, and interpersonal effectiveness	Interactive lectures PowerPoint presentations	15

	3.2 DBT skills training and applications in personality disorders 3.3 Empirical evidence supporting DBT	Observation and Analysis Case studies	
4	4. Applying DBT for 4.1 Borderline Personality Disorder, self-harm, and suicidal clients 4.2 DBT adaptations for depression, anxiety, and PTSD 4.3 Working with clients with emotional dysregulation and trauma history 4.4 Integrating DBT with other therapeutic modalities	Interactive lectures PowerPoint presentations Observation and Analysis Case studies	15

SUGGESTED READINGS

Harris, R. (2018). *ACT questions and answers: A practitioner's guide to 50 common sticking points in acceptance and commitment therapy*. New Harbinger Publications.

Hayes, S. C. (2024). *The act in context: The canonical papers of Steven C. Hayes*. Routledge.

Hayes, S. C., & Lillis, J. (2012). *Acceptance and commitment therapy*. American Psychological Association.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2016). *Acceptance and commitment therapy, second edition: The process and practice of mindful change* (2nd ed.). Guilford Publications.

Luoma, J. B. (2007). *Learning ACT: An acceptance & commitment therapy skills-training manual for therapists*. New Harbinger Publications.

Polk, K. L., Schoendorff, B., Webster, M., & Olaz, F. O. (2016). *The essential guide to the ACT matrix: A step-by-step approach to using the ACT matrix model in clinical practice*. New Harbinger Publications.

Westrup, D. (2014). *Advanced acceptance and commitment therapy: The experienced practitioner's guide to optimizing delivery*. New Harbinger Publications.

Lauer, E. (2023). *DBT skills for highly sensitive people: Make emotional sensitivity your superpower using dialectical behavior therapy*. New Harbinger Publications.

Linehan, M. M. (2014). *DBT (R) Skills Training Manual, Second Edition* (2nd ed.). Guilford Publications.

(N.d.). Com.Ar. Retrieved February 12, 2025, from <https://cursosdepsicologia.com.ar/wp-content/uploads/2021/05/THEDIA1.pdf>

QUESTION PAPER PATTERN

(A) FOR CONTINUOUS EVALUATION

20 MARKS MOCK SESSION	MOCK SESSION WITH PEERS AND REPORT FOR THE SESSION
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(A-1)

(A-1) RUBRICS FOR CONTINUOUS EVALUATION

20 MARKS MOCK SESSION	MOCK SESSION WITH PEERS AND REPORT FOR THE SESSION
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(B)

QUESTION PAPER PATTERN FOR SEMESTER END EXAMINATION

60 MARKS	Q1. Answer in brief (1/2)----- 15 marks
	Q2. Answer in brief (1/2)----- 15 marks
	Q3. Answer in brief (1/2)----- 15 marks
	Q4. Answer in brief (1/2)----- 15 marks