

Table 1. The sessions of acceptance and commitment therapy

The first to 6th sessions

Primary goals: implementing the pre-test, interviewing and formulating, increasing the practice in valuable purposes

Secondary goals: identifying the important subjects for the referrals, selecting the valuable behavioral goals, involving with the actions which are significant for the person, reducing the avoidance to important values and actions of life, implementing the values

The 7th to 13th sessions

Primary goals: changing the relationships between individuals and their inner experiences, reducing the experimental avoidance and increasing the flexibility

Secondary goals: broadening and clarifying the inner awareness, strengthening a non-judgment relationship with experiences, correcting and strengthening the self-compassion (the concept that is opposite to the judgments and criticisms that most referrals have to their thoughts and feelings), reducing the reactivity, fear and judgment, strengthening the experience of thoughts, emotions and feelings naturally, reducing the experimental avoidance.

The 14th and 15th sessions

Primary and secondary goals: The practical exercise of lessons, studying the story of life and committed practice
