

# COUN7620 : Introduction to Acceptance and Commitment Therapy

The goal of this class is to understand the philosophy that Acceptance and Commitment Therapy (ACT) is built upon, basic and applied research that informs ACT, the processes that are targeted in ACT, and some basic skills needed to deliver ACT. We will also cover the empirical support that exists for ACT. **Fee:** Additional fee required.

**Credits** 2

**Fees**

\$50