

Positive Behavioral Outcomes, LLC

BACB ACE Provider OP-16-2689

Session 92: A Liberated Mind: Using ACT to Manage and Lead Instructor: Steve Hayes, Ph.D.

Steve Hayes returns to the show, just about one year after his original appearance.

In this episode, Steve provides a quick overview of Relational Frame Theory, as well as its relationship with Acceptance and Commitment Therapy. He also answers listener questions on this topic. We then spend quite the majority of the interview discussing the use of ACT in the context of leadership and management. Specifically, Steve talks about using ACT for, preventing and responding to staff burnout, “dealing” with a difficult work environment, managing “difficult people,” and, optimizing staff performance.

Along the way, we frequently reference *A Liberated Mind*. Which contains a lot of background information for interested listeners. We also discussed a few other resources, including:

- The [Prosocial.world](#) website.
- The [Maslach Burnout Inventory](#).
- [Bond & Bunce \(2000\)](#).
- [Bond & Hayes \(2002\)](#).
- [Steve's website](#), where you can get his free ACT Mini-Course.
- [Get Out of Your Mind and Into Your Life](#).

There are 1.25 Type 2 Supervision Continuing Education credits available for participating in this event.

From this training, participants will be able to:

- Identify how Steve thinks the “proof” or validity – i.e., whether it “stands or falls” – of Relational Frame Theory will be shown.
- State examples of how defusion results in a transformation of stimulus function.
- State how describing why you admire someone can help identify your values.
- Identify what Steve thinks will happen if behavioral accounts of private events are not available.
- State one change managers can make to incorporate ACT skills during staff meetings.
- Identify how to begin intervening with “burnt out” staff members.
- State how Steve would go about deciding on whether to leave a job.
- Identify how to incorporate what Steve calls “yearnings” into the workplace to make the environment more reinforcing.

Instructions for this event:

1. Listen to Session 92 of The Behavioral Observations Podcast. Click [here](#) for the various places to download and listen to it (note: if the link does not work, cut and paste the following into your browser: <https://www.behavioralobservations.com/start-here/>)
2. [Purchase the CE](#). This will require creating an account for first time purchases, or logging in for returning customers.
3. Check your email for a link to a quiz.
4. Take the quiz in order to demonstrate attendance. NOTE: prior to taking the quiz, you will be prompted to enter your name and BACB Certificant #. ***Please enter your name in the way you want it to appear on your CE attendance certificate.*** This is important because some customers will occasionally enter their user names into this field, and in the event of a CE audit, the BACB will likely refuse to accept documentation with incorrect names.

5. Download the certificate of completion.
6. Save all materials, including emails confirming purchase.
7. Optional: complete C.E. feedback survey, again you may need to cut and paste this URL into your browser:
(<https://goo.gl/forms/vA1Uyd5hsCcCdZAG2>)

Thank you so much for participating in this Type 2 Continuing Education event. If you have any questions about this event or anything else related to the podcast, please feel free to email me at Matt@behavioralobservations.com!