

ACT Now training video links

Online Act videos

Choice Point by Russ Harris:

<https://www.youtube.com/watch?v=vKE9e8pgrg8>

Evolution of the human mind:

<https://www.youtube.com/watch?v=kv6HkipQcfA&t=2s>

Health professional & patient videos

1. Starting a conversation about appearance:
<https://youtu.be/age7C1bdAso>
2. Introducing the ACT Map: <https://youtu.be/Y-eLrBP4i-Q>
- 3a. A Mindful Breathing exercise: <https://youtu.be/9a6PBisrAy8>
- 3b. Patient's feedback on the mindful breathing exercise:
<https://youtu.be/TIHJWwxAPDU>
4. A Thought De-fusion exercise:
<https://youtu.be/TyZM1W9p0jM>
5. Setting a simple goal: <https://youtu.be/CvhJ2T4roxE>