**ACT, Process-Based Therapy, and the Future of Psychological Interventions**

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**Abstract**

Psychotherapy is an evolving field, as befits any evidence-based discipline. The empirically best supported approach in psychotherapy is cognitive behavioral therapy or "CBT". Nearly 20 years ago, in 2004, I declared in my Presidential address article for the Association for Behavioral and Cognitive Therapy (ABCT) that a "third wave" of CBT had arrived, emerging from both from the behavioral and cognitive wings of CBT, that was carrying this tradition into deeper clinical waters based on present attention to processes of acceptance, mindfulness, and values.

At the time, some argued that there was no such wave — but in hindsight today almost all agree that such a change was occurring. Today, almost all appear to agree that the 3rd wave of CBT brought with it a number of useful ideas and methods. In this talk I will argue that an even more disruptive change is now upon us in the form of a shift away from "protocols for disorders" and toward a focus on the idiographic analysis of biopsychosocial processes of change, and treatment elements that move them. I will argue that the work on Acceptance and Commitment Therapy or "ACT" is an example of this process-based approach but that the underlying ACT model needs to expand to make room for what the evidence now suggests is a broader set of processes important to clinical change. CBT is in a position to become far more dominant clinically and culturally if a process-based approach is vigorously and rigorously adopted, and pursued in an idionomic fashion. The implications of that statement will be explored in this talk.