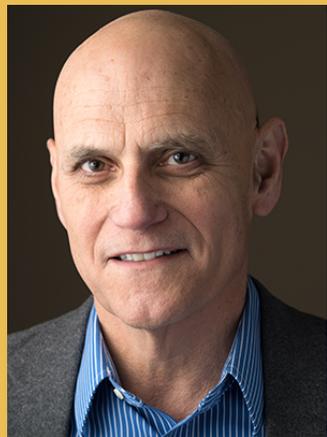


Keynote Address



Steven C. Hayes is a Nevada Foundation Professor of Psychology in the Behavior Analysis Program at the University of Nevada. An author of 46 books and nearly 675 scientific articles, he is especially known for his work on "Acceptance and Commitment Therapy" or "ACT" which is one of the most widely used and researched new methods of psychological intervention over the last 20 years. Dr. Hayes has received several national awards, such as the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy. His popular book *Get Out of Your Mind and Into Your Life* for a time was the best-selling self-help book in the United States, and his new book *A Liberated Mind* has been recently released to wide acclaim. His TEDx talks and blogs have been viewed or read by over three million people, and he is ranked among the most cited psychologists in the world.

ACT, Psychological Flexibility, and the Future of CBT

Keynote Address | May 13, 2022 | 4:00 - 5:30 pm PST

Cognitive behavior therapy and evidence-based therapy more generally is moving from an era of "protocols for syndromes" to a process-based era in which the needs and strengths of the individual client, their cultural background, the analytic and practical skills of the practitioner, and the uplifting role of the relationship between them can become central in both science and practice. In this talk I will show how Acceptance and Commitment Therapy and its underlying psychological flexibility model has become a kind of pilot project for this transition. ACT one of the best known and best developed process-based therapy models but the transition to a process-based approach has changed ACT as well. Via a link between known processes of change and a multi-dimensional, multi-level evolutionary account, ACT and the psychological flexibility model has become part of a superset of processes and methods that is leading to new measures, analytic methods, statistical procedures and intervention kernels. CBT itself is in for a transformation ride over the next decade that will fundamentally alter what evidence-based therapy even means.