

A golden masquerade mask is the central focus, surrounded by festive decorations including gold, purple, and green streamers, beads, and a large golden fleur-de-lis ornament. The background is a light, warm color.

# WAARDEGERICHT LEVEN

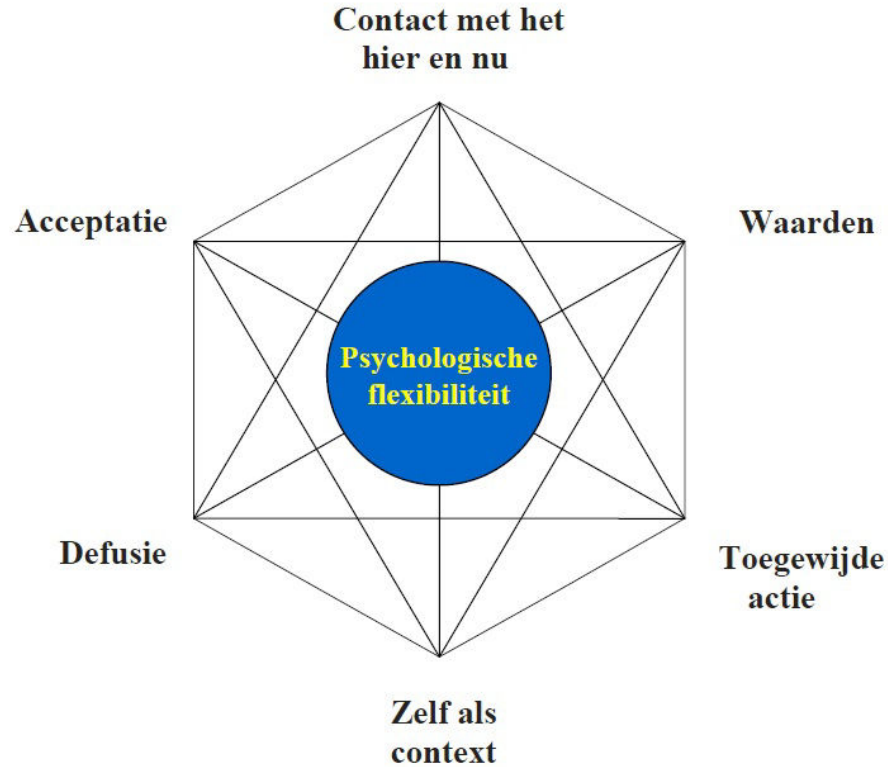
Nele Jacobs & Jennifer Reijnders  
Open Universiteit





VAKGROEP  
LEVENSLLOOPPSYCHOLOGIE

# Waardegericht handelen: inzichten uit Acceptance and Commitment Therapy





# Acceptance and Commitment Therapy: evidentie

Journal of Contextual Behavioral Science 16 (2020) 181–192



Contents lists available at ScienceDirect  
Journal of Contextual Behavioral Science

journal homepage: [www.elsevier.com/locate/jcbs](http://www.elsevier.com/locate/jcbs)



## Review Articles

### The empirical status of acceptance and commitment therapy: A review of meta-analyses<sup>1,2</sup>

Andrew T. Gloster<sup>1,2</sup>, Noemi Walder<sup>3</sup>, Michael E. Levin<sup>3</sup>, Michael P. Twohig<sup>1</sup>, Maria Karekla<sup>4</sup>

<sup>1</sup> University of Basel, Division of Clinical Psychology and Intervention Science, Switzerland

<sup>2</sup> East State University, U.S.A.

<sup>3</sup> University of Cyprus, Cyprus



## Cognitive Behaviour Therapy

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/sbeh20>



### A systematic review and meta-analysis of self-guided online acceptance and commitment therapy as a transdiagnostic self-help intervention

Korena S. Klimczak, Guadalupe G. San Miguel, Miriam N. Mukasa, Michael P. Twohig & Michael E. Levin



## Educational Gerontology

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/uedg20>



Journal of Contextual Behavioral Science 16 (2020) 256–272



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journal homepage: [www.elsevier.com/locate/jcbs](http://www.elsevier.com/locate/jcbs)



## Empirical Research

### Acceptance and commitment therapy and subjective wellbeing: A systematic review and meta-analyses of randomised controlled trials in adults

Alexandra Stenhoff<sup>1</sup>, Linda Steadman<sup>2</sup>, Sarah Nevitt<sup>3</sup>, Lilly Benson<sup>4</sup>, Ross G. White<sup>1</sup>

<sup>1</sup> Institute of Psychiatry Health, University of Liverpool, United Kingdom

<sup>2</sup> Department of Health Care Science, University of Liverpool, United Kingdom

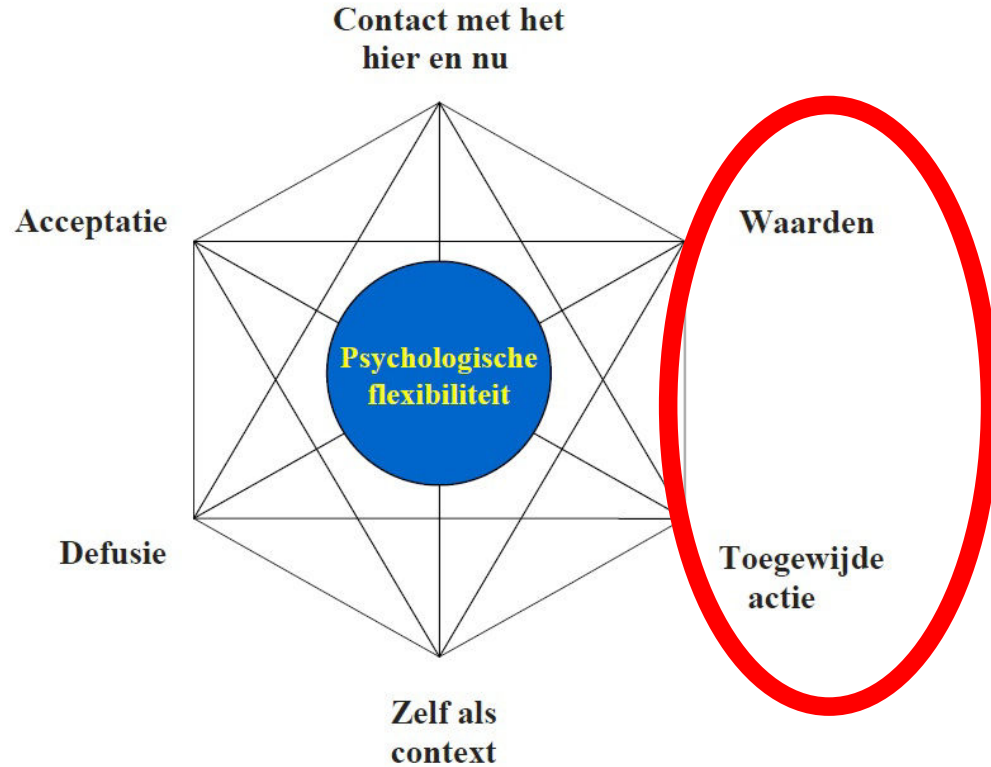
<sup>3</sup> North West through Healthcare NHS Foundation Trust, United Kingdom



### Positive aging: feasibility and acceptability of an eHealth ACT module for middle-aged and older adults

Katleen Verdoodt, Tim Batink, Marianne Simons, Mayke Janssens, Sanne Peeters, Johan Lataster, Nele Jacobs & Jennifer Reijnders

# Waardegericht handelen: inzichten uit Acceptance and Commitment Therapy





## PICTURE YOUR LIFE

Waar staat deze foto voor,  
en wat is hierin zo waardevol voor jou?



vrijheid	onafhankelijkheid
zelfstandigheid	rechtvaardigheid
erkenning	integriteit
avontuur	verbondenheid
trots	zingeving
loyaliteit	waardering
passie	vriendschap
authenticiteit	duurzaamheid
macht	gelijkwaardigheid
teamgeest	schoonheid
groei	harmonie
ondernemingszin	toewijding
geld	rust
prestatie	respect
vertrouwen	solidariteit
	...



Investeren in jouw waarden: omgeving help me!





# Investeren in jouw waarden: 3 kleine stappen





ACT in Actie heeft de afgelopen jaren meer dan 50 verschillende ACT-oefeningen (inclusief audio-opnames) en ACT-metaforen ontwikkeld (inclusief illustraties) alsook informatiebrochures geschreven welke hier gratis beschikbaar worden gesteld om te gebruiken in uw eigen praktijk\*.

### Algemeen

- ACT-illustrated ([download](#))
- ACT Overzichtsposter / hand-out ([download](#))
- Informatiefolder ACT ([download](#))
- Informatiefolder ACT, eenvoudige uitleg ([download](#))
- Informatiefolder ACT en Onderzoek ([download](#))
- Informatiefolder ACT en Schema's ([download](#))
- Informatiefolder ACT-apps Top 10 ([download](#))
- Oefening: ACT in het Dagelijks Leven ([download](#))
- ACT in Actie eMagazine 2021 ([download](#))

### Acceptatie

- Metafoor: Touwtrekken met monster ([download](#))
- Oefening: Omgaan met vervelende ervaringen ([download](#))

The screenshot shows the ACBS website homepage. At the top, there is a navigation menu with links for 'About ACBS', 'News', 'Networking', 'Emailing Lists', 'Events', 'International', 'FAQ', 'Contact', and 'Login'. The ACBS logo is prominently displayed, featuring a stylized human figure in blue, green, and orange. Below the logo, the text reads 'ACBS ASSOCIATION FOR CONTEXTUAL BEHAVIORAL SCIENCE'. A search bar is located to the right of the logo. The main navigation bar includes 'Home', 'ACT', 'RFT', 'CBS', 'Resources', 'Training', 'Chapters/SIGs', and a 'Join | Renew' button. The main content area has a green background and features the heading 'Welcome to ACBS's Online Learning & Research Community!'. Below this, a welcome message states: 'Welcome to the official website of the Association for Contextual Behavioral Science, a worldwide online learning and research community, and a living resource for anyone interested in ACT, RFT, and Contextual Behavioral Science. Find out more about us.' There are two buttons: 'FIND AN ACT THERAPIST' and 'BENEFITS OF ACBS MEMBERSHIP'. On the right, a dropdown menu is open, listing various resources: 'Journal of Contextual Behavioral Science', 'Clinical Resources', 'Assessment Measures', 'Video', 'Powerpoints', 'Publications', 'Research Resources', 'Protocols', 'Audio', and 'Materials in More Languages'. At the bottom, there is a dark bar with the text 'Check out our Free and Members Only Resources' and navigation arrows.



Durf en doe!



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