

## SW 688: Acceptance and Commitment Therapy

### Social Work

This fully online course will serve as an introduction to mindfulness-based therapy and devote special attention to Acceptance and Commitment Therapy (ACT). The six core tenets of ACT will be taught, along with mindfulness-based approaches to healing that will be presented as new insights to the field of psychotherapy. Students taking this course will be required to engage in mindfulness-based practices and journaling as a way to enrich and deepen their learning experience.

3 Credits

### Prerequisites

- Prerequisite: Admission into the M.S.W. program

### Instruction Type(s)

- Lecture: Web-based Lecture for SW 688

### Subject Areas

- [Clinical/Medical Social Work](#)

### Related Areas

- [Mental Health Counseling/Counselor](#)

