

## **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](#)

