

## Steven Hayes (Founding Father of ACT and RFT) Resources:

Newest books (2015 or later):

- A Liberated Mind: <http://bit.ly/ALiberatedMind>
- also see: [stevenhayes.com/a-liberated-mind](http://stevenhayes.com/a-liberated-mind)
- Evolution and Contextual Behavioral Science: <http://bit.ly/EvoSciandBehaviorSci>
- Process-based CBT: <http://bit.ly/PBCBT>
- Learning ACT (2nd edition): <http://bit.ly/LearningACT2>
- The Act in Context (my canonical papers): <http://bit.ly/HayesCanonical>
- The Wiley Handbook of Contextual Behavioral Science: <http://bit.ly/CBSHandbook>
- Mastering the Clinical Conversation <http://bit.ly/MasteringCC>
- ACT for clergy and pastoral counselors: <http://bit.ly/ACTforPastoral>

If you have any questions about articles please first check the vast resources at website of the Association for Contextual Behavioral Science (ACBS): [www.contextualscience.org](http://www.contextualscience.org). You have to register on the site to download things, but the cost is left up to how you value the work.

For Steve's vita, publications, or PowerPoint slides, try his training page: [http://contextualscience.org/steve\\_hayes](http://contextualscience.org/steve_hayes)

or his website [www.stevenhayes.com](http://www.stevenhayes.com)

If you are a professional or student, join the ACT or RFT list serves (set inside your ACBS membership page: see [http://contextualscience.org/ACBS\\_listserv\\_faq](http://contextualscience.org/ACBS_listserv_faq)

If you are a member of the public reading ACT self-help books (e.g., "Get Out of Your Mind and Into Your Life" etc) and want to be part of that conversation go to: <https://groups.io/g/actforthepublic>