

Course: PSYC 5380.001 Acceptance and Commitment Therapy Seminar

Semester: Spring 2026

Class Meeting: Thursday 9:30-12:15 WT 236

Office Hours: Wednesdays 10am-1pm & by appointment

Instructor: Olga Berkout, Ph.D. Assistant Professor| **Office:** HPR 219| **Phone:** 903-566-7341| oberkout@uttyler.edu (best way to reach me)

Course Catalog Description: Seminars of topical interest in specialized areas of psychology.

Course Description: This class will provide an in-depth overview of Acceptance and Commitment Therapy (ACT), a third wave cognitive behavioral therapy, which integrates acceptance and mindfulness with principles of behavior change through a contextual behavioral science lens. We will review the basic philosophical and research principles that inform ACT and their application. The class will include experiential exercises, role plays, case conceptualization exercises, and discussions of the empirical literature.

Student Learning Outcomes: After participating in the class, you will be able to:

- Understand basic theoretical principles that inform the ACT approach
- Conceptualize ACT within the broader framework of Contextual Behavioral Science
- Understand how ACT processes play a role in psychopathology and therapeutic change
- Utilize common ACT intervention strategies to target processes contributing to psychological difficulties
- Describe current issues in ACT and Contextual Behavioral Science research

Required Readings:

Hayes, S.C, Strosahl, K.D., & Wilson, K.G. (2012). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change*. The Guilford Press.

Textbook access through library may be available at (scroll down to our class):

<https://libguides.uttyler.edu/c.php?g=1066647&p=7764768>

Article readings as listed on course schedule, available on Canvas.

NOTE: A student at UT Tyler is not under any obligation to purchase a textbook from a university- affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Requirements/Grading

Subject to change at instructor discretion. Please check course announcements and email regularly for any changes.

Late assignments will be deducted 10% for each day they are late, unless the late submission is due to an uncontrollable circumstance outside student control (e.g., illness, death in the family, and similar). Late work should be submitted to me via email.

Late assignments are not accepted following the last week of class (by 4/24/26).

- 1. Attendance and participation 12%** You are expected to attend class in person and participate, coming prepared and having completed the reading, barring unexpected circumstances outside student control. Unexpected circumstances outside of student control include situations, such as illness, car accident, & death in the family. Circumstances such as vacation, other coursework, optional travel (e.g., to visit family or for concerts or events), and similar would not be considered unexpected circumstances outside of student control.
- 2. Case History 10%**
- 3. Present Moment & Self as Context in Case Conceptualization Presentation 17%**
- 4. Acceptance & Defusion in Case Conceptualization Presentation 17%**
- 5. Values & Committed Action in Case Conceptualization Presentation 17%**
- 6. Engaging with Contextual Behavioral Science 5%**
- 7. Contextual Behavioral Science for Good Proposal 8%**
- 8. Contextual Behavioral Science for Good Implementation & Presentation 14%**

Grades:

A=90-100%

B=80-89%

C=70-79%

D=60-69%

F=59% and below

Rounding is done following mathematical convention, 89.5 would be rounded to a 90, 89.4 to an 89.

Tentative Course Schedule (please check course announcements/email regularly for any changes)

Article readings are available on Canvas

	Topic	Readings/Assignments.
Week 1: 1/15/26	Contextual behavioral science, relational frame theory, and theoretical assumptions	Chapter 2
Week 2: 1/22/26	Psychological flexibility model and ACBS	Case History due Chapter 3 Foody et al., 2014

Week 3: 1/29/26	Case Formulation & Therapeutic Relationship	Chapter 4 & 5 Embry et al., 2011
Week 4: 2/5/26	Present Moment	Chapter 7 Ong et al., 2023 Contextual Behavioral Science for Good Proposal due
Week 5: 2/12/26	Relation to the Self	Chapter 8 Davis et al., 2021
Week 6: 2/19/26	Defusion	Present Moment & Self as Context in Case Conceptualization Presentations Chapter 9
Week 7: 2/26/26	Defusion/Acceptance	Chapter 10 Jando & Dionne, 2024
Week 8: 3/5/26	Values	Acceptance & Defusion in Case Conceptualization Presentations Chapter 11
Week 9:	Spring Break 3/9-3/13	
Week 10: 3/19/26	Values/Committed Action	Chapter 12 Hayes et al., 2023
Week 11: 3/26/26	Other Perspectives in Contextual Behavioral Science	Values & Committed Action in Case Conceptualization Presentations Luciano et al., 2025 Neff et al., 2023 Wilson & Coan, 2021
Week 12: 4/2/26	Other Perspectives in Contextual Behavioral Science/Future Directions & Ongoing Developments in ACT and Contextual Behavioral Science	Contextual Behavioral Science for Good check-ins Hayes et al 2021
Week 13: 4/9/26	Engaging with ACT and Contextual Behavioral Science	Engaging with Contextual Behavioral Science due
Week 14: 4/16/26	Research Applications in Contextual Behavioral Science	

Week 15: 4/23/26	Contextual Behavioral Science for Good	Contextual Behavioral Science for Good Implementation & Presentation due
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UNIVERSITY POLICIES AND INFORMATION

Withdrawing from Class

Students may [withdraw](#) (drop) from this course using the [Withdrawal Portal](#). Withdrawing (dropping) this course can impact your Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please speak with your instructors, consider your options, speak with your advisor, and visit the One-Stop Service Center (STE 230) or email enroll@uttyler.edu to get a complete review of your student account and the possible impacts to withdrawing. We want you to make an informed decision. UT Tyler faculty and staff are here for you and often can provide additional support options or assistance. Make sure to carefully [read the implications for withdrawing from a course and the instructions](#) on using the [Withdrawal portal](#).

Texas law prohibits students from dropping more than six courses during their entire undergraduate career*. The six courses dropped include those from other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and Enrollment Services for additional guidance. **CAUTION #1:** Withdrawing before census day does not mean you get a full refund. Please see the [Tuition and Fee Refund Schedule](#). **CAUTION #2:** All international students must check with the [Office of International Programs](#) before withdrawing. All international students are required to enroll full-time for fall and spring terms. **CAUTION #3:** All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. **CAUTION #4:** All veterans or military-affiliated students should consult with the [Military and Veterans Success Center](#).

* Students who began college for the first time before 2007 are exempt from this law.

Artificial Intelligence Statement

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy. Refer to

the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).

Final Exam Policy

Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

Incomplete Grade Policy

If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade only when all of the following conditions are met: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

Grade Appeal Policy

Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade. A grade appeal should be used when the student thinks the final course grade awarded does not reflect the grades earned on assessments or follow the grading scale as documented in the syllabus. The student should provide the rationale for the grade appeal and attach supporting document about the grades earned. The form should be sent via email to the faculty member who assigned the grade. The faculty member reviews the rationale and supporting documentation and completes the instruction section of the form. The instructor should return the form to the student, even if a grade change is made at this level. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean or the Dean's designee of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the [Registrar's Form Library](#).

NOTE: The Grade Appeal Form is different from the Application for Appeal form submitted to the Student Appeals Committee, which does not rule on grade disputes as described in this policy.

Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA), the University of Texas at Tyler offers accommodations to students with learning, physical, and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler/> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with the Assistant Director Student Accessibility and Resources/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <https://www.uttyler.edu/disability-services>, the SAR office located in the Robert Muntz Library, LIB 460, email saroffice@uttyler.edu, or call 903.566.7079."

Military Affiliated Students

UT Tyler honors the service and sacrifices of our military-affiliated students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. The [Military and Veterans Success Center \(MVSC\)](#) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

Students on an F-1 Visa

To remain in compliance with Federal Regulations requirements you must do the following:

- Traditional face-to-face classes: Attend classes on the regular meeting days/times.
- Hybrid Classes: Attend all face-to-face classes convened by the instructor according to the schedule set for your specific course.
- Online course: Only one online course can count toward your full-time enrollment. Students are expected to be fully engaged and meet all requirements for the online course.

Academic Honesty and Academic Misconduct

The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the [Student Conduct and Discipline policy](#) in the Student Manual Of Operating Procedures (Section 8).

FERPA

UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in [University Policy 5.2.3](#). The course instructor will follow all requirements to protect your confidential information.

Absence for Official University Events or Activities

This course follows the practices related to [Excused Absences for University Events or Activities](#) as noted in the Catalog.

Absence for Religious Holidays

This course follows the practices related to [Excused Absences for Religious Holy Days as noted in the Catalog](#).

Absence for Pregnant Students

This course follows the requirements of Texas Laws SB 412, SB 459, SB 597/HB 1361 to meet the needs of pregnant and parenting students. Part of the supports afforded pregnant students includes excused absences. Faculty who are informed by a student of needing this support should make a referral to the Parenting Student Liaison. NOTE: Students must work with the Parenting Student Liaison in order to receive these supports. Students should reach out to the Parenting Student Liaison at parents@uttyler.edu and also complete the [Pregnant and Parenting Self-Reporting Form](#).

Campus Carry

We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>.