

A Principles-based Approach to  
ACT with Self-Forgiveness: New Approaches to Flexible Living

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A Dissertation submitted in partial fulfilment of the requirements for the degree of

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### Declaration

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Signature

Date 2/12/2017

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Grant Malcolm Dewar

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## A Principles-based Approach to ACT with Self-Forgiveness: New Approaches to Flexible Living

## Abstract

This dissertation explores the potential additive benefits of self-forgiveness within Acceptance and Commitment Therapy (ACT). It examines the importance of self-forgiveness and new wave treatment approaches for addressing psychological distress, which most commonly manifests as anxiety and depression. This research sought to establish explicit and practical links between current evidence-based approaches within Relational Frame Theory (RFT) and ACT, together with research into self-forgiveness, and tested the potential value of a set of principles that could be used with both individuals and groups affected by shame and guilt associated with personal transgressions.

Key Words: ACT, RFT, Language, Self-Forgiveness, Principles-Based, Victimless, Intrapersonal Offence.