This ACT Part 2 tool digs deeper into the model outlined in the Basics tool.

**APPRAISE**

1. **DETERMINE** what the measure tells you. Do you see improvement, worsening, or no change?
   - “Based on this, your ____ hasn’t gotten much better? Does that line up with your sense of your progress?”
   - “It seems like we have a mismatch here. Can you help me understand what part(s) of this feel off?”
2. **SUMMARIZE** your perceptions. Check against the client’s sense.
   - “I’m wondering if we should discuss some additional options. What are your thoughts?”
3. **EXPLORE** discrepancies between your perception & the client’s.
   - “What from these options sound good to you?”
   - “I’d like to share my thoughts if that’s okay with you.”
4. **ASK**: “You been saying you’d like to learn mindfulness. Maybe we should consider that too…”
   - “We could try a med adjustment, CBT, a group. (etc). What ideas do you have?”

**BRAINSTORM**

- Together with the client, generate possible steps or adjustments in treatment.
- Utilize all the clinical data—the scores, the client’s input, and your own clinical impressions—to generate ideas.

**CHOOSE**

1. **ELICIT**
   - “What from these options sound good to you?”
   - “You’re not eager to change meds, but you like the idea of therapy. I think that’s a great place to start.”
2. **SHARE**
   - “I’d like to share my thoughts if that’s okay with you.”
   - “Why don’t we touch base again in ____ weeks? Seem okay?”
3. **AGREE**: Agree on a plan.
   - “You been saying you’d like to learn mindfulness. Maybe we should consider that too…”

These materials were developed as part of the Department of Veterans Affairs Measurement Based Care in Mental Health Initiative. Suggested citation: Barber, J.A. & Resnick, S.G. (2020). Deeper Dive: Spotlight on ACT. https://medicine.yale.edu/psychiatry/research/programs/clinical_people/mbccollab/