

Evaluating an interactive acceptance and commitment therapy (ACT) workshop delivered to trained therapists working with cancer patients in the United Kingdom: a mixed methods approach

Supplementary file

S1 - Content and structure of ACT+ Training Programme		
Workshop session	Content	Practical exercises /experiential work
DAY 1		
Background to the SURECAN Study	Cancer as a long term condition: prevalence, risk, routes to diagnosis, treatments	A mindful introduction – come into the present using your five senses
	Recognition of importance of psychological support; common needs of people living with and beyond cancer	
	Current interventions	
The SURECAN programme	Rationale, aims and programme of research	
Introduction to ACT	Relational Frame Theory	
	The ACT Model – core psychological processes and psychological flexibility	
	The ACT Hexaflex	
The ACT+ Model and Framework	Open-Aware-Active: the “Three Pillars”, a simplified version of the ACT Hexaflex; workability; the ACT therapeutic stance; use of metaphors; mindfulness	Experiential exercise: “ACT in a Nutshell” “Two mountains” metaphor and alternative ways to explain the ACT therapeutic stance “Passengers on the Bus” metaphor
ACT+ Sessions and the ACT+ Therapist Manual	Overview of sessions and stages of therapy; Overview of therapy resources (Participant Handbook and Therapist Manual)	Exercise: practice using mindfulness
	Structuring sessions: typical content and tips	Video clip on structuring sessions, reflection and skills practice Experiential exercise: introduce a mindfulness exercise
Engagement, Assessment & Formulation	Engagement in the first sessions and introducing ACT	Exercise: Using the What Works Plan for yourself
DAY 2		

Exploring values & linking to goals and actions	Exploring our values; values and goals; competing and conflicting values; agreeing tasks between sessions	Exercise: using “values cards” in pairs Exercise: Agreeing between session tasks and using Weekly Committed Action sheets Choice point video clip
Skills for overcoming ‘Stuck Loops’ and increasing flexibility	Identifying “Stuck Loops”; techniques to address stuck loops	Case studies: Review barriers to action Metaphor: The unhelpful repetitive Parrot; Aircraft oxygen mask analogy; Mindfulness Exercise: The compassionate mind Mindfulness exercise: Thought Train
Ending therapy and building on progress	Validating and building on progress; How to maintain flexibility and strengthen self-care looking to the future; resources and support; dealing with set backs	Exercise: practise putting it all together and maintaining momentum
How to integrate exercise, if part of participant's value-based goals	What do we mean by exercise and current guidelines for cancer patients; Key exercise metrics; Reviewing progression; Maximising adherence; Setting up smart exercise goals; Accessing exercise resources in the community	Pop quiz: test your knowledge of the body Case study
How to integrate work-related conversations, if part of participant's value-based goals	Evidence on work and cancer; values vs stressors; the characteristics of “good work”; Risk factors for work problems; common issues; reasonable adjustments and sources of support at work; having a structured conversation to identify work issues and set goals	Case studies
DAY 3		
ACT+: Recap and further practice	Recap of the ACT approach and theory; Pitfalls in ACT; Q&A	Skills role plays and demonstrations
Cultural considerations	Findings from our meta-ethnography of cultural influences on psychological interventions and translations into the work of therapists	Role playing /demonstrations at therapists’ request Exercise: reflect on values and goals – choose one value you hold dear

Troubleshooting – Next steps and reflections on the training	Open discussion and reflections on the training; trial logistics and next steps	
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S2

Topic Guide for Therapist Interviews post ACT+ training

1. Did you have any experiences prior to training that might have influenced you?
 - Prompt: How open were you to hear something new? / Or maybe it wasn't new?
2. What experience have you had of delivering therapy in context of trial, if any?
 - Prompt: EG RE being closely scrutinised / receiving supervision / having therapy rated?
3. How comfortable do you feel working on a trial, where the intervention may or may not work?
4. What were your initial thoughts about ACT+?
 - Prompts: Does it make sense to you? Prior experience of ACT?
5. Elicit thoughts on the 'physical activity' component.
6. Elicit thoughts on the 'meaningful occupation' component.
7. Was the length of time allocated for the ACT+ training appropriate?
8. Was the pace and format of the training sessions appropriate?
 - Prompt: Was there a sufficient mix of presentations, interactive/role play sessions, and discussion time?
9. Were the training sessions flexible enough to meet different individuals' needs?
10. Do you anticipate any difficulty in participants (*patients /individuals receiving the therapy*) using the manual?
11. How could the manual/s be modified? (*therapist and/or participant manual*)
 - Prompt: Anything that worked well, or didn't work well?
12. Would you feel confident to deliver ACT+ in the pre-pilot study?
13. How could the training be modified?
 - Prompt: Anything that worked well, or didn't work well?
14. How does ACT+ (the intervention therapy) fit with you as a person / your natural style of being?
15. Anything else you would like to say?