



Advances in Relational Frame Theory: Research and Application

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As acceptance and commitment therapy (ACT) increases in popularity among clinicians, it becomes more and more vital to understand its theoretical basis, relational frame theory (RFT). RFT is a psychological theory of human language and cognition, developed by Steven C. Hayes. It focuses on how humans learn language and how language connects them to their environment. In essence, our thoughts, feelings, and behaviors are dependent on our experiences and the context that these experiences provide.

Edited by leading relational frame theory (RFT) scholars, Simon Dymond, PhD, and Bryan Roche, PhD, *Advances in Relational Frame Theory* presents advances in all aspects of RFT research over the last decade, and provides a greater understanding of the core principals of acceptance and commitment therapy (ACT). The book also contains chapters written by Steven C. Hayes and Kelly Wilson, both research-active experts from the RFT community around the world.

Because ACT is focused largely on accepting one's thoughts, it is important to understand where these thoughts come from. And while many books on RFT are abstract and require extensive knowledge of behavior analysis, this is the first book to comprehensively but accessibly introduce RFT to ACT mental health professionals.

Gaining a deeper knowledge of the relational concepts of RFT can help you understand why a person's behavior does not always match up with their self-professed values. Whether you are a mental health professional, or simply someone who is interested in the connection between language and experience, this book is an invaluable resource.

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Editorial Review

Review

“The interest in relational frame theory is growing within different fields of psychology. For anyone who wants to keep up-to-date with basic research in this area, this is the book to read.”

—**Niklas Törneke MD**, author of *Learning RFT*

“Psychology is full of theories of mind, but relational frame theory (RFT) differs from all the rest in many ways. You see that when you open up this book. This lucid and engaging volume brings together the latest cutting-edge research and theory on RFT. It will challenge you in many ways, and also surprise you. It is a must-read for anyone interested in language and cognition, and especially researchers and practitioners of mindfulness and acceptance-based interventions.”

—**John P. Forsyth, PhD**, professor of psychology director, Anxiety Disorders Research Program University at Albany, State University of New York

“Dymond and Roche have put together an outstanding volume that not only provides an excellent and accessible overview of relational frame theory and its rapidly accumulating empirical evidence, but also elegantly situates RFT in its proper philosophical context, makes contact with other contextually-based sciences, and elucidates nicely the many applied extensions of the theory. This book is a must and enjoyable read for anyone interested in RFT as a powerful new approach to language and cognition as well as its compelling applications.”

—**Michael J. Dougher, PhD**, senior vice-provost for academic affairs, University of New Mexico

“Relational frame theory addresses the fundamental nature of symbolic thought in addition to its practical applications. It therefore deserves to be known among a large interdisciplinary audience, including my own field of evolutionary science. *Advances in Relational Frame Theory* reports on the current state of the art.”

—**David Sloan Wilson**, president of the Evolution Institute and State University of New York distinguished professor of biology and anthropology, Binghamton University

About the Author

Simon Dymond, PhD, BCBA-D, is a reader in psychology at Swansea University. He received his undergraduate training and PhD (in 1996) from University College Cork, where he studied under Dermot Barnes-Holmes. He has published over seventy empirical research articles on derived relational responding, avoidance, and gambling, and currently sits on several editorial boards of publications, including the *Journal of the Experimental Analysis of Behavior* and *The Psychological Record*.

Bryan Roche, PhD, CPsychol, CSci, AFBPsS, graduated with his doctorate in behavior analysis in 1995, after which he took up academic posts at University College Cork, Ireland and the University of Bath, UK. His current position is at the National University of Ireland, Maynooth. Roche has published approximately eighty articles, peer-reviewed papers, and book chapters on relational frame theory (RFT) and related topics.

In particular, his research has involved the application of RFT to the study of social and sexual behavior, the understanding and treatment of anxiety, and most recently the development of online relational frame training interventions to increase intelligence quotients (raiseyouriq.com). He was coeditor of the book *Relational Frame Theory: A Post-Skinnerian Analysis of Language and Cognition* (2001). Roche currently sits on the editorial boards of several behavior-analytic journals, and is a regular ad-hoc reviewer for several of the major international journals of behavioral psychology.

Foreword writer **Jan De Houwer, PhD**, has authored and coauthored more than 160 publications in international journals, including *Psychological Bulletin*; *Journal of Experimental Psychology: General*; and *Behavioral and Brain Sciences*. He is currently editor of the journal *Cognition and Emotion*.

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