

## **ABSTRACT**

The topic of the thesis is the presentation of the therapeutic approach called Acceptance and Commitment Therapy (ACT) from a therapeutic perspective. ACT is a behavioral therapy that emerged in the 1980s as part of the third wave of cognitive-behavioral therapy. This therapeutic approach integrates established approaches of behavioral analysis and cognitive-behavioral therapy with elements of mindfulness, humanistic psychotherapy, and existential psychotherapy. The first part of the theoretical work introduces ACT, addressing its terminology, emergence, and philosophical foundations. It also deals with the basic characteristics of the approach, distinguishes it from Cognitive-behavioral therapy, and reviews existing research on ACT. The second part of the theoretical work focuses on ACT in therapeutic practice. It describes the six core processes of ACT, as well as six opposing pathological processes, and also delves into the aspect of self-compassion. This section continues with a chapter on the approach to the client, the therapeutic relationship, and concludes by describing the typical format and structure of ACT sessions. The research part presents a conducted qualitative study. The aim of the research was to provide insight into the perspective of Czech therapists who use ACT with their clients. Additionally, the goal was to explore and analyze the subjective views of selected experts on the benefits and limitations of the therapeutic approach. Furthermore, the research aimed to compare ACT and cognitive-behavioral therapy. It also focused on mapping the current situation regarding the prevalence of ACT in the Czech Republic. In the research section, a conducted qualitative study is presented. Initially, the research goals, research questions, data collection method, research sample, and data analysis method are described. Subsequently, the results of the analysis of research data are presented. This is followed by the presentation of answers to research questions and other research findings. Finally, there is a discussion and conclusion.

## **KEYWORDS**

ACT, Acceptance and Commitment Therapy, The third wave of Cognitive-behavioral therapy