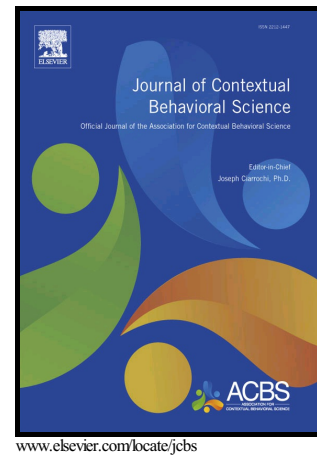


# Author's Accepted Manuscript

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**Improving flexible parenting with Acceptance and Commitment Therapy: A case study**

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**Abstract**

This paper describes a case study of Acceptance and Commitment Therapy applied to the problems in a mother's interaction with her family. Acceptance and Commitment Therapy is implemented using metaphors and exercises in seven clinical sessions with the mother. Psychological flexibility, experiential avoidance, behavior control, acceptance of private events and coherence of valued actions were assessed. The Valued Living Questionnaire was also used. The results show a decrease in control and avoidance behavior. Both mother and son's acceptance and valued actions increased at the end of the treatment and were maintained at follow-up. The treatment established a flexible behavioral repertoire not only by the mother, who received direct intervention, but was also in her son's behavior. The effects of her treatment are reflected in her son, suggesting two-way psychological flexibility between mother and son.

**Keywords**

Acceptance and Commitment Therapy; adolescent; emotion regulation; parenting; psychological flexibility

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