



Relational Frame Theory: Helpful Resources for Parents

If you're a parent who's interested in learning more about Relational Frame Theory (RFT) or if you're looking for supportive, parent-friendly resources, here are some great places to start:

Books & Guides

- **"The Essential Guide to the PEAK Relational Training System"** by Mark R. Dixon – A practical overview for professionals and parents.
- **"Your Life on Purpose"** by Matthew McKay, John P. Forsyth, and Steven C. Hayes – Introduces ACT in a parent-friendly format (ACT is based on RFT).
- **"A Liberated Mind"** by Steven C. Hayes – A compelling and personal look at the science behind ACT and RFT.

Websites

- [ACBS - RFT](#) – The official site of the Association for Contextual Behavioral Science. Offers articles, videos, and community forums.
- [Peak Behavioral Center](#) – Home of the PEAK Relational Training System with information for parents and clinicians.

Videos & Podcasts

- **"RFT: The Basics"** – [YouTube Channel](#) that explain RFT in parent-friendly language.
- [ACBS Podcast](#) – Explores the principles of ACT and RFT with relatable stories and expert guests.

RFT offers a helpful way to understand how language and thinking take shape as children grow. For kids who face challenges with communication or problem-solving, Shine Bright's strategies grounded in RFT provide meaningful, age-appropriate support.