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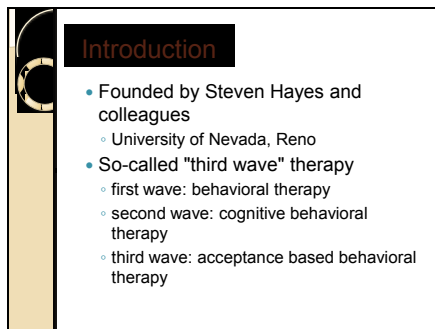
Practical ACTs

Beyond Addiction Presents:
Linda Hamilton, CSAC
ACT Trainer

www.lindahamilton.org
www.contextualpsychology.org



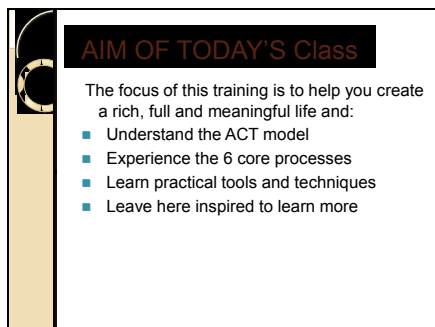
Slide 2



Introduction

- Founded by Steven Hayes and colleagues
 - University of Nevada, Reno
- So-called "third wave" therapy
 - first wave: behavioral therapy
 - second wave: cognitive behavioral therapy
 - third wave: acceptance based behavioral therapy

Slide 3




AIM OF TODAY'S Class

The focus of this training is to help you create a rich, full and meaningful life and:

- Understand the ACT model
- Experience the 6 core processes
- Learn practical tools and techniques
- Leave here inspired to learn more


Slide 4



Who are you

- Jot down what do you want out of this session
- Have anyone of you studied ACT?


Slide 5



Introduction

- Emphasis on acceptance-willingness to have what is as it is
- The approach to cognition is we do:
 - Not dispute "negative thoughts"
 - Nor are we trying to change thoughts (though change sometimes happens)

Slide 6



Come to your senses!


- Come into the room, let your thoughts fade away....Notice

Slide 7

ATTENTION! You have 3 brains

Our brain evolved with 3 F's in mind

- Fight, Flight or Freeze!
- Meet Lizzy ----->
- Then we evolved to the mammal brain



Meet Bubba

Slide 8

And finally our big thinking brain. All Together Now

The Three Brains



Reptilian Brain
(Survival Instincts)


Mammalian Brain
(Emotions, Instincts, Reason)

Neocortex - Thinking Brain
(Reason, Planning, Strategy)

Slide 9

RFT

- Sticks and Stones can break my bones but words can never hurt me. True or False?



We have developed a relational network in our brain. Such that a word heard in one context will bring a soothing feeling and in another context it will bring another experience, both are private. This is the paradox with controlling emotion. If you aren't willing to have it, you will

Slide 10

What is ACT?

- “ACT is an approach that uses *acceptance and mindfulness* processes to bring about *commitment and behaviour change producing a meaningful life*.
- We can learn to “be at ease” but it must be remembered but usually we forget.

5. Aim of ACT To help us create a rich, full, and meaningful life, while accepting the pain that life inevitably brings

Slide 11

Flexibility in ACTion

Definition:

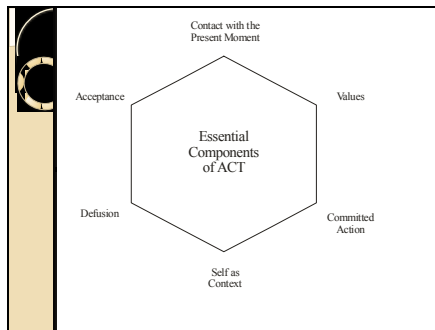
Are your ACTions in service of your valued ends? Or....

Are you able to contact the present moment as a conscious human being?

Are you able to change or persist in a behaviors that leads to a meaningful lifestyle?

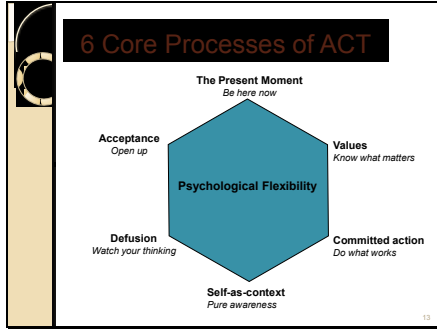
psychological flexibility is the core process that is targeted by ACT. If ACT is working according to theory, we should see that changes in psychological flexibility mediate outcomes that result from ACT interventions.

Slide 12

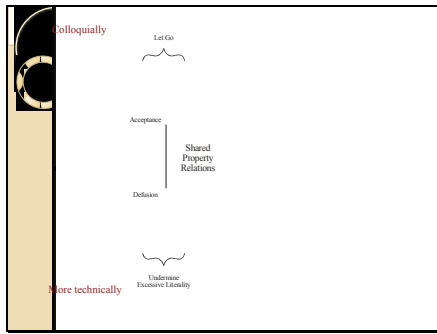


CA- can client commit, in this moment, to watching (instead of) engaging the struggle. Can they sit with the uncertainty of what to do next, safe in the certainty that nothing they know how to do has worked. Pliance- doing what others (including therapists) say is best

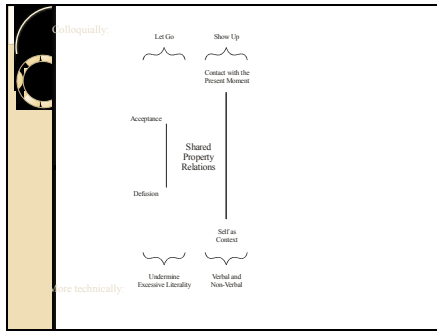
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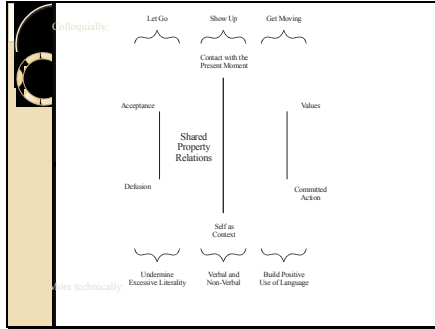
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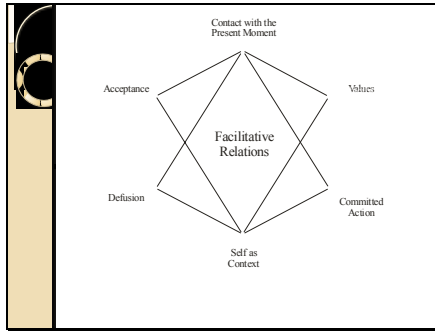
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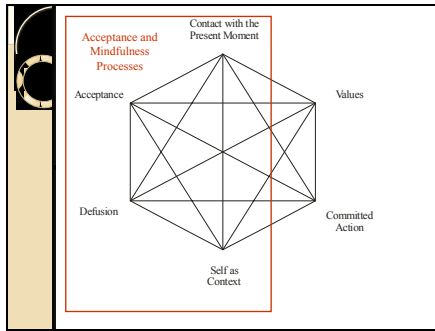
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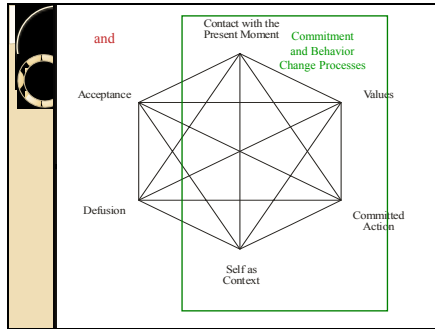
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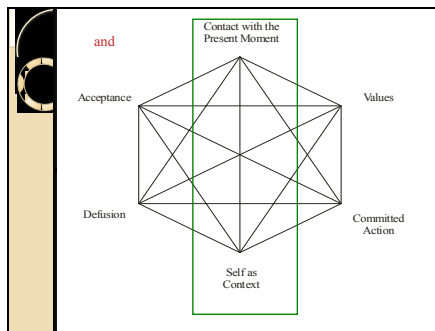
Slide 18



Slide 19



Slide 20



Slide 21

I AM HERE, BE AT EASE

- Last but not least!

Present Moment
Self Transcendence

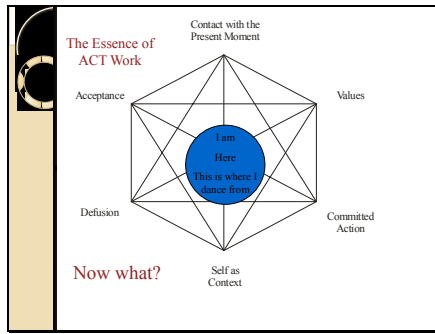
Slide 22

Aim of ACT

- **Consciously creating a meaningful lifestyle by consciously choosing a valued way of living**
- **Who is the I Guy and what is its purpose? Monsters of the mind**
- **Jingle me baby!**
- **Bring me another idea...a better one**
- **Burp or fart...which ever**

Values and vulnerabilities are poured from the same vessel

Slide 23



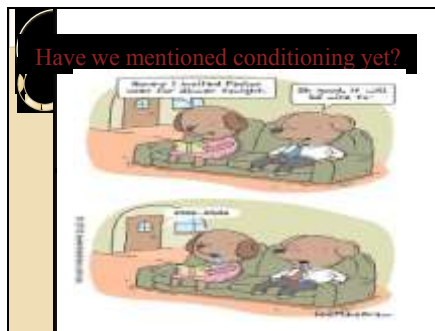
Slide 24

Why ACT ?

- **Because you cannot not ACT, you can be afraid or be with your fears.**

Mindfulness-based training for health care professionals. mindfulness can be utilized by health care professionals to improve their own health and to enhance patient care. “mindfulness is a self-care technique”. Notice the stresses and health problems clinicians face. Drawing on existing literature, mindfulness can be used to help minimize or reduce these problems. mindfulness enhances the professional effectiveness of health care providers. the integration of mindfulness into therapeutic work through therapist mindfulness, mindfulness-informed therapy, and

Slide 25



Slide 26

Using Mindfulness & Acceptance Based Therapy for Treating Addictions

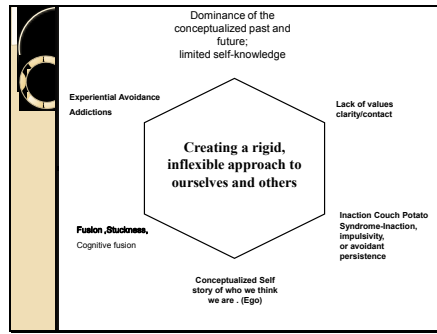
- Acceptance and Commitment Therapy (ACT)
- A- Accept your thoughts and feelings and be present
- C- Connect with values that give direction to your life and set goals that support these values
- T- Take effective action in accordance with your goals and values

Slide 27

What is Psychopathology?

- What does it look like?
- How does it play out?

Slide 28



Slide 29

EA= Suffering

- EXPERTIANIAL AVOIDANCE

"Learned style" of dealing with unwanted private events (thoughts, feelings, memories, sensations) and distressing external events that involves emotional escape, numbing or other methods of experiential control – even when they don't achieve the desired result


Source: Hayes & Strosahl (2004)

call it: Doing what you don't want to do but doing it anyway.

Slide 30

Getting stuck- like a stick in the mud

you become inseparable from your
Thoughts and thoughts dominate behavior
Leads to un-workability



Experiential Avoidance
Means trying to avoid, get rid of, suppress, or escape from unwanted thoughts or feelings. This develops in to addictions

- – the attempt to control, reduce, or eliminate negatively evaluated private experiences(e.g., thoughts, feelings, memories), even when doing so causes harm to self or others.

Slide 31

Fusion

The thought – and the unpleasant feelings that go with it - become the "thing" it represents

Forces direct contact with unwanted private events (*thoughts, feelings, memories*)


Draws the focus of moving away from the present moment and into past/future rumination

Makes healthy living difficult or impossible

Slide 32

Unclear Values

- By living in the realms of mind for too long, Values become unclear/unknown



Slide 33

Couch Potato anyone

- Apathy, lethargy, in-activity,
- Isolation
- Lack of social awareness
- I can't vs I won't



Slide 34

Living in the Past and Future

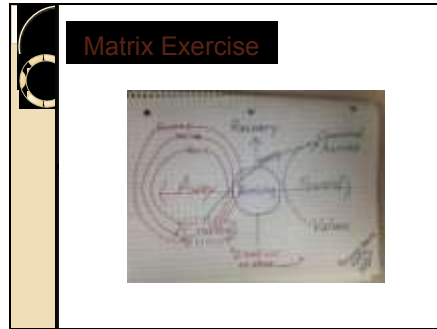
- Remorse, regret, resentments
- Anxiety, fear, aloneness, worry
- Disappearing present

Slide 35

Who am I ?

- Am I my thoughts
- Am I my feelings
- Am I my behaviors
- **Johnny Cash ain't in there!**
- It is all about Me, My, Mine

Slide 36



Slide 37

What is the Message? Pivot..

- Core Messages of ACT
- 1. **Accept what is out of your personal control—i.e., your thoughts, feelings, memories, or other private events.**
- 2. **Commit to taking effective action that enriches your life because it is based on your values.**

Agenda of Control/ Lack of control implies the need for more control /Works in the external world/ Doesn't work for thoughts and feelings/ addiction is an attempt to stop thinking and feeling, that is, it is an experiential avoidance strategy

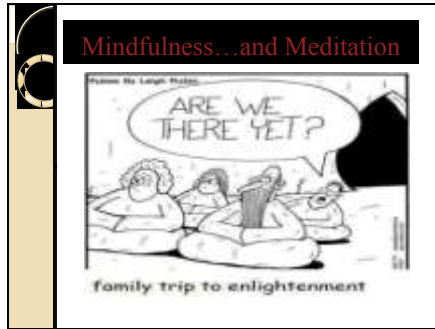
Slide 38

Mindfulness is of Acceptance and Letting go

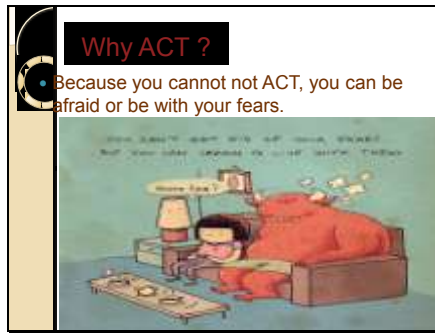
- RAIN....
- Recognize
- Accept and Allow
- Investigate
- Non-Identify
- Tara Brach

Recognize what is as it is, accept what you cannot change and change what you can, investigate your inner experience, don't take it personal.

Slide 39

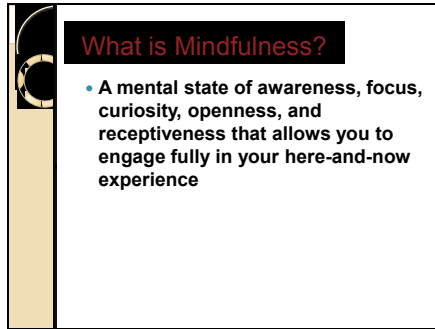


Slide 40



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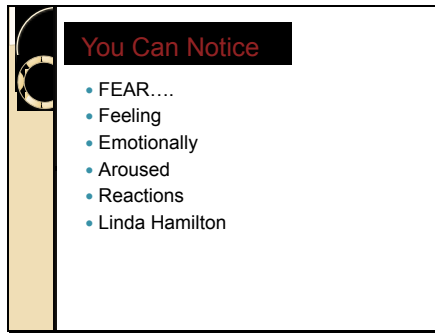
Slide 41



What is Mindfulness?

- A mental state of awareness, focus, curiosity, openness, and receptiveness that allows you to engage fully in your here-and-now experience

Slide 42

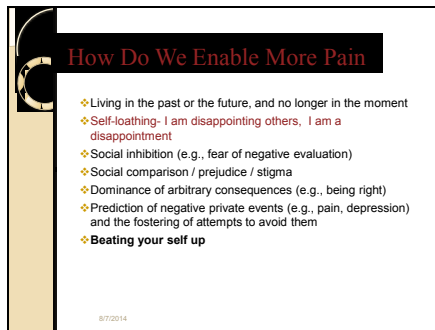


You Can Notice

- FEAR...
- Feeling
- Emotionally
- Aroused
- Reactions
- Linda Hamilton

Still talking about mindfulness.

Slide 43



How Do We Enable More Pain

- ◊ Living in the past or the future, and no longer in the moment
- ◊ Self-loathing- I am disappointing others, I am a disappointment
- ◊ Social inhibition (e.g., fear of negative evaluation)
- ◊ Social comparison / prejudice / stigma
- ◊ Dominance of arbitrary consequences (e.g., being right)
- ◊ Prediction of negative private events (e.g., pain, depression) and the fostering of attempts to avoid them
- ◊ **Beating your self up**

8/7/2014

Slide 44

ACT and Values

- ACT is more than mindfulness.
- It's about valued living, taking effective action on an ongoing basis that is guided by and aligned with core chosen values.
- Mindfulness is a way of facilitating valued action.
- As Values change, associations change

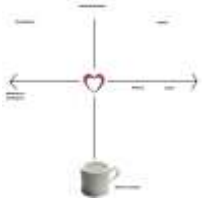
Slide 45

Values

- ACTion Values
- Faith or faithing
- Trust or trusting...there is action here.

Slide 46

The Matrix




The diagram, titled "The Matrix", features a central red heart. Four black arrows point outwards from the heart: one upwards, one downwards, one to the left, and one to the right. Below the heart, a grey cup is positioned, with a vertical line connecting the bottom of the heart to the top of the cup. The cup has a small handle on its right side.

The Matrix as developed by Dr. Kevin Polk and tweaked by me. This a way of sorting out our thoughts and feelings. I use the cup to imply “dumping” hand outs to group

Slide 47

Ambivalence

Sometimes choices look different don't they? Sometimes they are disguised to look different but are the same.

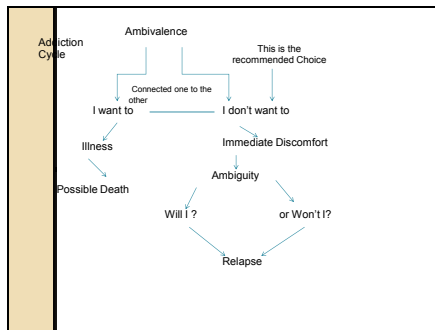


Slide 48

The Goals of ACT

- Confront experiential avoidance
- Be accepting, be willing to let go, and mindfulness skills
- Enhance an enlightened sense of self
- Empower valuing
- Promote behavior change in the service of chosen values

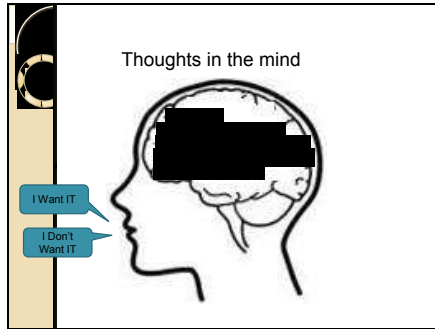
Slide 49



It is well known that Ambivalence is the core of Addiction. What is not understood is that there are simultaneous thoughts presented as if they are separate choices. They are connected

So it does not matter which you choose, you will always have the other one as they are like a coin, you cannot have one side without the other. Either choice is a gamble. In actuality, there is only one choice being offered, ADDICTION. So there must be a better way...an unconsidered choice.

Slide 50



Slide 51

Values in Plain Language

Values are statements about:
what you want to be doing with your life
what you want your life to stand for,
how you want to behave on an ongoing basis
gives your life a sense of meaning or purpose
Values are chosen life directions-they are not thoughts!

Slide 52

1st. Empathy
2nd. Curiosity
3rd. Increased Awareness

Thoughts of the past: he was yelling at me.
Wow that is scary.
I was so anxious.
I am afraid that I will fail.
So there are these thoughts in your experience
And at the same time some things that you want to do...

No Buts

Slide 53

