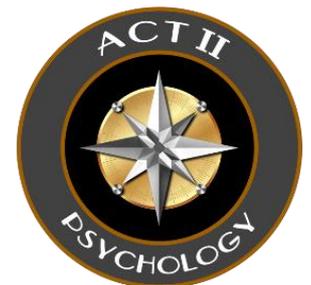




**ACT Behind Bars: The Next Step in
Promoting Values-guided Living with
Correctional and Forensic Clients**

David C. Brillhart, Psy.D.
June 19, 2014



Workshop Objectives

1. Learn treatment alternatives to CBT in working with this challenging population.
2. Practice new ways of “listening” to our challenging clients.
3. Use your own case conceptualization to administer *Energy Buck\$*[®].
4. Learn creative ways to help challenging clients identify values.
5. Lead your clients to values-guided living.

Getting the Most from this Workshop

- What is your experience level with ACT?
- What populations do you work with?
- What do you want from this workshop?
- I wish _____
- My experience with ACT in correctional and forensic settings.

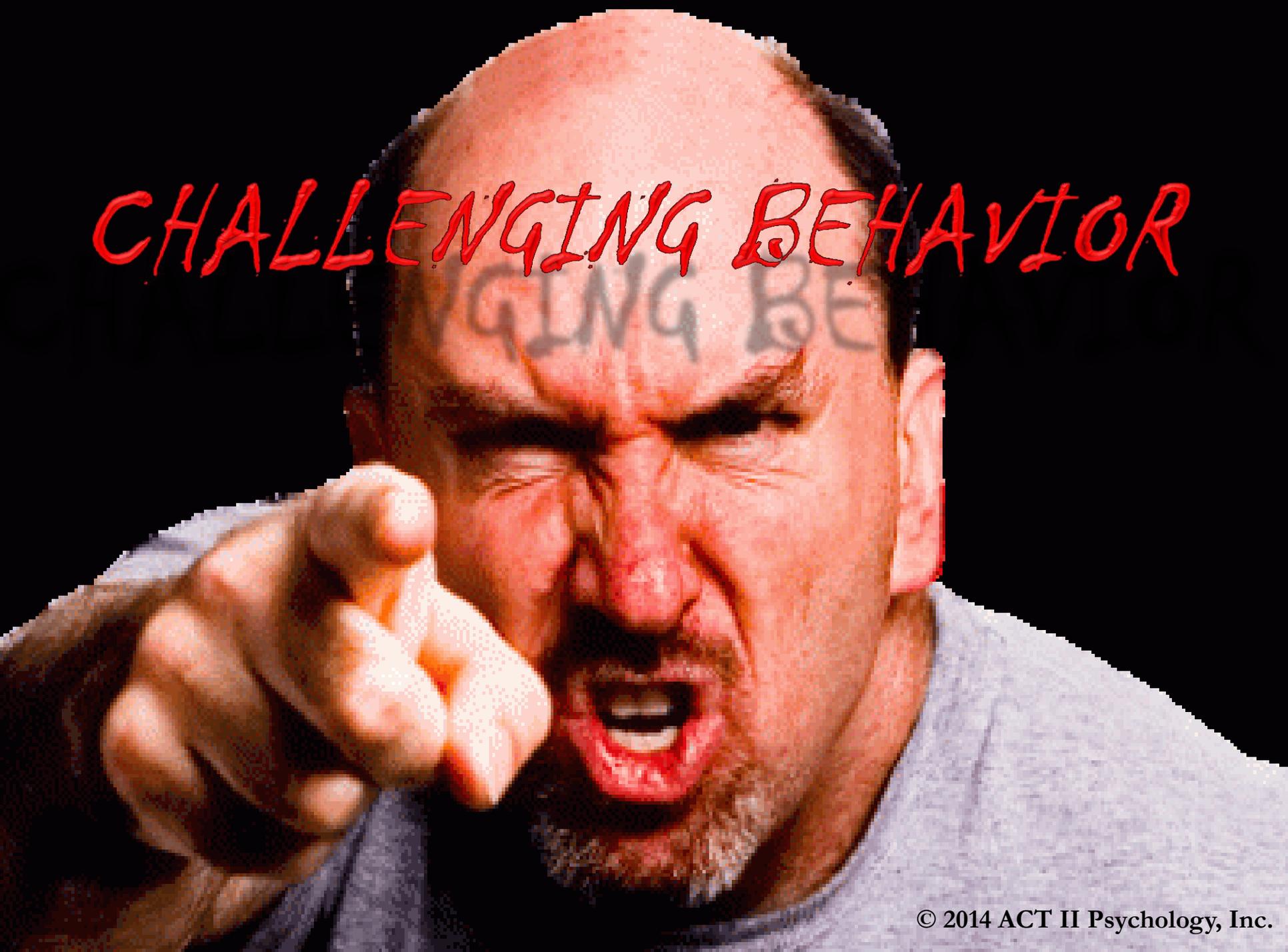
Opening Mindfulness Exercise



Our Challenging Clients

- ❑ What makes our clients so challenging?
- ❑ Considerations working with incarcerated clients:
 - Manipulation
 - Your “position” in the therapy room
 - Self-disclosure (Brillhart, 2010b)
 - Maintaining professional boundaries (Brillhart, 2013a)
- ❑ Embodying the ACT Model
 - Genuine, genuine, genuine

CHALLENGING BEHAVIOR



The Meaning *Behind* Behavior

- ❑ Context vs. Content (Brillhart, 2009)
- ❑ What are we missing?
- ❑ *Lessons from an Iceberg* (Brillhart, 2012a)



Lessons from an Iceberg

(aka Context vs. Content)

(Brillhart, 2012a)

The **A - B - C**
of Behavior



• **Avoidance**



• **Behavior**



• **CO\$T**

Lessons from an Iceberg Case Study

A client attempted to place a telephone call to his mother. While on the phone, the client yelled, “Answer, damn it! I know you’re there. Pick up the damn phone!” Within seconds the client slammed the phone receiver on the phone. As the client left the phone area, he kicked a garbage can and yelled, “Who wants to take me on?” When no one answered, the client began to shout more obscenities (Oregon State Hospital, 2013).

Lessons from an Iceberg Role-play

- ❑ Form groups of three; rotate the following role-plays (5 minutes each):
 - Client: Role-play a client (or yourself) struggling with a current problem.
 - Therapist: Ask open-ended, ACT-processes questions to determine avoidance strategies.
 - Remember: It's not about the behavior; it's what led up to the behavior.
 - Consultant: Assist therapist and provide observations and feedback.

The CO\$T of Struggle

A hand is shown balancing a heavy, light-colored bar on its shoulder. Another hand is reaching up from below, touching the bottom of the bar. The background is a light-colored wall with horizontal lines.

Control = *SUFFERING*

(Brillhart, 2012b)



Spending Energy Mindfully

ENERGY BUCK\$® is a registered trademark of ACT II Psychology, Inc. in the United States since July 3, 2012. United States Patent and Trademark Office, Reg. No. 4,167,421, Int. Cl.: 44, Ser. No. 85-462,316.

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Using *Energy Buck\$*[®] with the Hex-a-flex

Contact with the Present Moment

Acceptance

Values

Defusion

Committed Action

Self as Context

Using *Energy Buck\$[®]* and Contact with the Present Moment

CONTACT WITH THE PRESENT MOMENT

- What shows up for you when you spend your *Energy Buck\$[®]*?
- Where do you notice this in your body?

Using *Energy Buck\$[®]* and Defusion

Contact with the Present Moment

- Counting *Energy Buck\$[®]* in the moment automatically defuses a client from judgmental thoughts through physical action.
- “Jot Your Thoughts” (Brillhart, 2012b)

DEFUSION

Got Your Thoughts

(Brillhart, 2011)

Using *Energy Buck\$[®]* with Acceptance

Contact with the Present Moment

ACCEPTANCE

- Mindfully spending *Energy Buck\$[®]* automatically helps a person to distinguish what they can vs. what they cannot control.
- “Hands of Control” (Brillhart, 2012b)

Defusion

Hands of Control

(Brillhart, 2012b)



Using *Energy Buck\$*[®] with Self as Context

Contact with the Present Moment

Acceptance

- *Monitoring Energy Buck\$[®] spending fosters the Observing Self greater awareness.*
- *“Reporting the News” (Brillhart, 2013b)*

Defusion

SELF AS CONTEXT

REPORT FOR
ACTION NEWS

YOU! 



Using *Energy Buck\$[®]* with Values

Contact with the Present Moment

Acceptance

VALUES

- If you could reclaim your *Energy Buck\$[®]*, how would you spend your energy?
- Responses tend to be values-driven.

Defusion

Self as Context

Using *Energy Buck\$[®]* with Committed Action

Contact with the Present Moment

Acceptance

Values

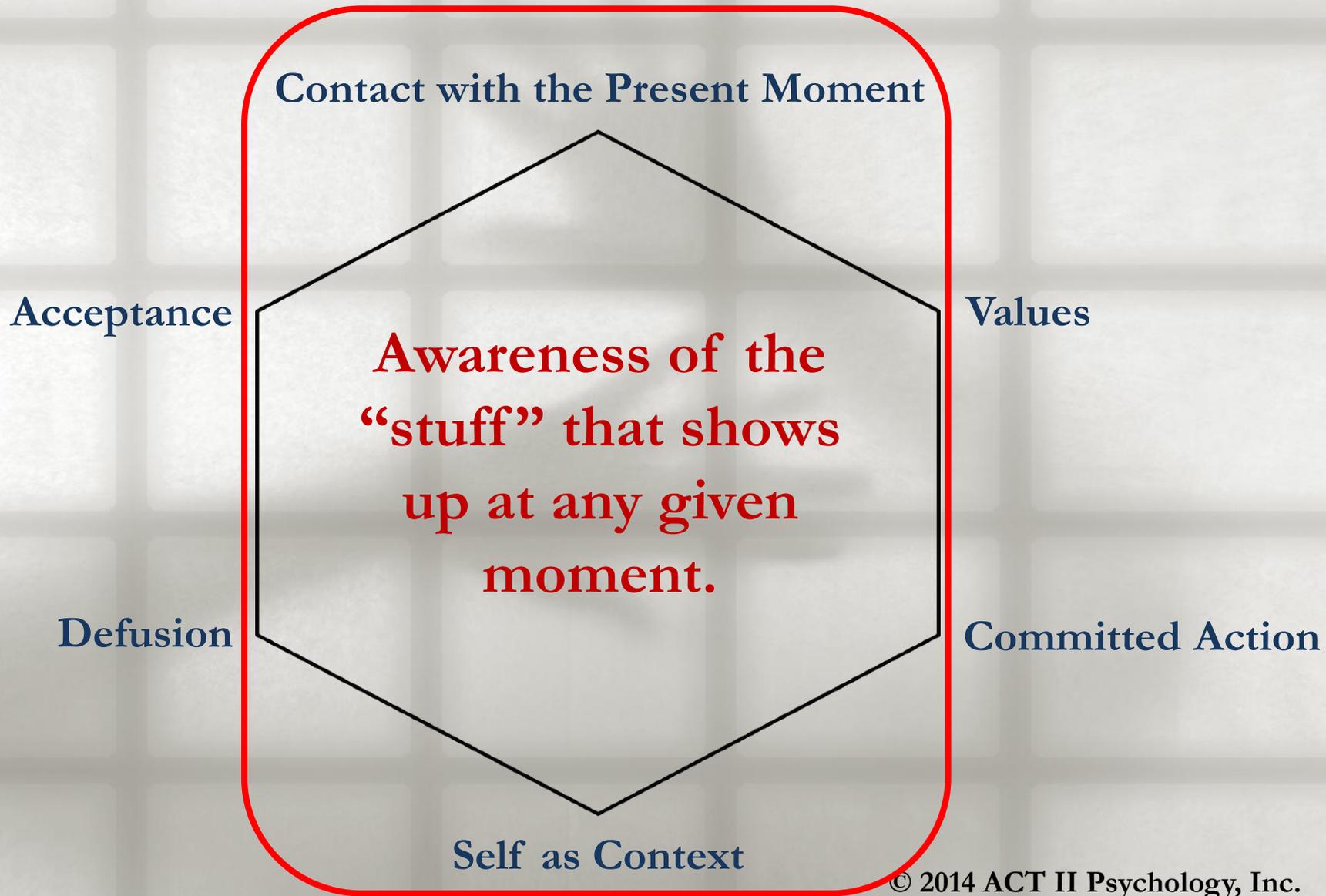
- How willing are you to spend your *Energy Buck\$[®]* on what really matters in your life?
- What steps are you willing to take in that direction?

Defusion

***COMMITTED
ACTION***

Self as Context

Using *Energy Buck\$[®]* with Psychological Flexibility



Using *Energy Buck\$*[®] with Psychological Flexibility

Contact with the Present Moment

Acceptance

Letting go of
the struggle.

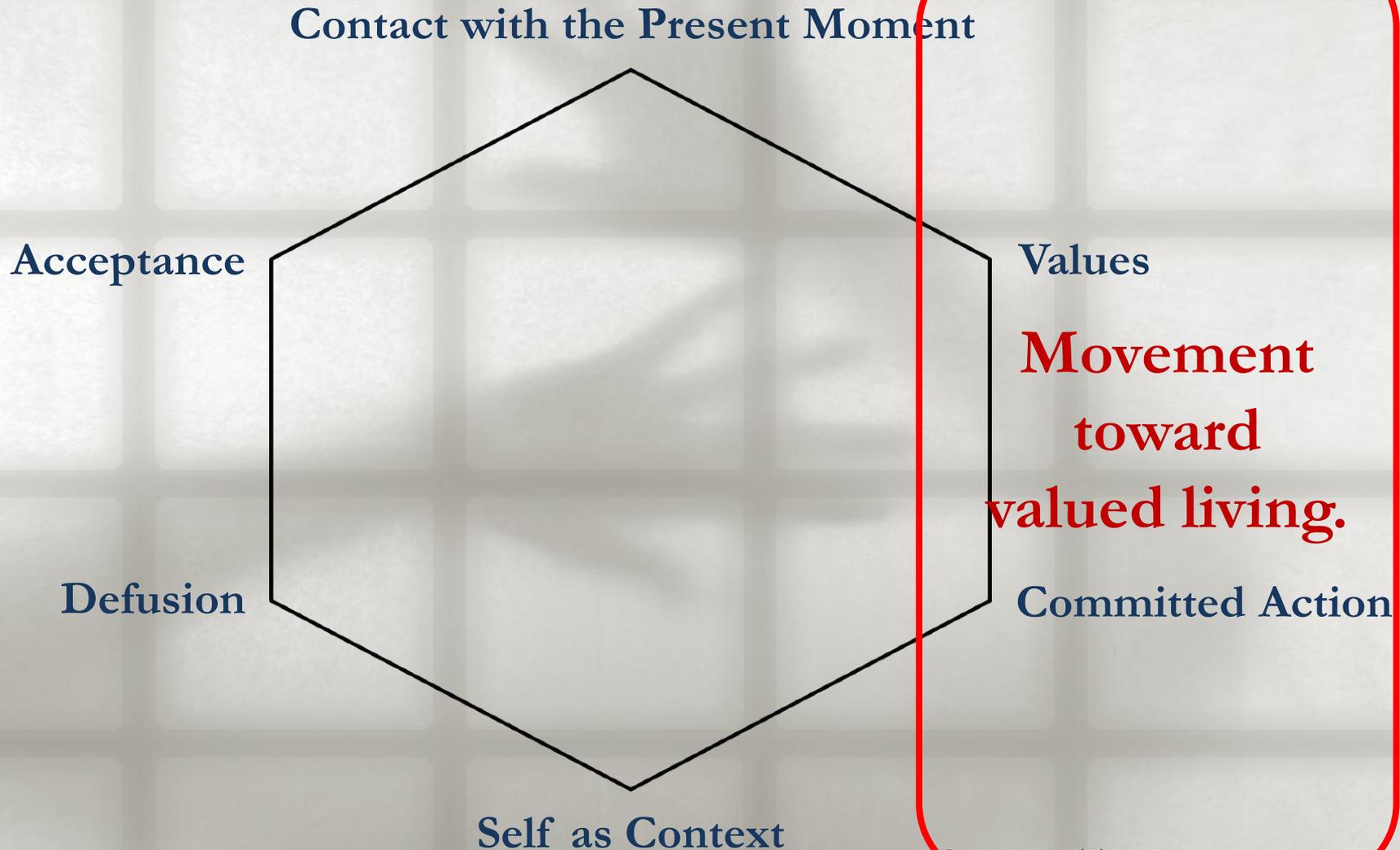
Defusion

Values

Committed Action

Self as Context

Using *Energy Buck\$[®]* with Psychological Flexibility



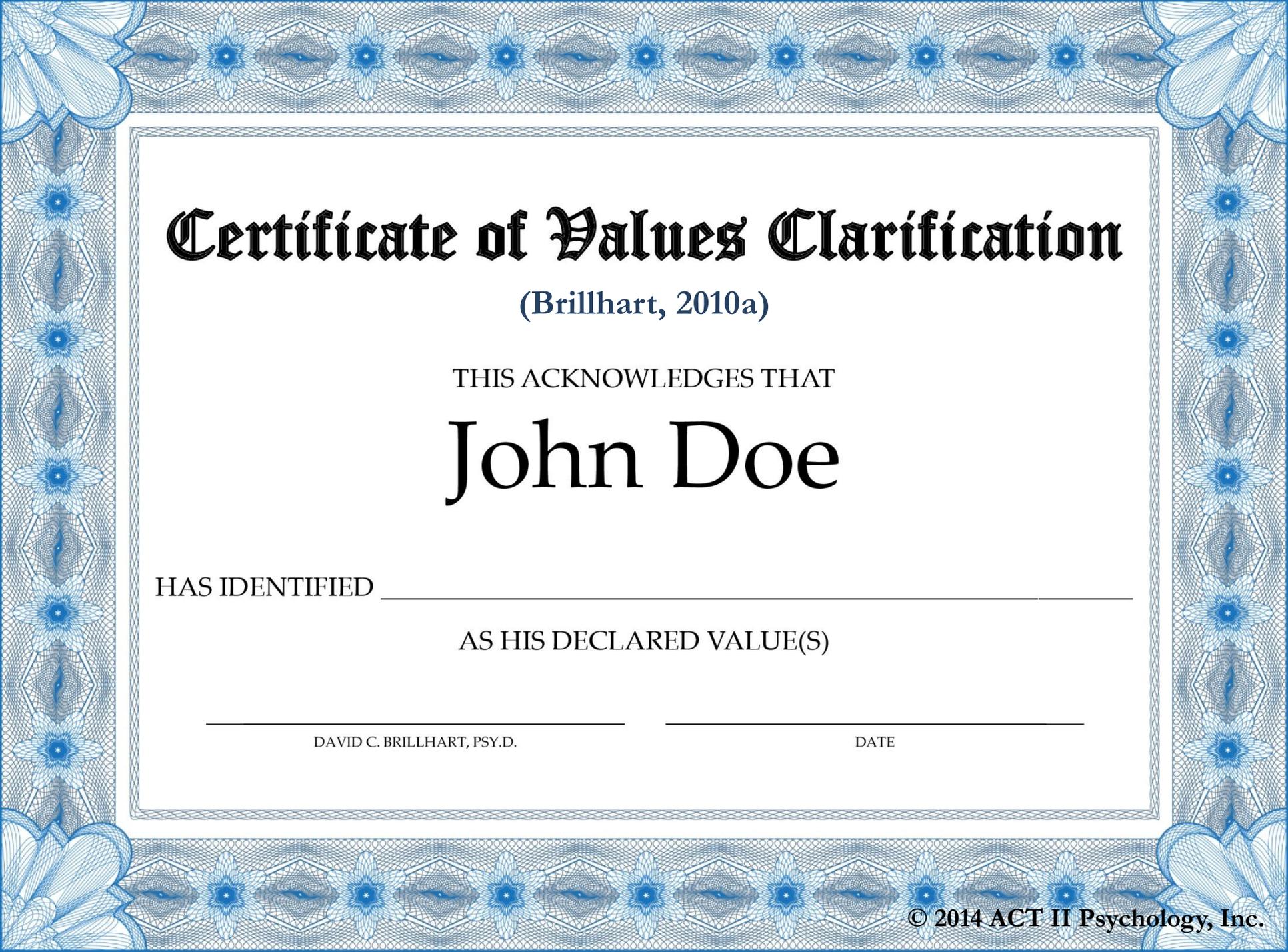
Using *Energy Buck\$[®]* Exercise

- Form groups of three; rotate the following role-plays (5 minutes each):
 - Client: Role-play a client (or yourself) struggling with a current problem.
 - Identify behavior, consequences, and the amount of *Energy Buck\$[®]* spent on an uncontrollable situation.
 - Therapist: Ask open-ended questions relating to *Energy Buck\$[®]* spending.
 - Identify avoidance strategies.
 - Clarify values by asking client how they would spend their *Energy Buck\$[®]* if they could reclaim it.
 - Identify steps toward valued action.
 - Consultant: Assist therapist and provide observations and feedback.

“Creating a Values Masterpiece”

(Center for Balanced Living, n.d.)

VALUES



Certificate of Values Clarification

(Brillhart, 2010a)

THIS ACKNOWLEDGES THAT

John Doe

HAS IDENTIFIED _____

AS HIS DECLARED VALUE(S)

DAVID C. BRILLHART, PSY.D.

DATE



**Values in
ACTION**

Future

Present

past

CHOICE

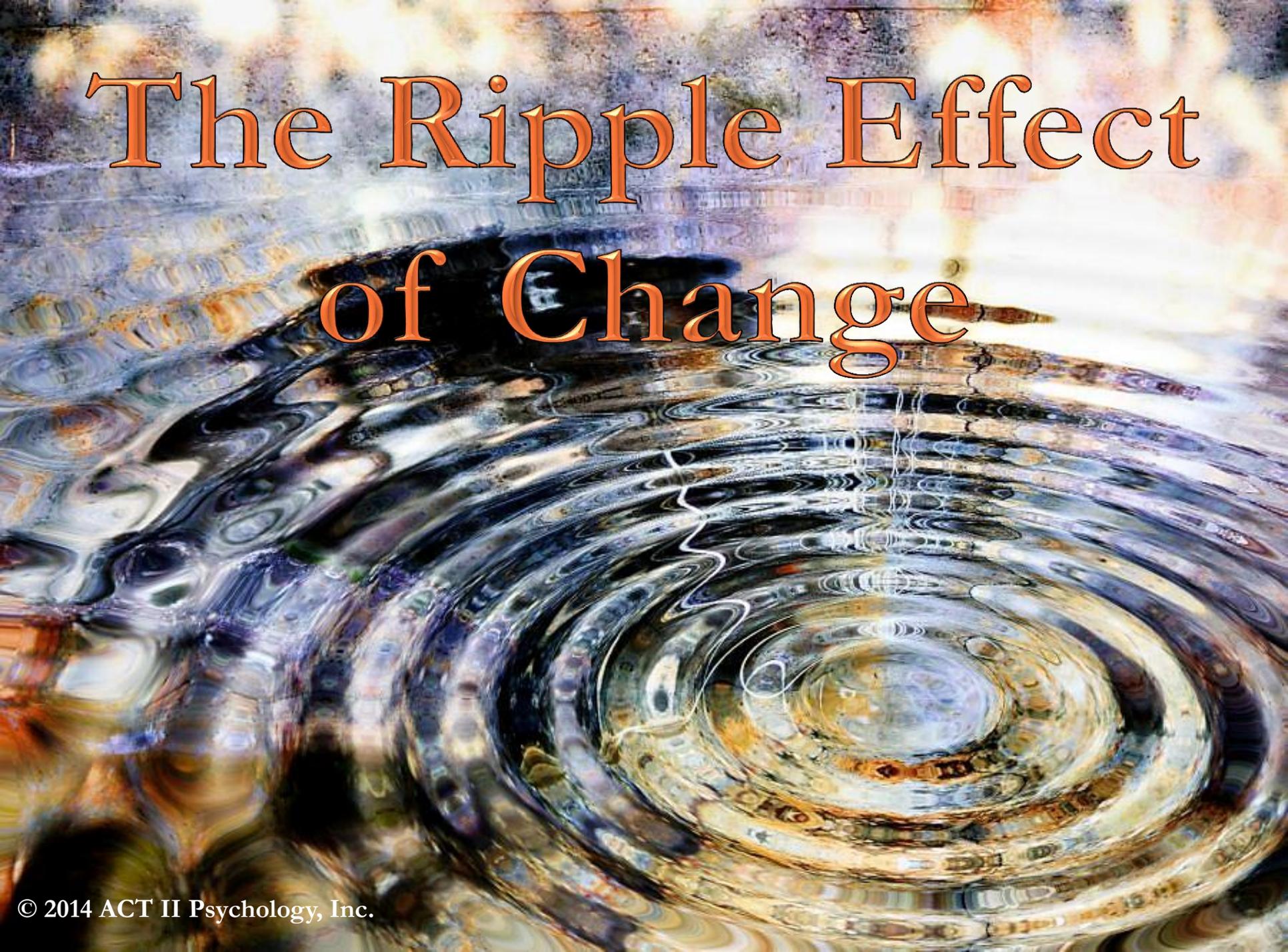


Life begins at the end
of your comfort zone.

Neal Donald Walsh

Prison of My Mind





The Ripple Effect of Change



*A lesson in
Valued-living*

Commitment Script (R)

(Brillhart, 2012a)

ACT II Psychology

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NAME _____

DATE _____

Commitment R

Commitment Scale:

1 2 3 4 5 6 7 8 9 10

1 = Trying

10 = Doing



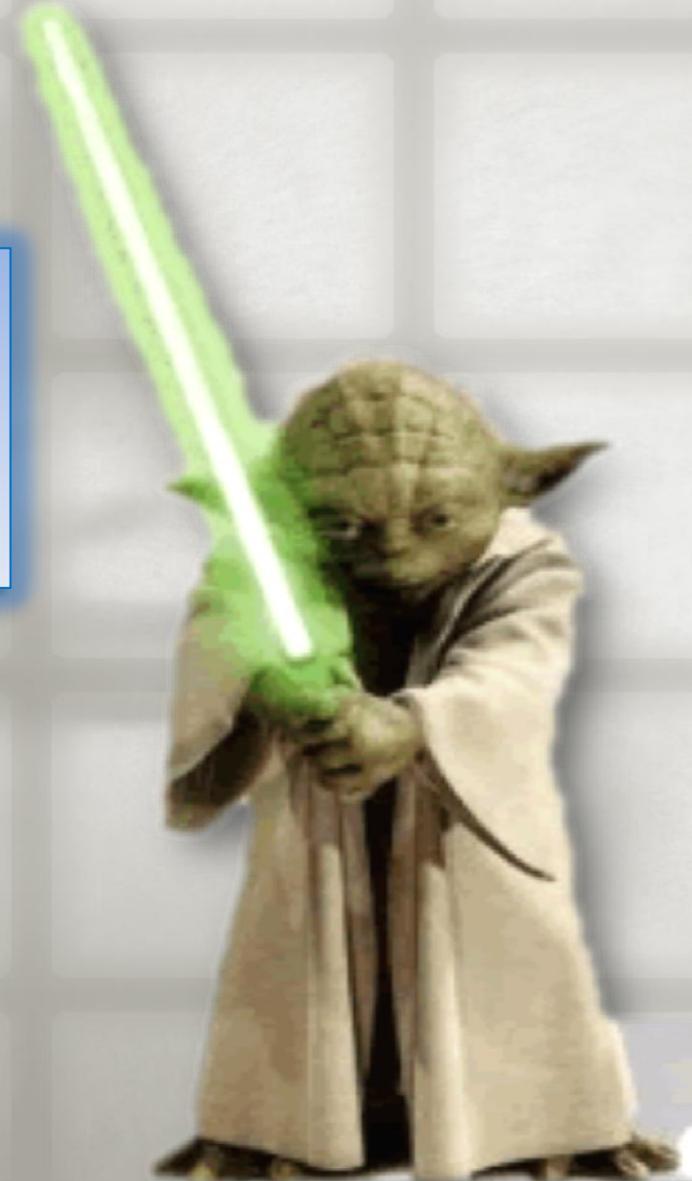
Navigating Life Choices

PROVIDER SIGNATURE

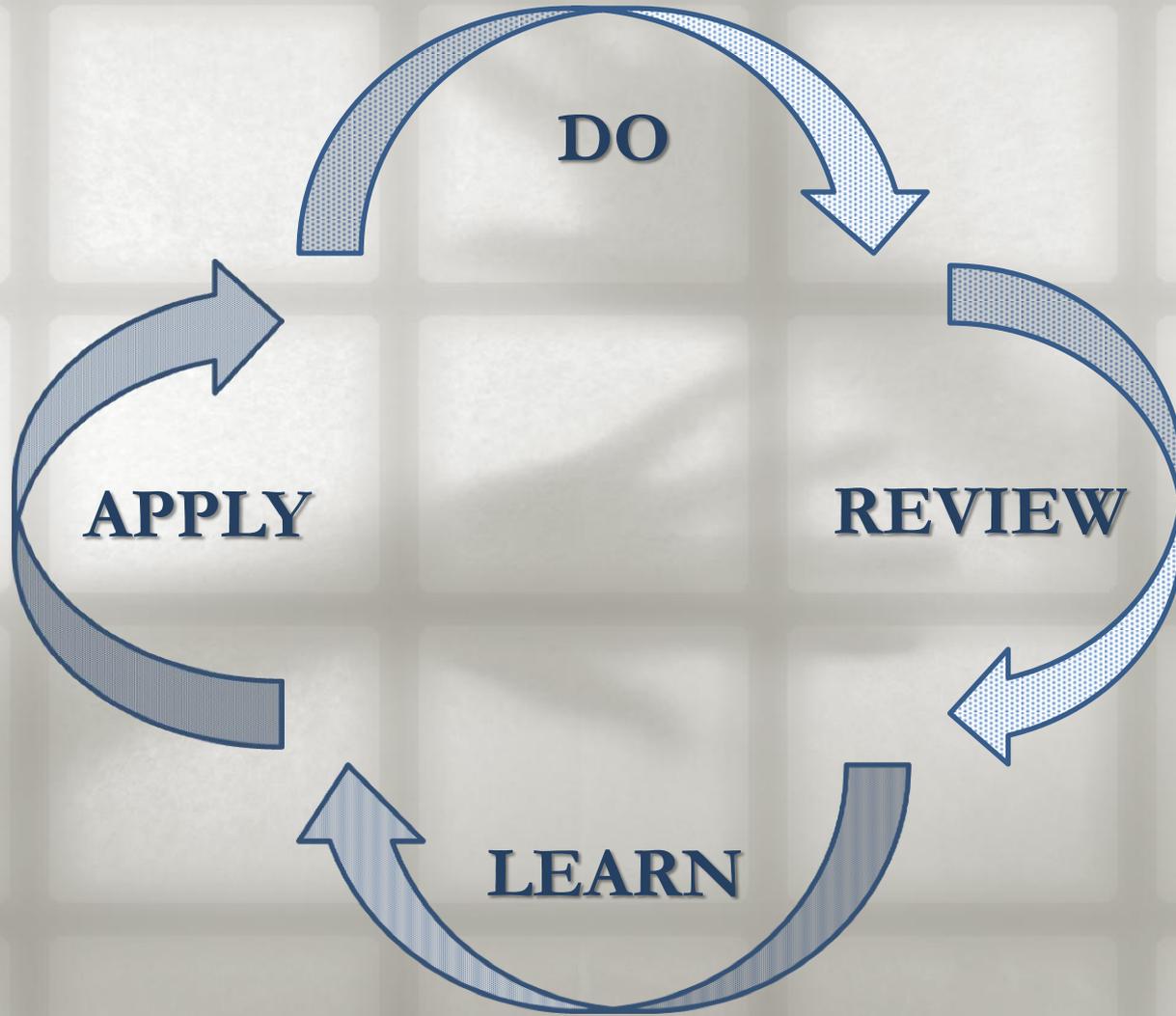
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In the Immortal Words of Yoda...

Do or do not . . .
there is no try
(Lucas & Kershner, 1980)

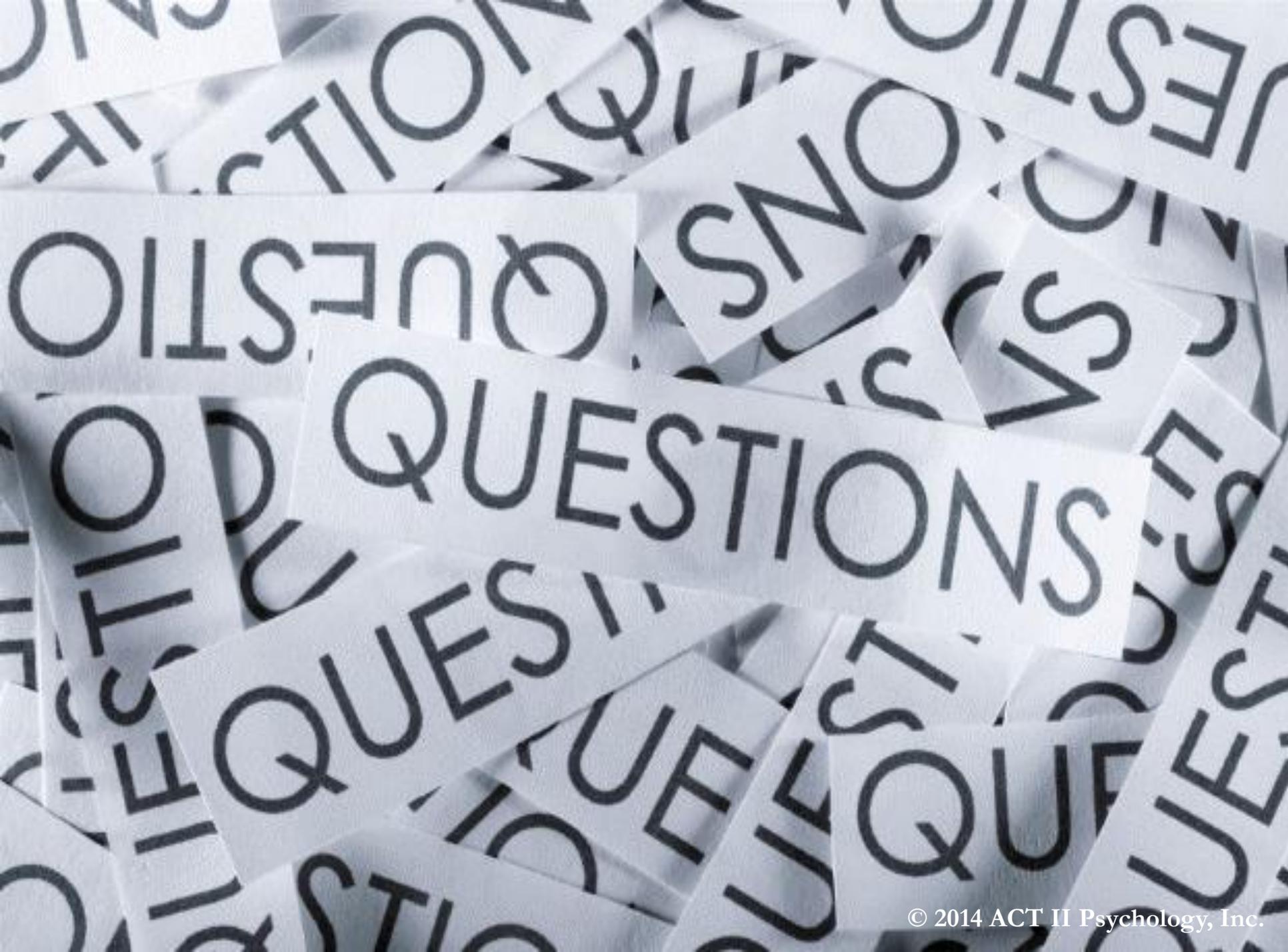


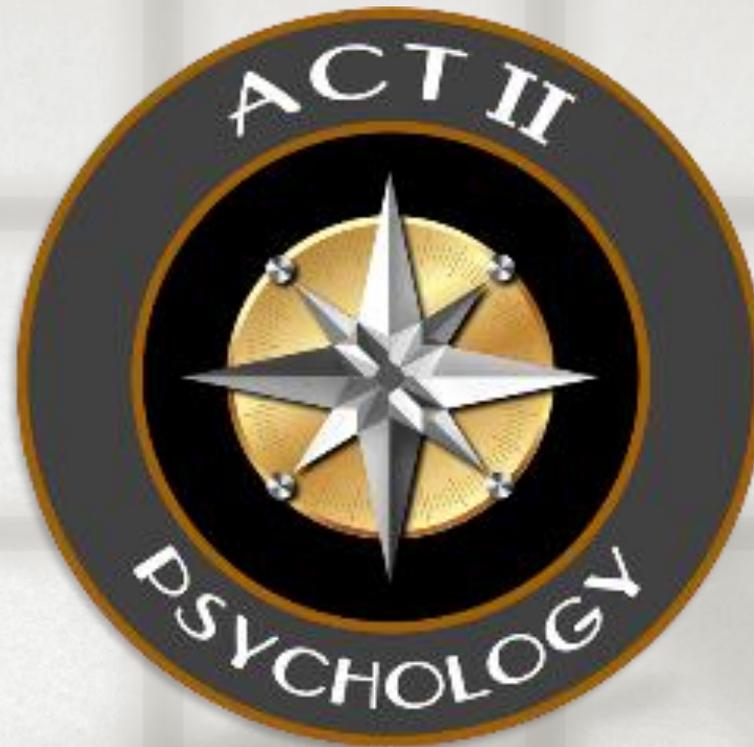
Role Play



Closing Mindfulness Exercise







Navigating Life Choices

- ❑ Dr. David Brillhart
- ❑ Web address: www.actiipsychology.com
 - Click on “ACT Behind Bars” Workshop Training
- ❑ E-mail: DCBrillhart@aol.com

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