

**Experience the Experiential of Weaving the Adolescent “Story” in Group Based ACT**


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**Why a Group for Adolescents?**

- Clinical Resources
- Developmental Perspective
  - Cognitive development
    - Piaget’s formal operational stage of cognitive development
  - Social and emotional development
    - Identity formation
    - Autonomy


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**Orientation to Our Workshop...**

- About our Groups
- Research
- Session by Session
- Weaving “Story”

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**The Context of Our “STORY”**

Groups

- Why we started
- When we started
- How we started
- Total number of participants
- What we measure

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### Preliminary Results: Pilot Study

### General Group Structure...

- There isn't any!!!

### Where It All Happens.....

- Photos /Video of Group Room

### But Seriously.....

- Begin and End with Mindfulness
- "What Stuck?"
- Review of Practice / Things To Do
- Experiential & Processing
- Metaphors
- Discussion
- What to Practice (CD & 'Other')

## Sequence of Sessions

- 1 Orientation
- 2 Creative Hopelessness
- 3 Defusion
- 4 Acceptance
- 5 Values
- 6 Values
- 7 Self as Content
- 8 Self as Content
- 9 The Walk...Bringing it all Together
- 10 The Walk...Bringing it all Together

## Skittles Game

- Photo

## Session 1... "Awkward" ...


- Skittles Game
  
- "DOTS"
  
- "Experiential"

## Experiential: The "Acetate"

- Photo

**Session 5 & 6: Weaving it Together...Values**

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**Session 7 & 8.....Self as Content...Group Story...**

- RFT Basics
- 2 Nouns (Word Link)
- “The Thing About You” (K. Wilson)
- Group “STORY”
- Individual “STORY”

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**Session 5 & 6 - ish:**

**LLAMA**

- L** ➤ Labelling
- L** ➤ Letting go / pause button / stop fighting
- A** ➤ Accept
- M** ➤ Mindfulness of present moment
- A** ➤ Approach what matters

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**Group “STORY”**

- Video

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## Individual "STORY"

- Photos / AUDIO
- Experiential / LLAMA



## Sessions 9 & 10... "THE WALK"

- Walk

## THE END...maybe