

ACT for LIFE Protocol

Lifting **I**ndividuals for **F**uture **E**ndeavors
(10 Weeks- 21 Group Sessions)

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Week One (day-long session and regular group)

- Introduction to treatment
 - introductions of therapists and clients
 - purpose of the project
 - what it will be like
 - confidentiality and informed consent
- Pervasiveness of human suffering
 - worksheet with questions of estimation
 - present information about actual prevalence
 - cultural forces- assumption of healthy normality
 - discrepancy between thought prevalence and actual prevalence
 - unique to humans
 - make reference to mind
- Introduction to discriminations (use posters in every session and handouts)
 - mind/not-mind
 - vital/not-vital
 - important/not-important
 - belief/assumption
 - act when have doubts and/or confusion about what is right, what will happen, etc.
 - being right – doing right (will return to this often and extensively)
- Introduction to ways of being (posters and handouts)
 - stories you tell
 - games you play
- Initial commitments of the therapists and clients
- Measures

Week Two (two regular groups)

- Reaffirm therapist and group commitment
- Creative Hopelessness
 - list and discuss attempted solutions
 - discuss workability of those solutions
 - cultural forces- agenda as more, better, different
 - feels hopeless and those solutions are
 - what if... (mule in well metaphor)

--mention values

- Control as the problem
 - discuss how it works for some things and why it seems like it would be good to do for others but may be in way of values
 - what do you do when you feel like you need to control
 - what do you do in attempts to control
 - how is that working
 - polygraph metaphor
 - jelly doughnuts metaphor
- Measures

Week Three (two regular groups)

- Resentments analysis
- Stories
 - write and talk about life-changing events
 - what happened and what you had it mean
- Measures

Week Four (two regular groups)

- More on resentments and stories
- More about your mind
 - what minds do (compare, evaluate, plan ,etc.) and what they are good for
 - where minds are not useful (baseball, dancing, etc.)
 - looking for mind discussion and exercise
 - whole, complete, perfect
 - what does your mind tell you
 - known/not-known
- Assumptive posture
 - could your mind be wrong
 - wager
 - explore possibilities
 - difference between symptom removal and creating extraordinary life
 - difference between being right and doing right
- Commitment to assume possible
- Measures

Week Five (two regular groups)

- Values/refer to discriminations
 - use VLQ
 - what might you hope for, what would you do and say in a world where could
 - tombstone metaphor
 - chart true north towards values and where you are headed now
 - what is in-between you and moving forward (towards true-north)
 - what would you be willing to suffer in the service of that
 - values writing piece
- Measures

Week Six (two regular sessions)

- Distinguishing chosen from imposed values
 - choice vs. decision
 - choice vs. have to or made to

The below are done in the context of some value identified in the previous work

- Discrimination of thoughts and feelings from person
 - passengers on the bus metaphor
- Deliteralization and reformulation
 - milk, milk, milk exercise
 - leaves in a stream exercise
 - reasons are not causes
 - refer to resentments and stories
- Introduce willingness
 - willingness scale metaphor
 - not fearing, worrying, etc. about “bad” thoughts or feelings
 - do what need to do
- Measures

Week Seven (two regular sessions)

- More on ways of being
 - how have you been being your reactions
 - what do you do when things go well, when things don't go your way, etc.
 - how is that working
- Applied Willingness

- willingness to have thoughts, history, emotions, experiences, etc.
- willing to move toward true-north with those

- Next commitment/being an intention
 - team building
 - outloud commitment with details about how will live consistently with values
 - acknowledge obstacles and failure and the need to recommit
- Measures

Week Eight (two regular groups)

- Success and struggle with being an intention
 - examples and normalize
 - distinguish process from outcome
- Recommit
 - more on team building
 - use successes of group members to challenge
- Measures

Week Nine (two regular groups)

- Success and struggle with being an intention
 - examples and normalize
 - distinguish process from outcome
- Recommit
 - more on team building
 - use successes of group members to challenge
- Measures

Week Ten (two regular groups)

- Success and struggle with being an intention
 - examples and normalize
- Final commitment exercise
 - what value, what done to get in way, what commit to doing in service of
- Measures

