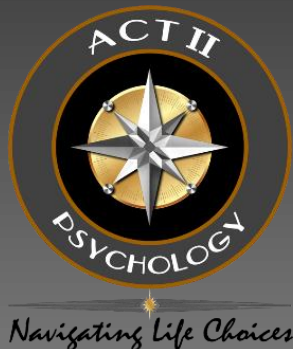


ACT BEHIND BARS:

A Workshop for Mindful and Values-based Change
in Correctional and Forensic Settings
Using Acceptance and Commitment Therapy

David C. Brillhart, Psy.D.
July 11, 2013



Workshop Objectives

1. Learn treatment alternatives to CBT in working with this challenging population.
2. Practice new ways of “listening” to your challenging clients.
3. Use your own case conceptualization to administer *Energy Buck\$*®.
4. Learn creative ways to help challenging clients identify values.
5. Be able to guide your clients to values-based change.

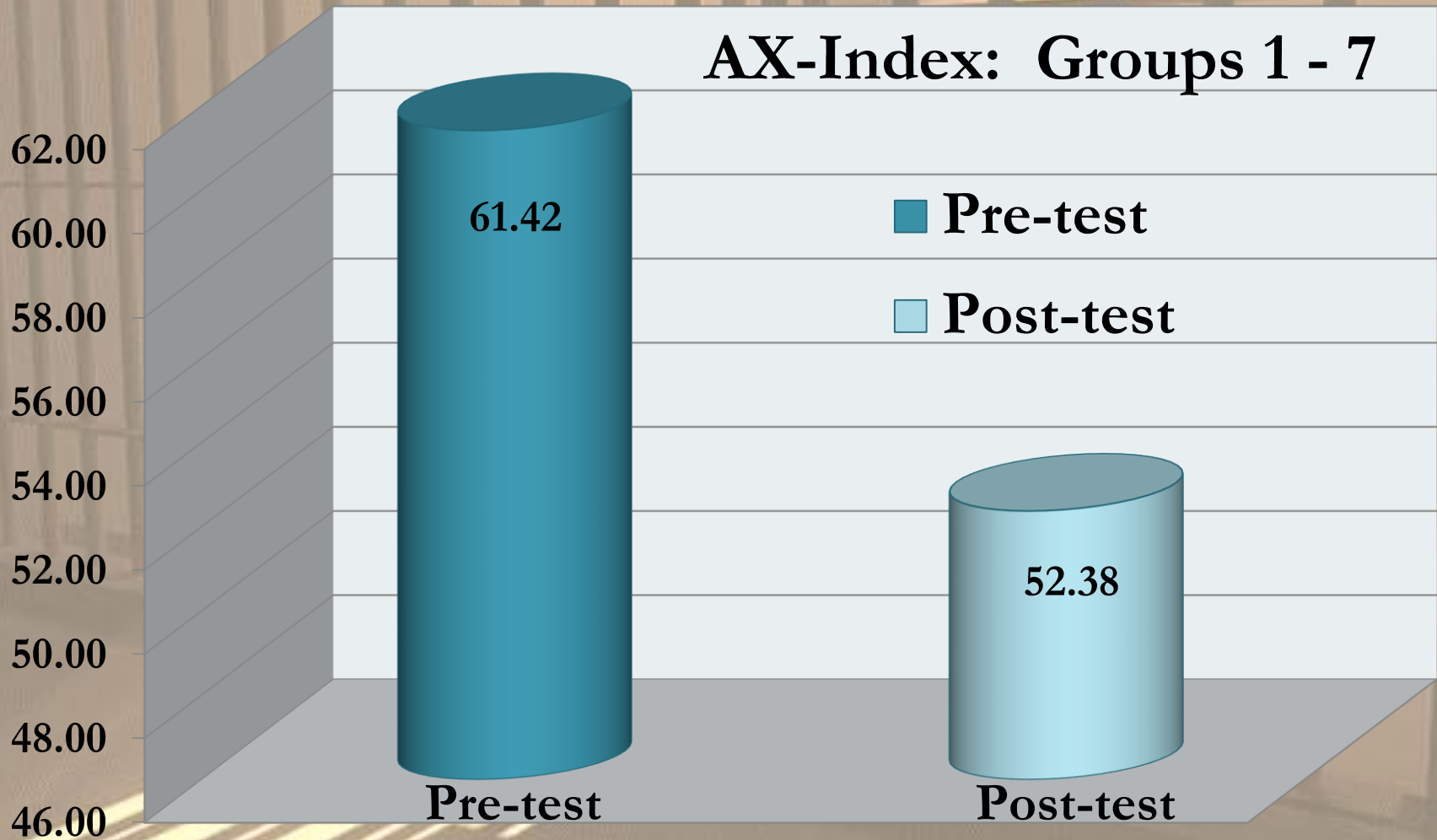
Today's Outline

- ☐ My background with ACT
- ☐ An epidemic problem
- ☐ What makes our clients so challenging?
- ☐ *Lessons from an Iceberg*
- ☐ Control = Suffering
- ☐ The brain and breathing (aka mindfulness)
- ☐ Defusion techniques
- ☐ *Energy Buck\$[®]*
- ☐ Creative values
- ☐ Values in action

My Background with ACT

- ❑ Populations served
- ❑ 20-month pilot study (n=69) using ACT as a treatment alternative for traditional CBT-based anger management.
 - Forensic patients who did not respond well to traditional CBT-based anger management programs.
 - High psychopathy
 - Nature vs. nurture debate (Khetrapal, 2009)
 - Prioritized need for alternative anger management.

Pilot Study Results (n = 69)



WINNER 5 ACADEMY AWARDS!

BEST PICTURE

Best Actor

JACK NICHOLSON

Best Actress

LOUISE FLETCHER

Best Director

MILOS FORMAN

Best Screenplay

(ADAPTED FROM OTHER MATERIAL)

LAWRENCE HAUBEN and BO GOLDMAN



JACK NICHOLSON

ONE FLEW OVER THE CUCKOO'S NEST



Fantasy Films
presents

A MILOS FORMAN FILM JACK NICHOLSON in "ONE FLEW OVER THE CUCKOO'S NEST"
Starring LOUISE FLETCHER and WILLIAM REDFIELD • Screenplay LAWRENCE HAUBEN and BO GOLDMAN
Based on the novel by KEN KESY • Director of Photography HASKELL WEXLER • Music JACK NITZSCHE
Produced by SAUL ZAENTZ and MICHAEL DOUGLAS • Directed by MILOS FORMAN

United Artists
A Transworld Company

ORIGINAL SOUNDTRACK ALBUM AVAILABLE ON TAPE AND RECORD

Epidemic Problem

“On any given day, between 300,000 and 400,000 people with mental illnesses are incarcerated in jails and prisons across the United States, and more than 500,000 people with mental illnesses are under correctional control in the community”

(NCCBH, 2009, p. 1)

Epidemic Problem, con't.

- ❑ More than 9.25 million people in prison (CIMH, 2007).
- ❑ Prisoners with mental illness far exceeds that of the general population (CIMH, 2007):
 - *Psychotic Disorder*: 3.7% males; 4% females
 - *Major Depression*: 10% males; 12% females
 - *Personality Disorder*: 47% males; 42% females
 - *Antisocial Personality Disorder*: 47% (Daniel, 2007)

Why This Workshop?

□ 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 _____

Our Challenging Clients

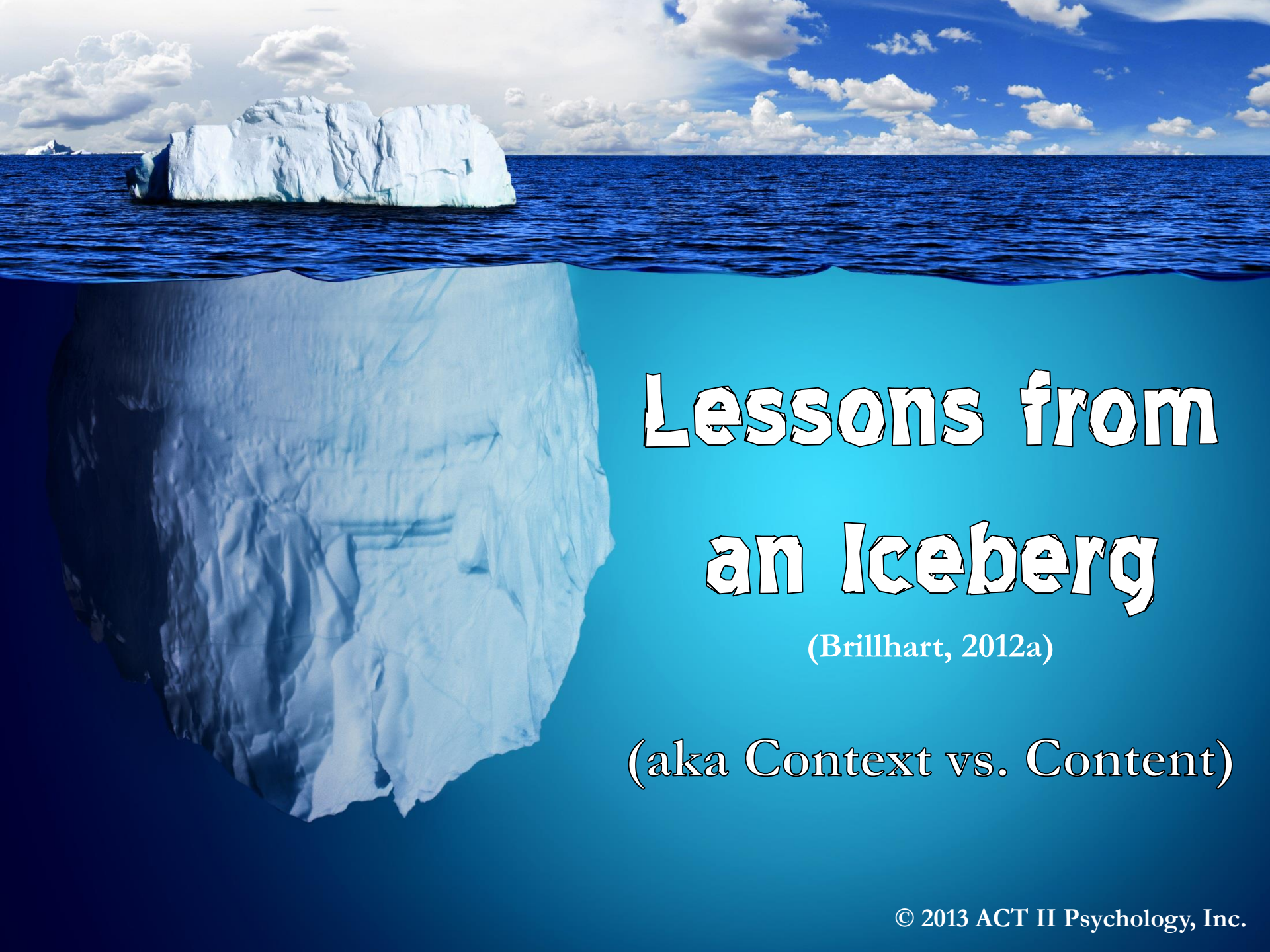
- ❑ What makes our clients so challenging?
- ❑ Considerations working with incarcerated clients:
 - Manipulation
 - Your “position” in the therapy room
 - Self-disclosure
 - Maintaining professional boundaries
- ❑ Embodying the ACT Model
 - Genuine, genuine, genuine

Opening Mindfulness Exercise



The Meaning *Behind* Behavior

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



Lessons from an Iceberg

(Brillhart, 2012a)

(aka Context vs. Content)

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 relating to thoughts, feelings, and behavior to ascertain *context vs. content*.
 - Remember: It's not about the behavior; it's the meaning *behind* the behavior.
 - Consultant: Assist therapist and provide observations and feedback.

The “Cost” of Struggle

A hand is shown holding a horizontal bar from above, while another hand reaches up from below, suggesting a struggle or a test of strength. The background is a light-colored wall with horizontal lines.

Control = *SUFFERING*

(Brillhart, 2012b)

Hands of Control

(Brillhart, 2012b)





Using Mindfulness with Correctional & Forensic Clients



Mindfulness and the Brain

Getting Inside Our Three Brains



- ❑ **Thinking Brain**
(aka Cerebral Cortex System)
- ❑ **Emotional Brain**
(aka Limbic System)
- ❑ **Survival Brain**
(aka Cerebellum System)

Explaining the Brain

- ❑ Fight or flight response
- ❑ People react from the Survival Brain
70 – 90% of the time
- ❑ Survival Brain vs. Thinking Brain
 - Voice vs. Body (Rose, 2010)

Building Client Awareness Through Mindful Breathing

- ☐ How breathing affects the Survival Brain
- ☐ The power of 8 seconds
- ☐ Stop, Look, Listen
- ☐ Creating an “all is well” message
- ☐ Biochemical change (Rose, 2010)

Breathing On Purpose

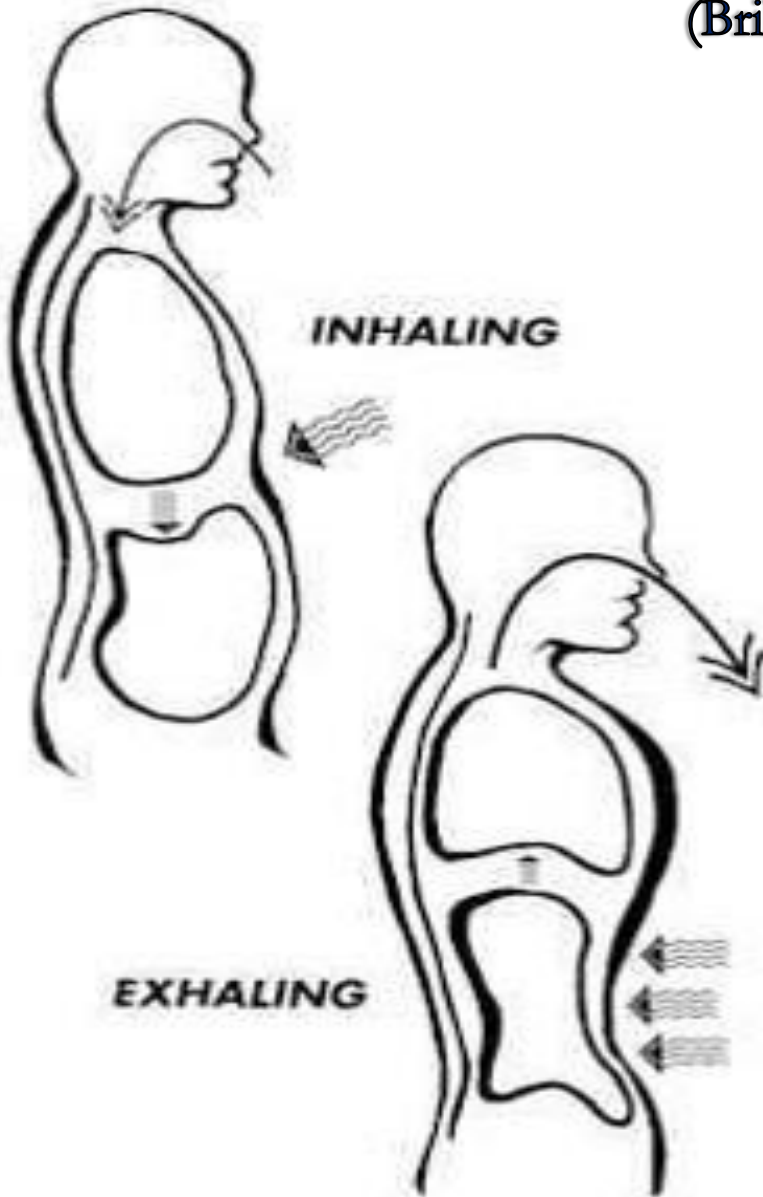
(Brillhart, 2012a)

“The slower you breathe, the calmer you’ll become, the clearer you’ll think, and the more balanced you’ll feel”

(Rose, 2010, p. 29)

How to *Breathe On Purpose*

(Brillhart 2012a)



Visual Reminders to *Breathe On Purpose*



Jot Your Thoughts

(Brillhart, 2011)

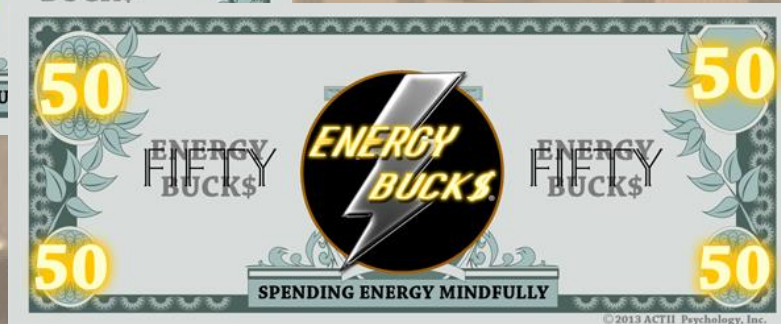


Spending Energy Mindfully

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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Energy Buck\$[®] Denominations





Spending Energy Mindfully

Energy Buck\$® Challenge

For the next seven days, mindfully log your Energy Buck\$® expenses—like a check register—on those events *outside* your control. Points to remember:

- ✓ You begin each new day with \$100 Energy Buck\$® to spend as you wish.
- ✓ Your Energy Buck\$® account should be \$0 at the end of the day.
- ✓ You cannot bank or lend your Energy Buck\$® for tomorrow.

At the end of the week, see if you notice anything new about the way you spend your energy.

			Beginning Balance: \$100 EBS	
Date:	Triggered Event & Exhibited Behavior:	Outcome:	EBS Spent:	EBS Balance:
			Ending Balance: \$0 EBS	

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

Contact with the Present Moment

Acceptance

Values

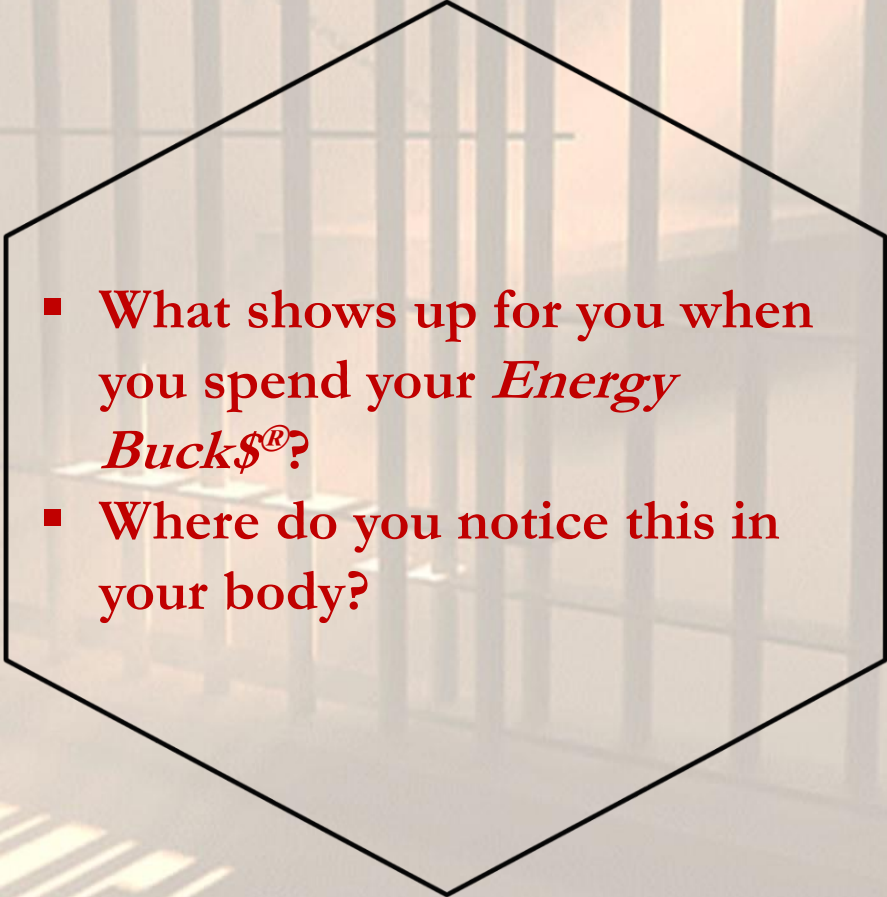
Defusion

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.

DEFUSION

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

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

Contact with the Present Moment

Acceptance

- *Monitoring Energy Buck\$[®] spending fosters the Observing Self greater awareness.*
- *Safety Net: A place to experience private events as they are—not as our minds tell us they are.*

Defusion

SELF AS CONTEXT

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

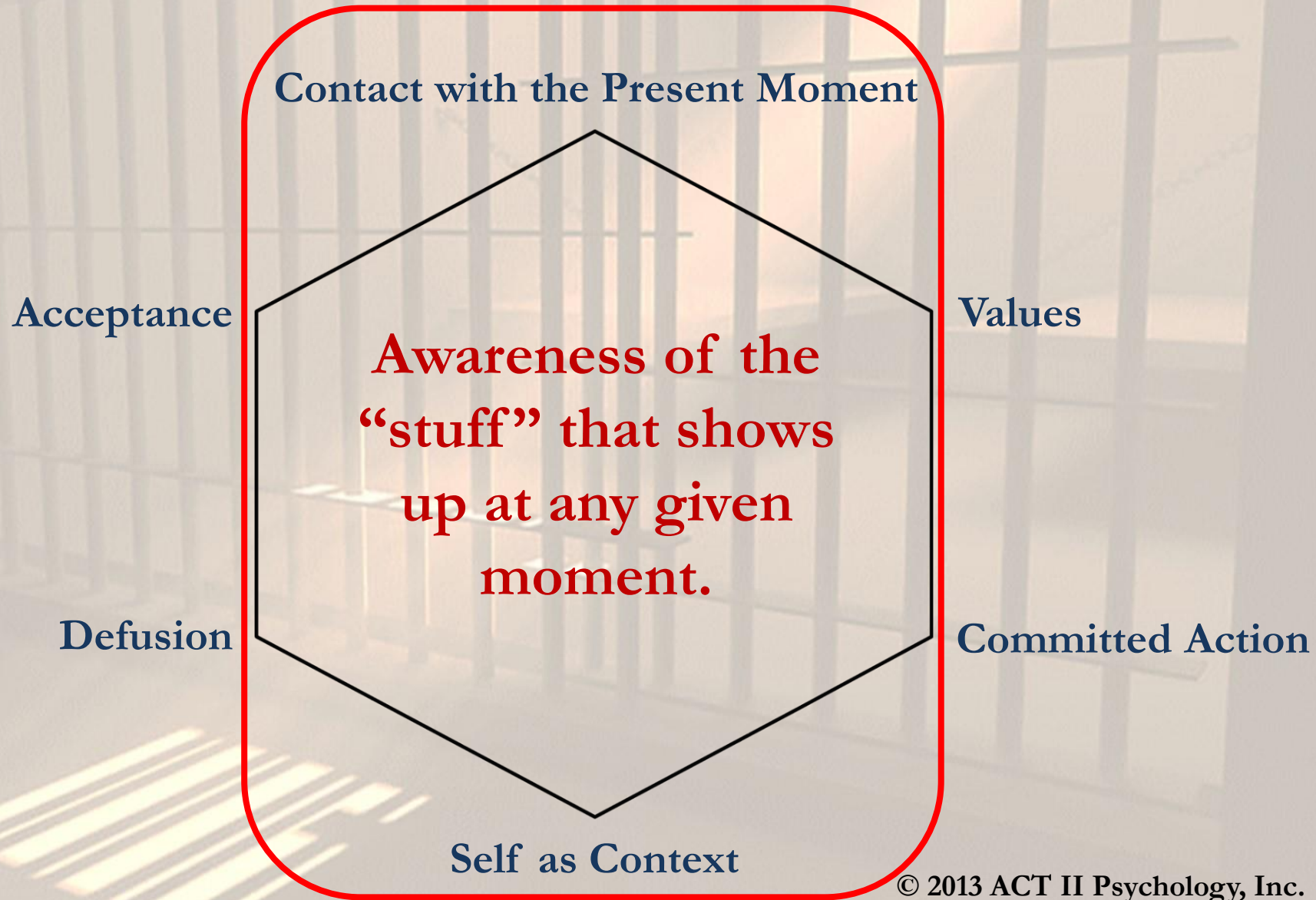
- How willing are you to spend your *Energy Buck\$[®]* on what really matters in your life?
- What steps are you willing to take in that direction?

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.

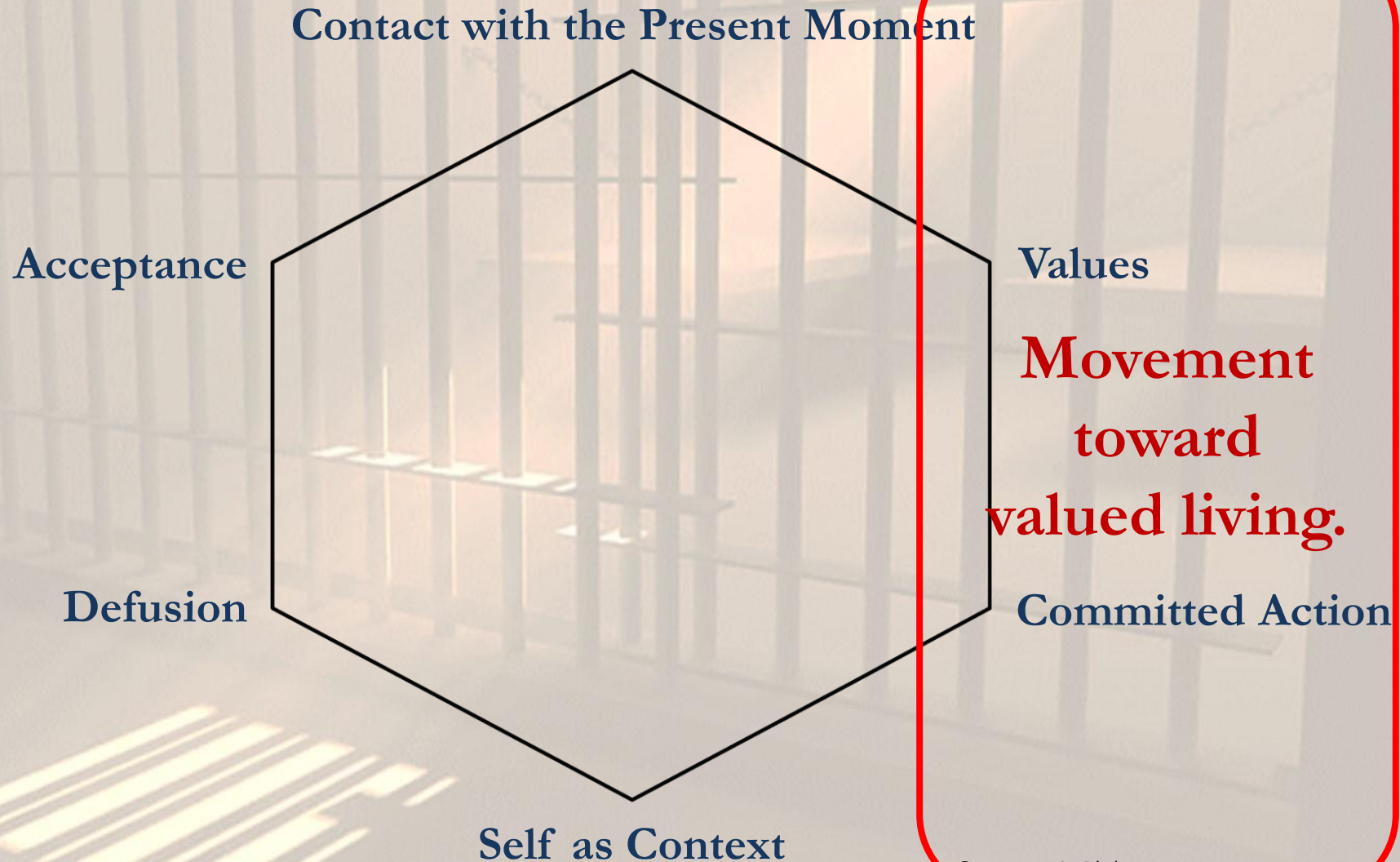
Defusion

Values

Committed Action

Self as Context

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

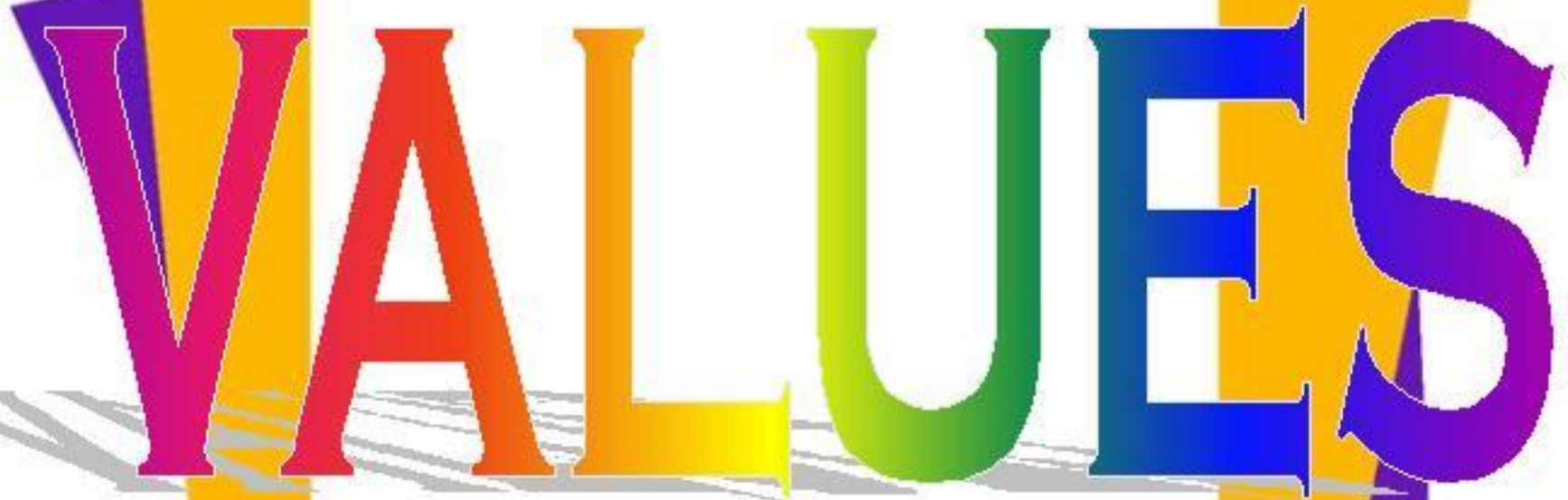


Energy Buck\$[®] Exercise

- ❑ 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 behavior, consequences, and *Energy Buck\$[®]* spent.
 - Identify 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, 2010)

THIS ACKNOWLEDGES THAT

John Doe

HAS IDENTIFIED _____

AS HIS DECLARED VALUE(S)

DAVID C. BRILLHART, PSY.D.

DATE



Values in **ACTION**

Commitment Script (R)

(Brillhart, 2012a)

ACT II Psychology

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(503) 400-7500 ■ www.actiipsychology.com ■ info@actiipsychology.com

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)



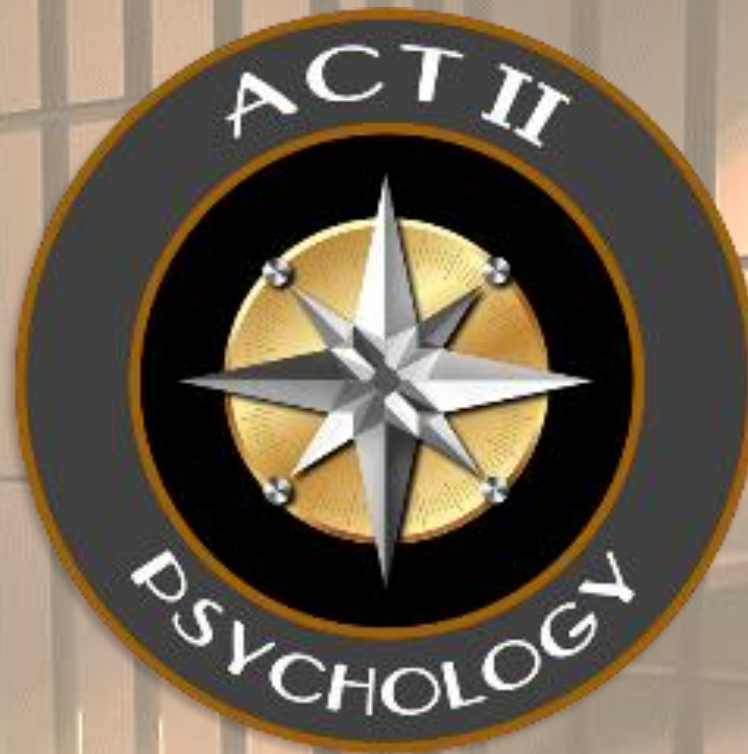
Role Play



Closing Mindfulness Exercise







Navigating Life Choices

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