

## Program Detail for Sunday, 5 October

### 1. Effective Case Conceptualization for Children and Teens from a Contextual Behavioral Perspective

Workshop (9:00-10:30am)

Components: *Conceptual analysis, Experiential exercises, Didactic presentation, Case presentation, Role play*

Categories: Clin. Interven. & Interests, RFT, Children and Teens

Target Audience: *Beg., Interm., Adv.*

**Location: Permeke**

Lisa W. Coyne, Ph.D., Harvard Medical School/McLean & Suffolk University

An important first step of working with young people and families involves case conceptualization to guide the application of contextual behavioral strategies. Even more critical is how to conceptualize in-session client behavior, as this directs what specific interventions to use, how to use them, whether and when to push forward, when to ease off, and when to offer multiple exemplars. This workshop will address these issues using didactics, experiential exercises, role plays, and case discussion. Participants will be able to apply contextual behavioral principles to case conceptualization, to assess the function of in-session child/teen behaviors, and choose effective and timely intervention strategies to address specific needs.

Educational Objectives:

1. Conceptualizing cases from a contextual behavioral (ACT/RFT) perspective.
2. Assessing the function of child/teen behaviors in session.
3. A basic understanding of how to incorporate RFT principles into case conceptualization.

### 2. The RFT of the Matrix (made simple)

Workshop (9:00-10:30am)

Components: *Conceptual analysis, Experiential exercises, Didactic presentation*

Categories: Clin. Interven. & Interests, RFT, intervention

Target Audience: *Beg., Interm., Adv.*

**Location: Alto/Mezzo/Tempo**

Benjamin Schoendorff, MSc, Contextual Psychology Institute, IUSMM, Montreal

The matrix is an effective tool to promote valued living in the most varied intervention contexts -- both in the clinic and beyond. Though deceptively simple, it is a sleek vehicle powered by a roaring RFT engine. This workshop presents in a light-hearted way how

you can use the power of RFT through the Matrix.

Through experiential exercises and interactive exchanges you'll see how the diagram activates a network of relations that helps make avoidant action less probable and valued action more probable -- all thanks to matrix-activated derived relational responding!

This is RFT for the ungeek that will also make your RFT-geek heart sing! Whether you know nothing about RFT, RFT scares you or RFT keeps you awake at night, there is something for you in this workshop.

Educational Objectives:

1. Describe the main relational frames activated by the matrix.
2. Implement RFT-derived matrix interventions.
3. Implement perspective-taking and hierarchical framing interventions to get unstuck.

### 3. ACTing on your values when facing struggle as a therapist

Workshop (9:00am-12:15pm)

Components: *Experiential exercises, Didactic presentation, Case presentation, Role play*

Categories: Performance-enhancing interventions, Prof. Dev., ACT skills training

Target Audience: *Interm., Adv.*

**Location: Holbein**

Rikke Kjelgaard, MSc, ACT Danmark & Human ACT Sweden

Do you ever "get stuck" as a therapist when doing ACT? Does some of your clients press your "hot buttons"? Do you ever find yourself struggling and thinking about "what do I do next?" or feeling anxious, scared or stressed in therapy? In this workshop we will work on clarifying your therapist values and defining what is "difficult" about "difficult" clients. Through discussions, demonstrations and roleplays we will then work on these difficult clients and look at the processes from an ACT perspective. The goal will be to broaden your repertoire as a therapist and become more flexible when working with difficult clients while sticking to your valued direction therapist behaviors. This workshop is aimed at therapists with at least a basic knowledge of ACT. This workshop is run by licensed psychologist and peer reviewed ACT trainer Rikke Kjelgaard from Scandinavia. She has previously had very positive feedback from

participants who has attended this workshop on various ACT conferences in Scandinavia and worldwide. Rikke is an experienced trainer and presenter.

Educational Objectives:

1. Identify and list your "hot buttons" in therapy.
2. Clarify/construct your therapist values.
3. Broaden your behavioral repertoire when being under pressure.

#### **4. The Flexible and Compassionate Therapist: Art and Science of Compassion in Clinical Training and Supervision**

Workshop (9:00am-12:15pm)

Components: *Conceptual analysis, Experiential exercises, Didactic presentation, Role play*

Categories: Superv., Train. & Dissem., Clin.

Interven. & Interests, Prof. Dev.,

Compassion

Target Audience: *Beg., Interm., Adv.*

**Location: Willumsen**

Stanislaw Malicki, University of Social Sciences and Humanities, Warszawa, Poland

In the past decade the role of compassion in psychotherapy met with growing interest in different theoretical approaches and became the subject of an increasing number of studies. The growing body of research, however, is not accompanied by the growth in the availability of training programs aimed at increasing compassion and self-compassion in clinicians.

The workshop takes up this challenge and addresses the topic of compassion and self-compassion in the context of clinical training and supervision.

In its didactic dimension the workshop highlights the theoretical underpinnings and rationale for applying compassion to all aspects of psychotherapeutic work. It also provides learners with a conceptual framework allowing them to operationalize compassion and self-compassion in a CBS-consistent way.

In its practical dimension the workshop teaches how to enhance the therapist's own ability for compassion and self-compassion using the traditional ACT processes aimed at enhancing psychological flexibility.

During the workshop compassion is primarily thought of as a value-based behavior anchored in psychological flexibility. But compassion is also viewed as a context of change – the context that facilitates and supports psychological flexibility as well as the

broadening of behavioral repertoire in the therapist and the client.

Although the theoretical issues will be presented and discussed in the workshop, didactics will be well-balanced with experiential exercises. Participants will be invited to a personal journey through different aspects of their own practice. Work with challenging therapy situations, "compassion fatigue" and burnout issues will be addressed during the workshop as well.

Educational Objectives:

1. Participants will learn to conceptualize and operationalize compassion and self-compassion in terms of the core ACT processes.
2. Participants will learn to apply ACT-based interventions to enhance own self-compassion and compassion towards clients.
3. Participants will learn to utilize self-compassion and compassion in challenging therapy situations in order to enhance own flexibility and prevent burnout.

#### **6. ACT with Compassion: Using ACT to Work with High Self-Critical and Shame-Prone Clients**

Workshop (10:45am-12:15pm)

Components: *Experiential exercises, Didactic presentation, Case presentation, Role play*

Categories: Clin. Interven. & Interests, Prof.

Dev., self-compassion

Target Audience: *Beg., Interm.*

**Location: Permeke**

Jason Luoma, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Jenna LeJeune, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Shame is an important part of the clinical picture for many clients, particularly those who are struggling with chronic depression, complex trauma, addiction, eating disorders, stigma, and prejudice. Until very recently, few research-based interventions have been available to guide clinicians in treating chronic shame. However, new research into shame is finally beginning to identify effective interventions to help therapists navigate this difficult landscape. One such intervention is Acceptance and Commitment Therapy (ACT).

In an ACT approach to shame, rather than trying to reduce or eliminate shame, psychological acceptance techniques encourage clients to notice shame and other difficult feelings more fully, while reducing their

conditioned link to problematic action, such as avoidance behavior. Negative self-judgments such as "I'm damaged goods" or "I am broken" are addressed by cognitive defusion: noticing the process of thinking, letting go of attachment to the literal content of thoughts, responding to thoughts in terms of the workability of behavior tied to them, and then shifting attention toward values-based actions. In this workshop, participants will have the opportunity to observe and experience a variety of defusion, acceptance, mindfulness, and perspective-taking interventions designed to target shame and self-criticism.

The workshop will describe the ACT theory of self and how this informs interventions for chronic self-criticism and shame. The use of various perspective taking exercises to develop more compassion for self and other will also be emphasized. Therapists can expect to walk away with an increased experiential and practical understanding of how to use acceptance, mindfulness, perspective-taking, and values interventions with clients suffering from chronic shame and self-criticism.

This workshop is intended for those with little knowledge of ACT to those with advanced experience. Those experienced with mindfulness might benefit from new practices based on ACT. Some previous familiarity with ACT would likely be helpful for this workshop, but those completely new to ACT but interested in issues of self, intimacy, the other, shame, self-criticism, mindfulness, compassion, or perspective taking should all find something of value in this workshop.

#### Educational Objectives:

1. Discuss the relevance of shame as a contributor to a variety of psychological problems.
2. Use theory around perspective taking to guide the implementation of compassion focused interventions.
3. Use at least three new techniques to help clients with shame.

### **7. Using ACT with Acute and Chronic Health Issues**

Workshop (10:45am-12:15pm)

Components: *Conceptual analysis, Experiential exercises, Didactic presentation, Case presentation, Role play*

Categories: Clin. Interven. & Interests, Beh. med., Self as Context

*Target Audience: Beg., Interm., Adv.*

**Location: Alto/Mezzo/Tempo**

JoAnne Dahl, Ph.D., University of Uppsala, Uppsala Sweden

Bodily symptoms as for example the experience of pain is meant to alert us to possible threat and danger. Throughout life we must learn to find ways of relating to physical sensations we experience. Unfortunately, drug corporations in the western world have an invested interest in establishing avoidance of physical sensations as the norm.

All physical changes require adaptation. An ACT approach to physical symptoms teaches the patient to 1) open up to the physical sensations of the symptom, 2) become aware of what is the reality of the physical sensation as opposed to the thoughts or feels or emotional reactions to the sensations and 3) ACT in a direction which is helpful and meaningful.

This presentation will demonstrate how to teach useful effective ways of relating to physical symptoms in ways that can help patients move forward and live lives of meaning and integrity together with acute or chronic symptoms. Demonstration of specific techniques include Self as context as a perspective taking and acceptance as exposure to acute pain.

#### Educational Objectives:

1. Conceptualize any physical symptom using a behavior analysis and ACT model.
2. Implement a self as context exercise for any physical symptom and implement exposure in terms of acceptance.
3. Assess effectiveness of exposure.

### **9. Compassionate ACT: Exploring Compassion Focused Therapy and Resonance Within the ACT Framework** Workshop (1:30-5:00pm)

Components: *Conceptual analysis, Experiential exercises, Didactic presentation, Case presentation, Role play*

Categories: Clin. Interven. & Interests, Prof. Dev., Theory & Philo., Compassion Mindfulness

*Target Audience: Beg., Interm., Adv.*

**Location: Permeke**

Martin J. Brock, MSc, University of Derby

Recent advances in psychotherapy theory and practice have suggested that compassion may be a significant, active process in psychotherapy effectiveness (Gilbert, 2010; Baer, 2010; Hofman et. al., 2011; Goetz et. al., 2010; Neff et. al.; 2007).

As a result, cognitive and behavioral technologies are emerging, which aim to directly train clients to develop mindful compassion as an element of the treatment of anxiety and depression (Gilbert, 2010; Tirsch, 2012; Neff & Germer, 2011).

This presentation will introduce participants to the theory and interventions used in Compassion Focused Therapy (CFT) (Gilbert, 2009).

CFT is based upon empirically supported psychological processes, affective neuroscience, evolutionary science, and meditation disciplines.

CFT employs a conceptual and technical approach that is consistent with ACT and other contextual CBT tools.

During this presentation, participants will explore, how CFT practices may be used to help clients with anxiety disorders.

Participants will learn an outline of the CFT evolutionary model, including the nature of our three basic emotion regulation systems, and how to apply this theory in practical ways to a case formulation and intervention that is consistent with the psychological flexibility model.

#### Educational Objectives:

1. Explore methods to help your clients to better regulate and tolerate anxiety, through the activation of their evolved capacity for mindful compassion.
2. Describe an outline of CFT's underlying evolutionary theory of emotion regulation, attachment, behavior and cognition.
3. Explore links between CFT and the ACT Model.

### **10. Increasing precision in Therapeutic connection - Unifying the power of attachment theory, primary-process emotional systems and functional analytic psychotherapy**

Workshop (1:30-5:00pm)

Components: *Experiential exercises, Role play*

Categories: Clin. Interven. & Interests.

Performance-enhancing interventions.

Therapeutic relationships

*Target Audience: Beg., Interm.*

**Location: Alto/Mezzo/Tempo**

Tien Mandell, MSc, The Thinking Space Psychology Service - Private Practice

Mavis Tsai, Ph.D., Private practice and University of Washington

This workshop unifies attachment behavior research and the concepts of Functional Analytic Psychotherapy (FAP) into ACT consistent treatment terms to address the importance of bonding relationships for fostering client change. Participants will learn to increase precision in the identification of clients' clinically relevant behaviours (towards and away moves that manifest within the therapist-client relationship), and to identify the underlying functions of these behaviors based on Panksepp's seven primary process emotional systems (care seeking, caretaking, lust and sex, fear and anxiety, anger, play, grief and separation). Through experiential exercises, participants will practice describing their own primary-process emotional systems that are activated, attune to the emotional rather than content level of their workshop partners' communications; identify and describe hidden messages, avoidances, or indirect communications of needs; and increase awareness of how their own attachment styles can foster or impede more emotionally connected and behaviorally transforming interventions.

#### Educational Objectives:

1. Describe and track your body language, visceral sensations, and micro-expressions associated with each of the seven primary process emotional systems; Focus on function of communication style and the deeper meaning of what is being expressed rather than overt content.
2. Assess for clinically relevant behaviours by looking at the range and flexibility of behaviors arising from each emotional system.
3. Build a consistently nurturing therapeutic relationship as context to reinforce behavioural change.

### **11. Mindfulness for Three: Mindful Peer Counseling Supervision**

Workshop (1:30-3:00pm)

Components: *Experiential exercises, Didactic presentation,*

Categories: Superv., Train. & Dissem., Clin.

Interven. & Interests, Supervision

*Target Audience: Beg., Interm., Adv.*

**Location: Holbein**

Igor Krnetic, Ph.D., University of Banja Luka & Private Practice

ACT clinician does not simply move flexibly from one therapeutic target to the next simply based on moment-to-moment whim. Some of the struggles therapists have in therapy are

about what ACT processes to use, when and how to.

Through peer counseling supervision during the workshop, participants will be mindfully and compassionately guided how to work flexibly with ACT processes and how to make moment-to-moment decisions on why and when to use which ACT processes both in treatment and supervision. Because peer counseling supervision is not a role play, participants will not only observe and practice ACT processes, but will also experience ACT processes from a client, supervisee and supervisor perspective.

Peer counseling supervision is especially suitable method for teaching and guiding ACT beginners while providing ACT treatment during the peer counseling under direct supervision in real time.

#### Educational Objectives:

1. Learn techniques to provide mindful and compassionate peer counseling supervision and to shape supervision based on the supervisee's needs in real time.
2. Understand and experience ACT processes from a client, supervisee and supervisor perspective.
3. Gain skills in compassionately and mindfully addressing experiential avoidance and cognitive fusion within the supervisory relationship.

## 12. A New ACT Protocol for Treating Couples

Workshop (1:30-5:00pm)

Components: *Original data, Experiential exercises, Didactic presentation, Case presentation, Role play*

Categories: Clin. Interven. & Interests, Clin. Interven. & Interests, Superv., Train. & Dissem., Prof. Dev., Theory & Philo., RFT, couples, relationship and communication problems

*Target Audience: Interm., Adv.*

**Location: Willumsen**

Avigail Lev, Psy.D., Palo Alto University

This workshop will provide a complete ACT protocol for a new and innovative approach to treating couples. It is based on research from a randomized control trial, which tested a defusion-based treatment for couples struggling with stories (primary pain) in relationships that create a self-fulfilling prophecy (secondary pain). The research outcomes from this RCT will be provided and

its findings will be discussed. It is common for couples to develop rigid behavioral coping responses (experiential avoidance) and patterns that are driven by old stories, predictions and expectations in relationships. These coping responses provide short-term relief for interpersonal distress, but result in long-term relationship damage. These include experiential avoidant behaviors such as clinging, withdrawing, attacking, reassurance seeking, defending, explaining, controlling, or demanding.

This new ACT protocol is designed to treat couples in troubled relationships by identifying common relationship stories (primary pain) that trigger particular avoidance strategies (experiential avoidance) and result in interpersonal dysfunction and damaged relationships (secondary pain).

Materials covered will include a conceptual framework, experiential exercises, role-plays, utilizing creative hopelessness, building willingness to experience the unavoidable pain in relationships, cultivating mindfulness, exposure to affect, identifying values-based intentions in relationships and working with barriers to values-based actions.

#### Educational Objectives:

1. Participants will be able to identify six maladaptive "stories" that create couple distress and 10 avoidance strategies that damage relationships.
2. Participants will be able to use mindfulness skills to identify each moment of withdrawal/avoidance as it occurs in session.
3. Participants will be able to use exposure and values-based behavioral options to change response patterns of distressed couples.

## 14. ACT in Multidisciplinary teams: experiences from Belgium

Workshop (3:15-5:00pm)

Components: *Experiential exercises, Didactic presentation*

Categories: Org. Beh. Management, Superv., Train. & Dissem., psychosis

*Target Audience: Interm.*

**Location: Holbein**

Joris Corthouts, Psychiatric Hospital St Hiëronymus  
Tinne Deboel, Psychiatric Hospital ASSTER  
Jorëll Beyens, Psychiatric Hospital St Hiëronymus  
Selien Van der Mast, Psychiatric Hospital St Hiëronymus

During this workshop two Belgian organizations will present the implementation of ACT in their

multidisciplinary teams. Following the presentation, participants will experience parts of our group-sessions.

Since 2010, the Centre for Psychosis at St Hiëronymus (St Niklaas) has integrated ACT in the existing recovery vision. This integrated view had a major impact on the treatment and counselling process of clients, as well as on the aim of hospitalization. Most importantly, we notice that we are increasingly working from an equality perspective with clients and that the goal of our guidance is more clearly aimed at achieving quality out of life, regardless of symptoms. In the presentation we will guide participants through the on-going implementation-process.

The implementation of ACT in 2007 at the psychiatric hospital Asster (St Truiden) challenged our thinking about working with a variety of disorders and had a huge impact on all involved. The path and process to implementation at a multidisciplinary team level and the process of restructuring a day treatment center for multiple disorders into one for psychosis will be highlighted; barriers and opportunities will be discussed. In a second part of the contribution the focus will be on the effects of the ACT-implementation within the broader network, both at the individual and at the organizational level.

Next to these lectures, participants will get insight into how ACT is integrated in the everyday life at the wards. To illustrate this dynamic, we model various group sessions in which the participants will be treated as clients.

#### Educational Objectives:

1. Demonstrate implementation processes for integrating ACT in multidisciplinary teams.
2. Create disciplinary ACT-sessions.
3. Utilize ACT in wards for people who experience psychosis.