

ACT_{ing}

on your values

- *when facing struggle as a therapist* -

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Agenda

- Looking at therapist behavior when struggling with difficult clients
- Contacting and observing "our monsters"
- Validating each other in our common fate
- Looking at our struggle through ACT processes
- Roleplays, exercises and demonstrations

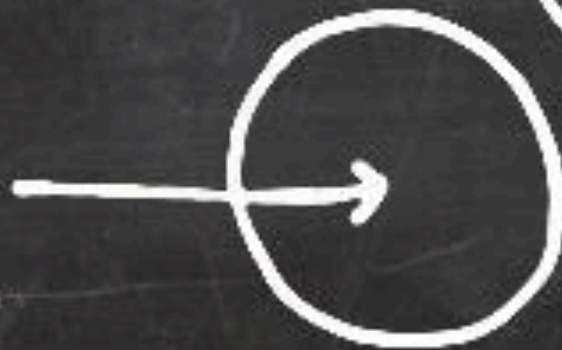
In the service of what?

**Being the best therapist you
can be while ACTing on your
values!!**

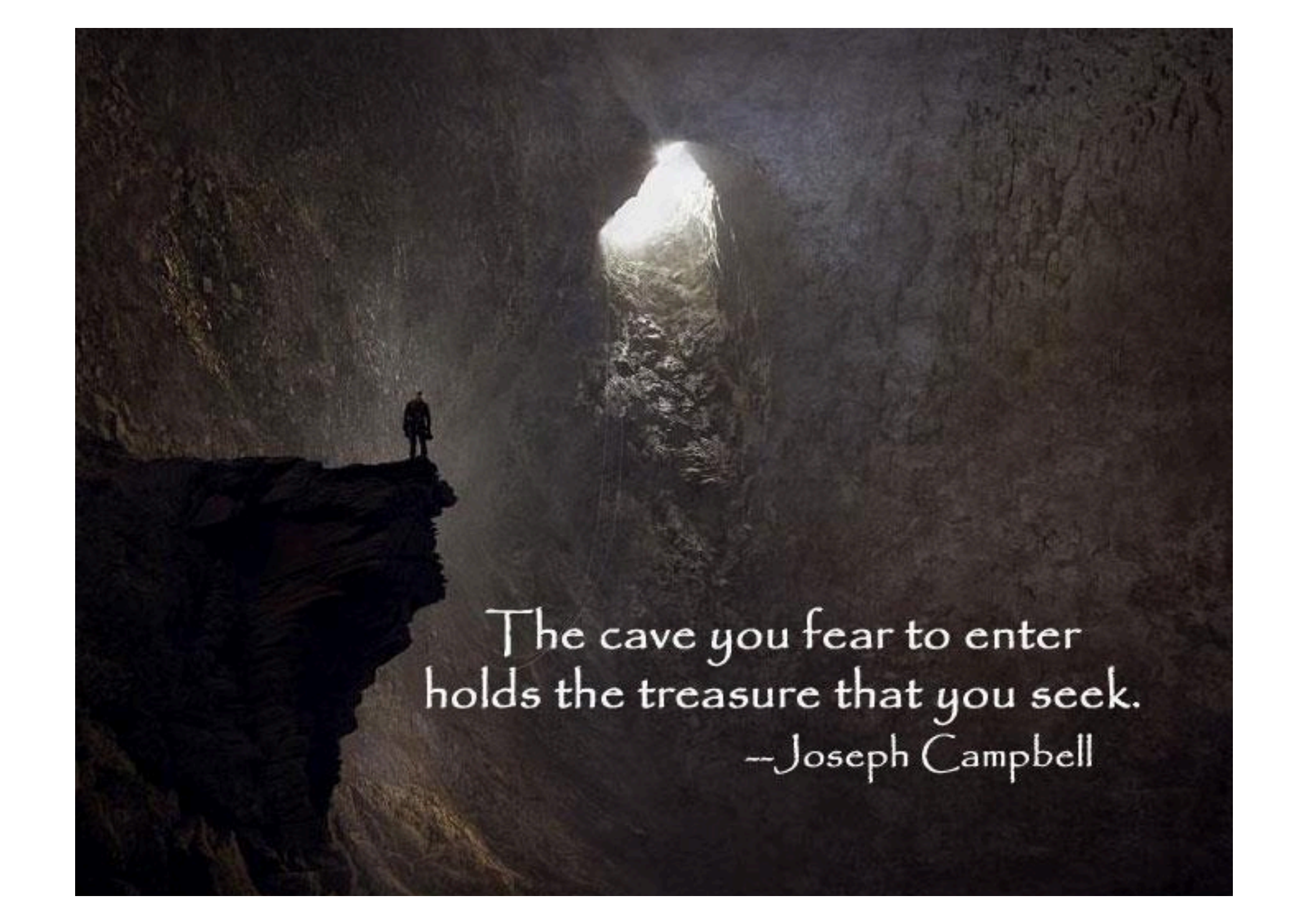
But how?

By broadening your behavioral repertoire and your psychological flexibility!

Your
Comfort
Zone



Where the
magic happens

A photograph of a person standing on a dark, rocky ledge inside a cave. The person is looking towards a bright, glowing opening in the distance, which appears to be the entrance to another part of the cave. The walls of the cave are dark and textured, and the overall atmosphere is mysterious and adventurous.

The cave you fear to enter
holds the treasure that you seek.
--Joseph Campbell

In small groups: "Hot buttons"

- When do you feel "stuck" in therapy?
- Which "hot buttons" do you have in the therapy room?
- What feelings and thoughts show up?
- What do you *do* when someone presses your "hot buttons"?



Therapist avoidance behavior

- Writing on whiteboard
- Taking extensive notes
- Drinking/eating
- Giving homework assignments
- Making contracts
- "The Sales Talk"
- "The Science Talk"
- Blaming clients
- Ruminating on what to do next
- Other...?



In small groups:

Therapist values

- What are your therapist values?
- If you were ACTing according to your values, what would that look like in the therapy room?
- What would you do less often?
- What would you do more often?
- What would you have to make room for in order to do that?

In small groups

- Choose a patient that really presses your "hot buttons"
- Share with your group what you would normally do
- Share with your group what valued behavior would look like with this client
- Roleplay, give feedback and take turns

I am not good enough

<http://www.youtube.com/watch?v=XHGBeg6AnMo>

Check out a podcast on this subject:

<http://webtalkradio.net/internet-talk-radio/2014/03/03/act-taking-hurt-to-hope-struggling-with-your-own-feelings-when-helping-others/>

JoAnne Dahl interviews Rikke Kjelgaard on the struggle with our own emotions when helping others.



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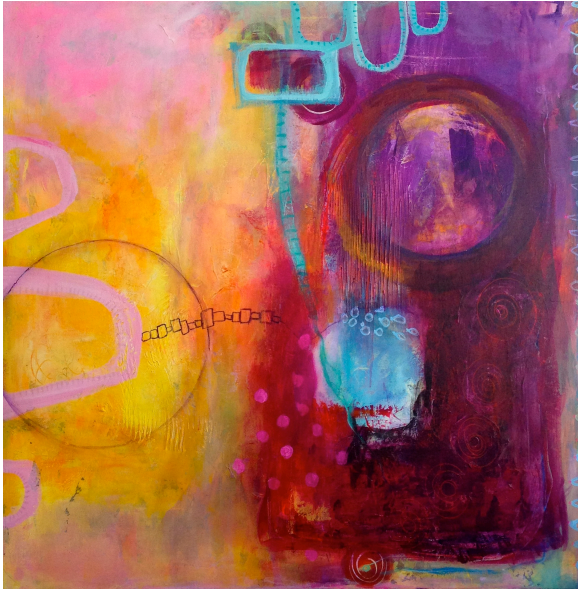
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[And then there is Rikke. The Artist.]



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