

CHOOSING ACT

"Project 2010" for our ward

- o "general" population -> specific psychiatric problems
 - » Psychosis
 - » Bipolar disorders
- o Therapeutic angle
 - » Rehabilitation -> recovery
 - » Behavior Therapy -> ACT

TOP DOWN

CHOOSING ACT


"Project 2010" for our ward

- o Behavior Therapy -> ACT with psychosis?
 - Bach, P. & Hayes, Steven C. (2002)
 - Pankey, J., & Hayes, S. C. (2003)
 - Bach, P. A., Gaudio, B. A., Pankey, J., Herbert, J. D., & Hayes, S. C. (2005)
 - Gaudio, B.A., & Herbert, J.D. (2006)
 - Pérez-Álvarez, M., García-Montes, J. M., & Perona-Garcelán, S. (2008).

PATHWAY OF IMPLEMENTATION


PATHWAY OF IMPLEMENTATION

- Spring 2009: Information sessions for co-workers
 - Reorganisation in general
 - Future population and practice for the different wards
- Autumn 2009: co-workers choosing for a ward
- January 2010: one-day workshop "ACT with Psychosis" (Dr Goessens)
- March – november 2010: 12 hour in-company-training for each staffmember



PATHWAY OF IMPLEMENTATION

- September 2010 Sharing ACT with general practitioners
- 2011 working-visit Asster St Truiden (MTD ACT based team)
- January 2012: one day workshop with focus on defusion – multidisciplinary work (Marco Kleen)
- June 2012: Afternoon symposium about Recovery – ACT (Eric Morris)



PATHWAY OF IMPLEMENTATION


- October 2012 Leonardo Life Long Learning Project (EU)
 - 10 people of 2 MDT's
 - 2 weeks internship at SLaM, London (UK)
- 2012-2013: multidisciplinary working visits from other centres – giving symposia
- October 2013: one day workshop with focus on double diagnosis (Ellen Excelmans)



PATHWAY OF IMPLEMENTATION

■ April 2010: start multidisciplinary intervision groups


- One hour monthly
- "Binding"
- 2010: talking about ACT-topics
- 2011: Q&A theory and practice
- 2012: introduction case-conceptualisation
 - One personal case per year required



PATHWAY OF IMPLEMENTATION

■ 2010 - ...: discussing and integrating policy

- Topics:
 - Medication
 - Family
 - (il)legal drugs
 - ...
- Based on
 - Scientific findings
 - Experience
 - Team values



EVERYDAY PRACTICE




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2010: ACT by psychologists

2011:

- **"Compass"**
 - Weekly
 - Open group sessions
 - Focus: Value-work
- **"Break"**
 - Weekly
 - Open group sessions
 - Focus: Defusion – Self-as-context


From day 1:
Shaping co-workers (Nurses & Occupational therapists) as co-therapists



EVERYDAY PRACTICE

2012:


- **"Attention-practice and Mindfulness"**
 - Weekly
 - Open group sessions
 - Focus: Here-and-now – Self-as-context
- **"The Step"** and change "Compass"
 - Compass: seeking values
 - The Step
 - Weekly
 - Open group sessions
 - Focus: Translation from Values to Behavior (SMART)



EVERYDAY PRACTICE

2012:


- **"The Thought"**
 - Translation and modification of
 - Louise Hayes and Julie Rowse(2008). Acceptance and Commitment Therapy: Experiential Adolescent Group Program.
 - Kevin Polk's Matrix
 - 8 session protocol with non-verbal mediums
 - **Led by occupational therapists**



EVERYDAY PRACTICE

2012:

- **"LargoACT"**
 - Small MTD team with more room for experiments
 - Dayprogramme for early psychosis/At Risk population
 - Age 18 till 35
 - 12 weeks
 - Individual programme
 - Attendance "The Thought"
- **Therapeutical partnership with VDIP**
 - Psychosis Early detection team
 - Sharing training
 - Protocols (GGZ Waas&Dender – Hayes & Rowse)

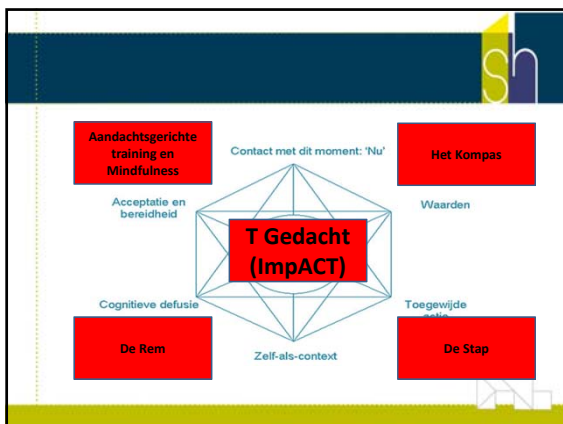


EVERYDAY PRACTICE

2013:

- Rethinking "the Thought"
 - Modification to 6 sessions
 - Led by occupational therapists and psychologists
- (further) Training co-workers for weekly sessions
- Start ImpACT & ACTrunning





New perspectives in treatment

The implementation of ACT at a multidisciplinary team level

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The context

- ▶ **Setting**
 - day treatment centre
 - variety of diagnoses
 - focus on resocialisation & rehabilitation
 - behavioural therapy
- ▶ **Difficulties**
 - Different visions because of the variety of disorders
 - Patients who seem to be "stuck"

Why choose ACT?

- ▶ **Bottom up process**
 - In house seminar by Francis De Groot in 2007
 - Positive results with specific patients who seemed to be "stuck"

The implementation

- ▶ Literature
 - ACT: an experiential approach to behavior change (S. Hayes; K. Strosahl & K. Wilson)
 - The happiness Trap (R. Harris)
 - Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (S. Hayes)
- ▶ In company training
 - 2008
 - 2011

Intervision

- ▶ First monthly (literature)
- ▶ Every two weeks (1 h):
 - Practicing: video & role play
 - ACT-interventions in different therapy-sessions: preparation, discussion and evaluation
 - ACT-conceptualisation of a specific patient

Research

- ▶ Effectiveness
- ▶ In co-operation with KU Leuven
- ▶ 2010-2013
- ▶ 6 week evaluation of
 - Symptoms(BSI)
 - Fusion (FAQ-Y)
 - Quality of Life (WHQoL)
 - Activities (MAS- MDT)

Research

- ▶ 36 patients included
 - 22 followed the whole pathway
 - 14 drop-out
- ▶ Diagnose:

◦ psychotic disorders:	10 patients
◦ Mood disorders:	15 patients
◦ Substance related disorders:	8 patients
◦ Personality disorders:	2 patients
◦ Anxiety disorders:	1 patient

Barriers we've encountered

- ▶ Need of engagement of everyone in the MDT
- ▶ Support from the management necessary
- ▶ Rolling with resistance
- ▶ Insecurity about "therapeutic skills"
- ▶ Impact on everyone (professional and personal)

Effects on the broader network

- ▶ Different visions on symptoms and treatment
 - Different messages to patients
- ▶ Need to increase the familiarity with ACT within the network
 - Symposium about working with ACT
 - Visits from partners to our day treatment centre
 - Article in hospital magazine
 - Dialogue with network partners on case level

2013: a year of many changes

- ▶ Restructuring into 2 separate day treatment centres
- ▶ Implemente ACT into the 2 day treatment centres
- ▶ Challenges:
 - A lot of changes on different levels
 - New team members (50%)
 - Top down implementation of ACT
 - Integrate ACT in the new day treatment setting

The practice (until 2012)

- ▶ Weekly ACT-session (psychologist and nurse as co-therapist)
- ▶ Specific ACT-based sessions by the occupational therapist
- ▶ ACT-based sessions by movement therapist
- ▶ ACT-consistent approach in everyday contact

ACT-conceptualisation

- ▶ Observations from the perspective of every MDT-member
- ▶ Integration of the MD observations
- ▶ Results in ACT-focus points
- ▶ Integrated in electronic patient case file

The practice (2014)

- ▶ Day treatment center for depression, anxiety & personality disorders:
 - Weekly ACT-session
 - ACT-consistent approach in group therapy
 - Specific ACT-based sessions by the movement therapist
 - Mindfulness training (optional)

- Reading in team: "Time to ACT!" (Jansen, G. & Batink, T., 2014)

The practice (2014)

- ▶ Day treatment center for psychosis:
 - ACT-interventions in group therapy
 - ACT-exercises integrated by the occupational therapist
 - ACT-interventions by the nurses

- Reading in team: "Het leven is geen feest" (Rokx, A., 2011)
