

ACT_{ing}

on your values

- when facing struggle as a therapist -

Rikke Kjelgaard



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

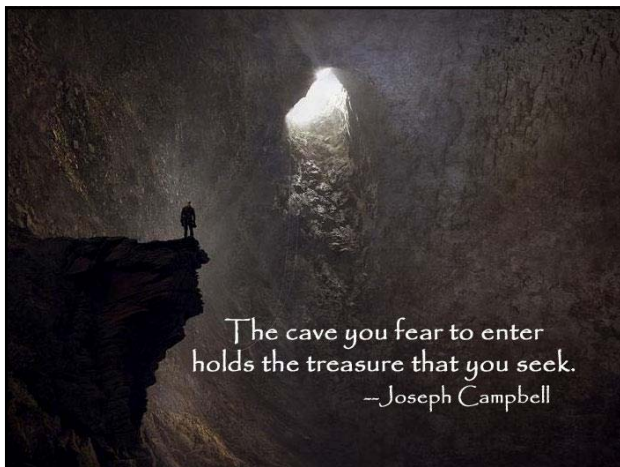
In the service of what?

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

But how?

By broadening your behavioral repertoire and your psychological flexibility!





In small groups: "Hot buttons"

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



Therapist avoidance behavior

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

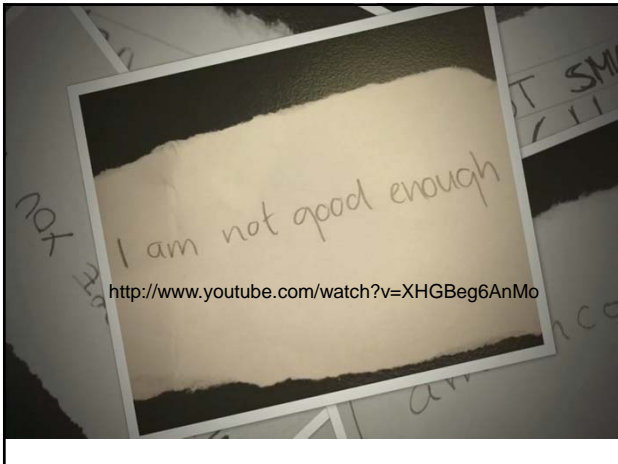


In small groups: Therapist values

- 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



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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[And then there is Rikke. The Artist.]



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