



ACBS World Conference
SAN FRANCISCO
— June 14-19, 2022 —

IGNITE: Session 2

ACT Auntie's Island...

Ray Owen

ACT Auntie's Island

Dr Ray Owen
DRO Psychology Services, UK



Disclosure

Relevant Financial Relationships:

- Employed in independent practice therapy/supervision/consultation/writing
- Contracts with National Health Service, Voluntary Sector organizations, Universities and private practitioners
- Receive royalties from Routledge publications for books written on ACT-related topics

Relevant Nonfinancial Relationships:

- On research advisory groups for various related research programmes





THE ACT AUNTIE...
COMBINING ART WITH ACT
TO TEACH LIFE SKILLS
TO HELP & EMPOWER YOU!



Louise Gardner: ACT Auntie



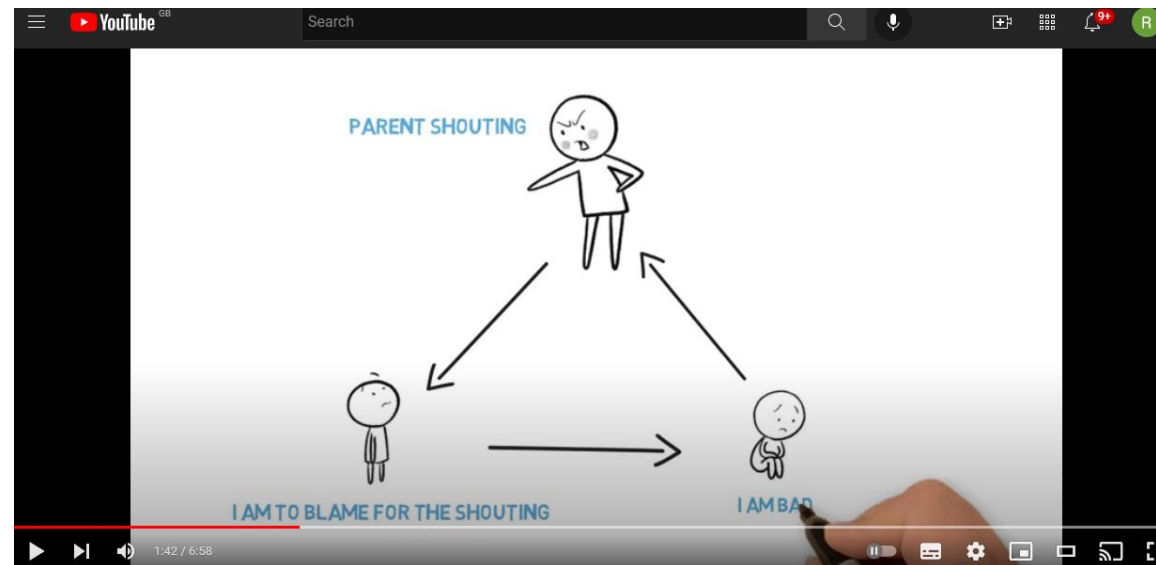
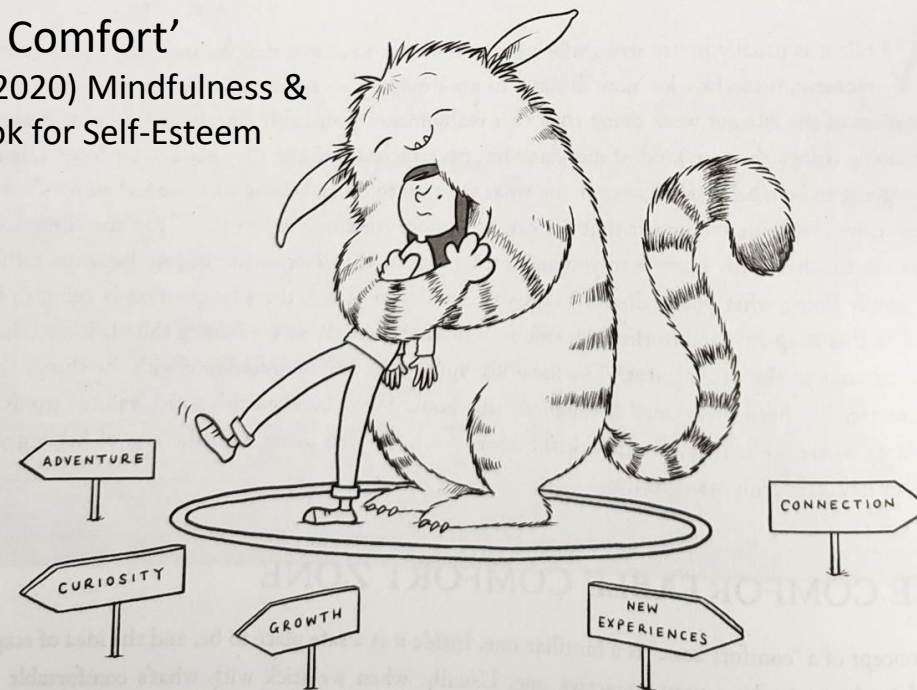
BUT IN OUR PRESENT DAY ITS WARNINGS ARE NOT ALWAYS HELPFUL



The Happiness Trap
© Russ Harris 2018
Illustrations by Louise Gardner

'The Cost of Comfort'

from Oliver & Bennett (2020) Mindfulness & Acceptance Workbook for Self-Esteem



Charlene Rayburn, CVCC

Leadership & Personal Coach

- December 2017: Met in one of Russ Harris's online courses
- Instantly got on, thought alike, developed long-distance friendship
- Charlene shared the positives of a coaching model, which Louise loved
- Began to jointly develop an idea...

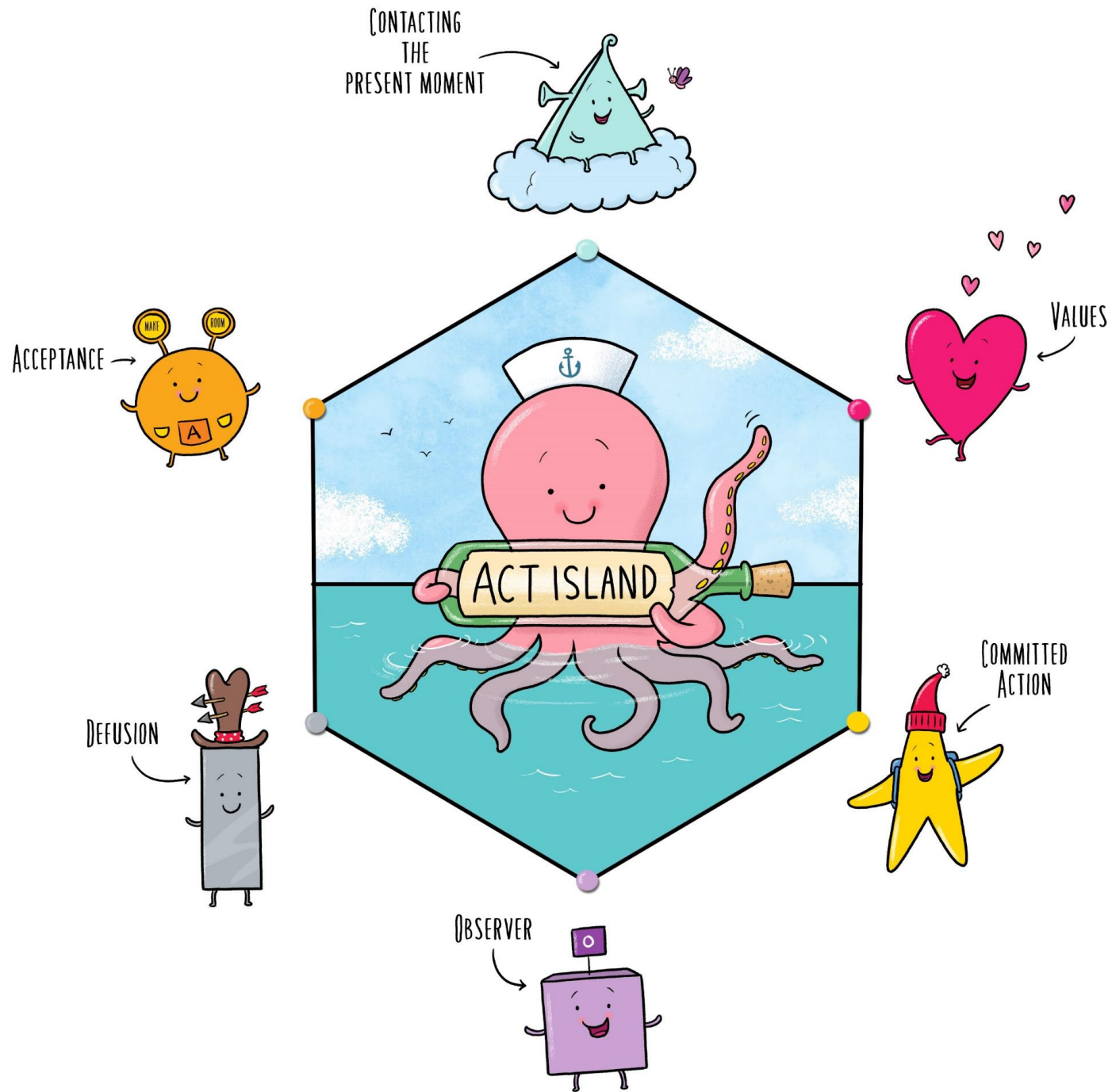


“an online coaching conversation that anyone could join”

“a website with fun and hopefully lovable characters, tell their stories, develop their personalities and relationships, explore and experience through their challenging adventures”

“an Island where website visitors could “sail away to” for connection, community, teaching moments around ACT and coaching”





Bunnies pop up anywhere
with advice / tips

- Where would
choice point / doorway of decision
go

SWAMP
JUNGLE
CAVES

HOOFY CACTUS
QUICK AND
CANYON FOR TUG OF
WAR WITH MONSTER
(OR SHOULD THAT
be in Acceptance?)



BEACH
ROCKPOOLS
LIGHTHOUSE
SEASHHELLS
TREASURE?

(contacting the present moment)
Be fully
present

WILD FLOWER MEADOWS /
COUNTRYSIDE
FLOWERS
WATERFALL
TREES

(planting seeds
pictary values bouquet
painting scenery
connect with nature)

Hills & valleys
Forest



steamship
or
sailship?

RIVERS / ADVENTURE
CLIMBING / SWIMMING
ROWING

(The observer self
(also you awareness))

ICY MOUNTAINS | CALM / CLEAR
EAGLE VIEW | OBSERVATORY | TIME TRAVEL MACHINE

Bunnies pop up anywhere
with advice / tips

- Where would
choice point / doorway of decisions
go



SWAMP
JUNGLE
CAVES

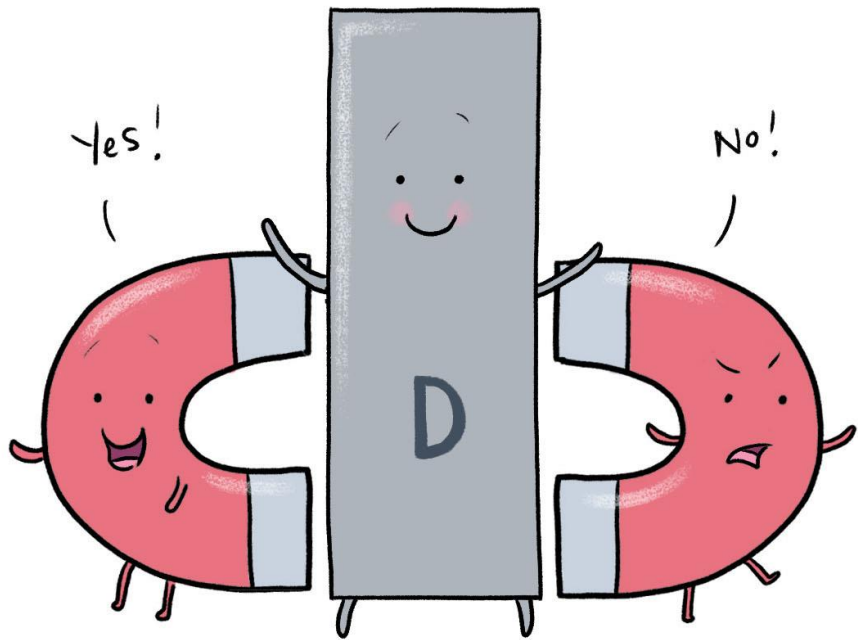
ACCEPTANCE
POINT

DEFUSION
DESERT

HOOKY CACTUS
QUICK AND
CANYON FOR TUG OF
WAR WITH MONSTER
(OR SHOULD THAT
be in Acceptance?)

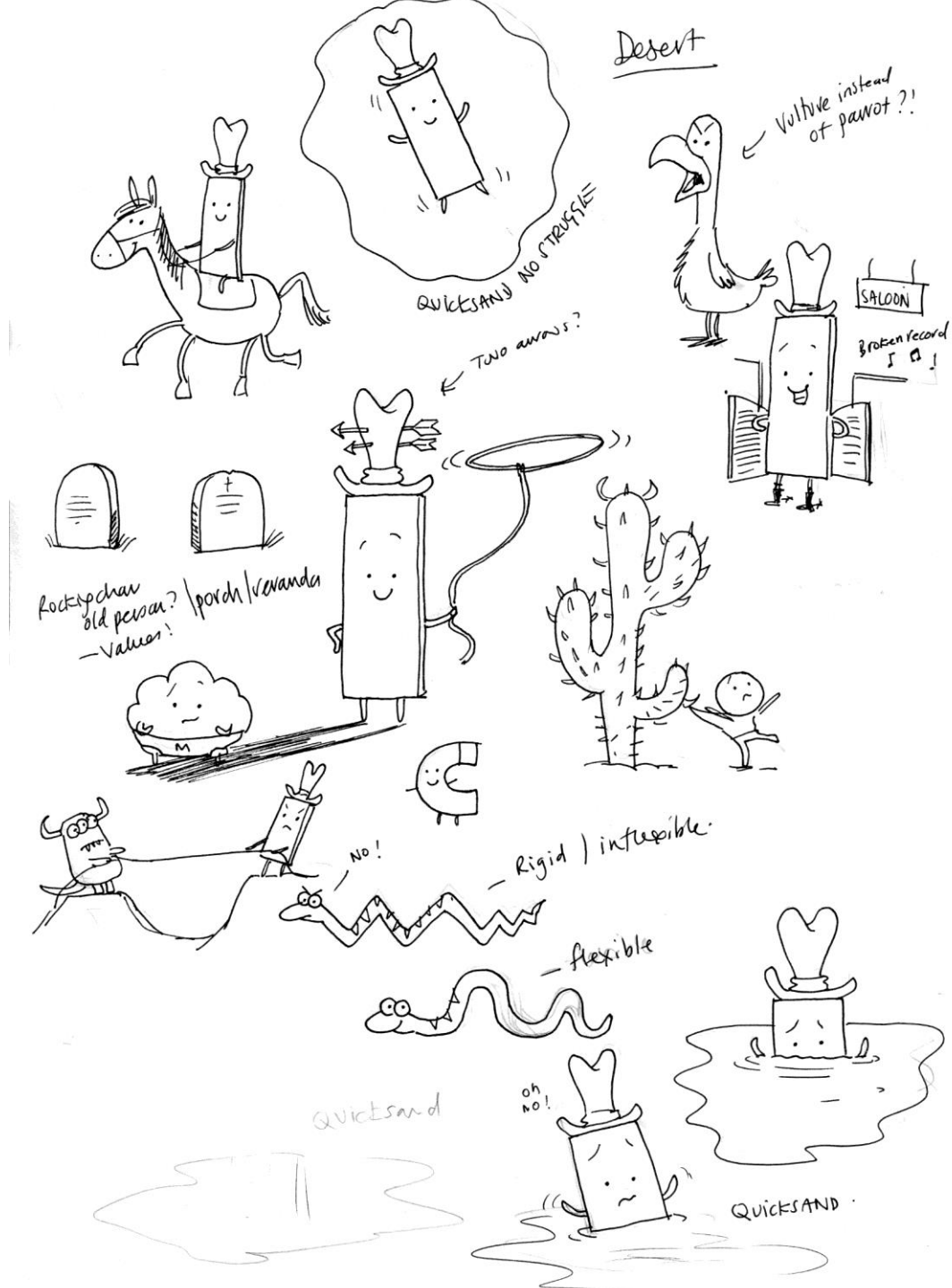
ANA

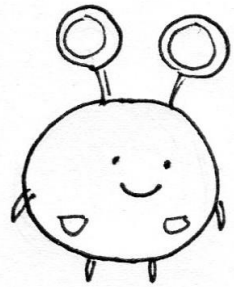
GLA
CC



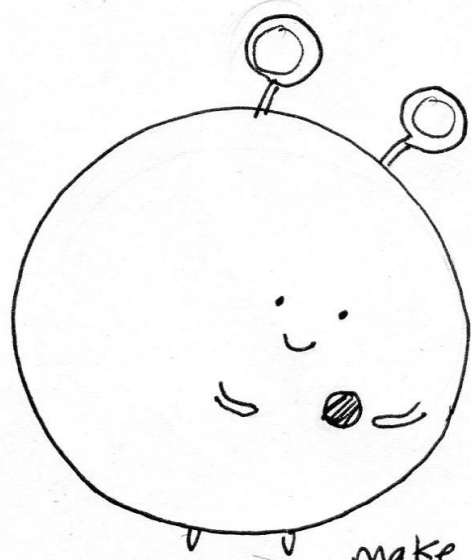
clinging

resistance

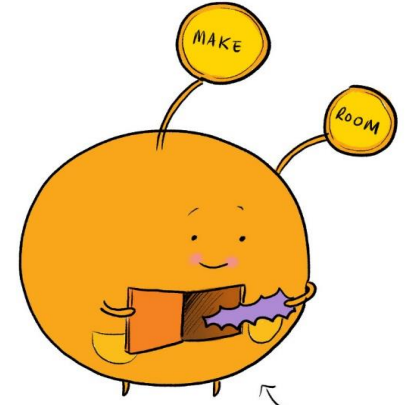
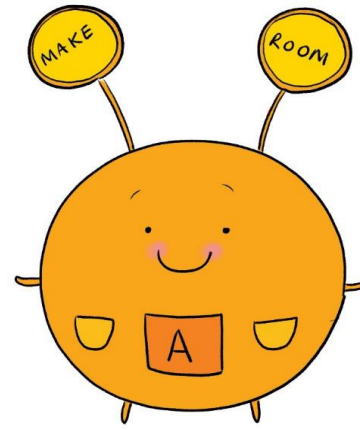




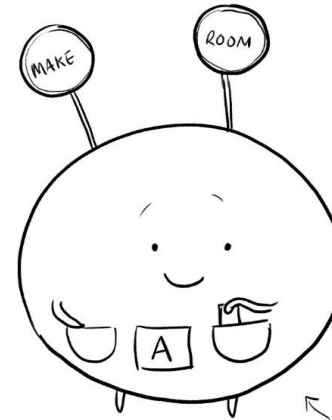
Difficult
feeling



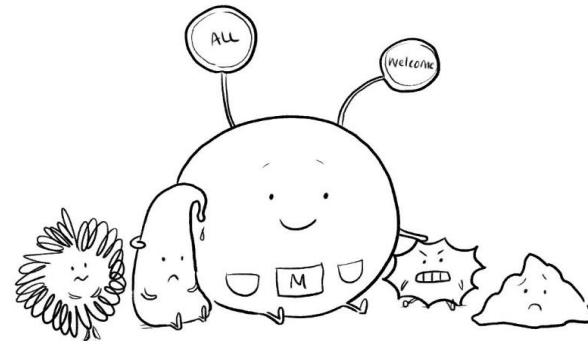
make room



Making room
for difficult
emotion



Carrying
difficult
thoughts
in pocket



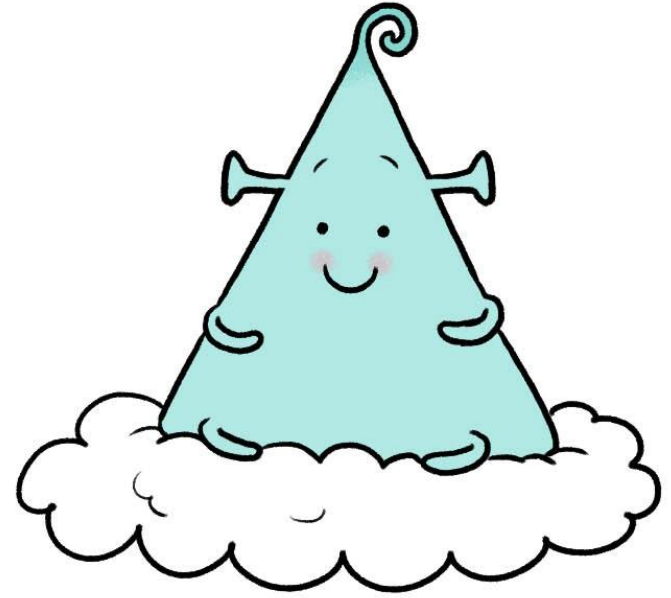
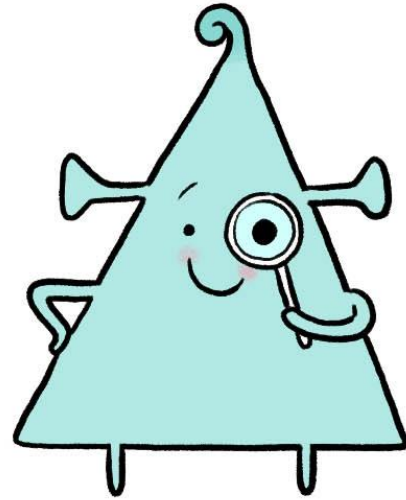
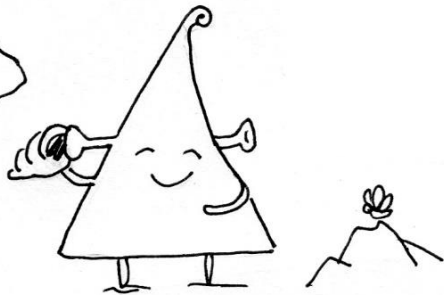
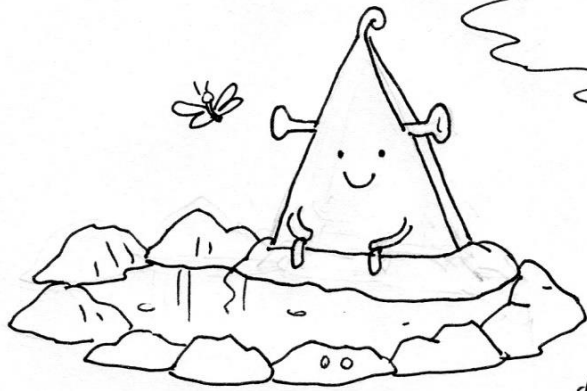
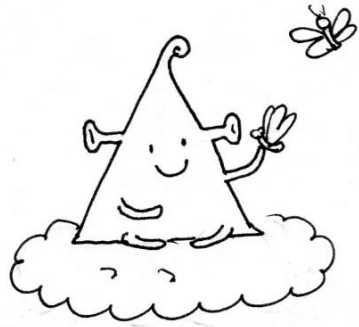


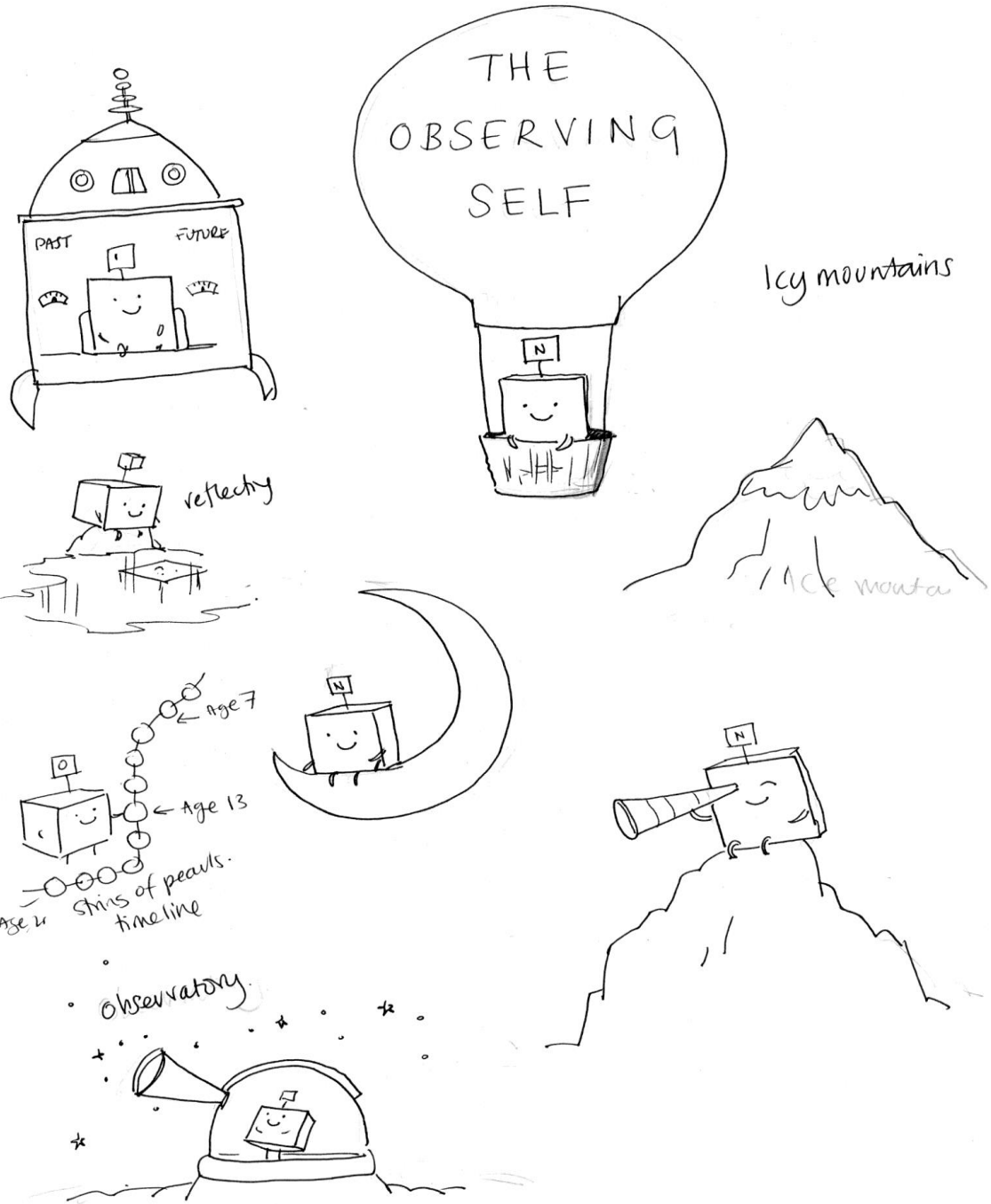
BEACH
ROCK POOLS
LIGHTHOUSE
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TREASURE?

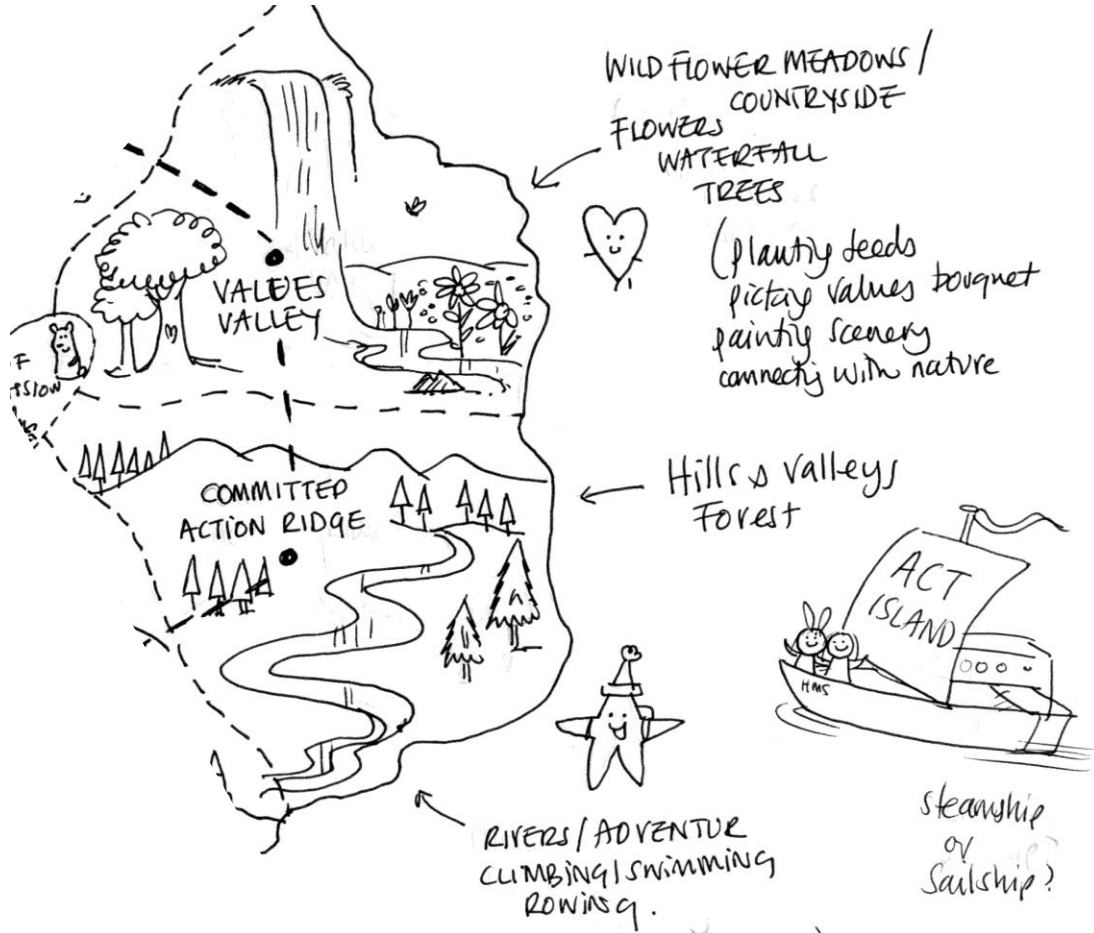
(contacting the present moment
Be fully present)

(The observing self
(all in you awareness))
ICY MOUNTAINS | CALM | CLEAR
EAGLE VIEW | OBSERVATORY | TIME TRAVEL MACHINE

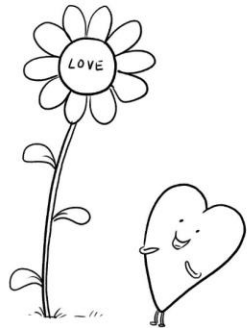
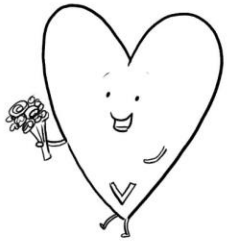
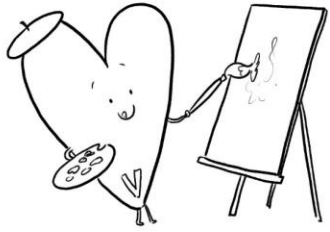
Beach.







VALUES



flower meadows



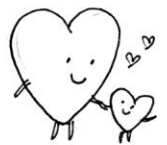
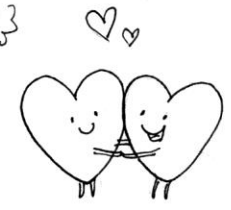
What makes your heart sing?

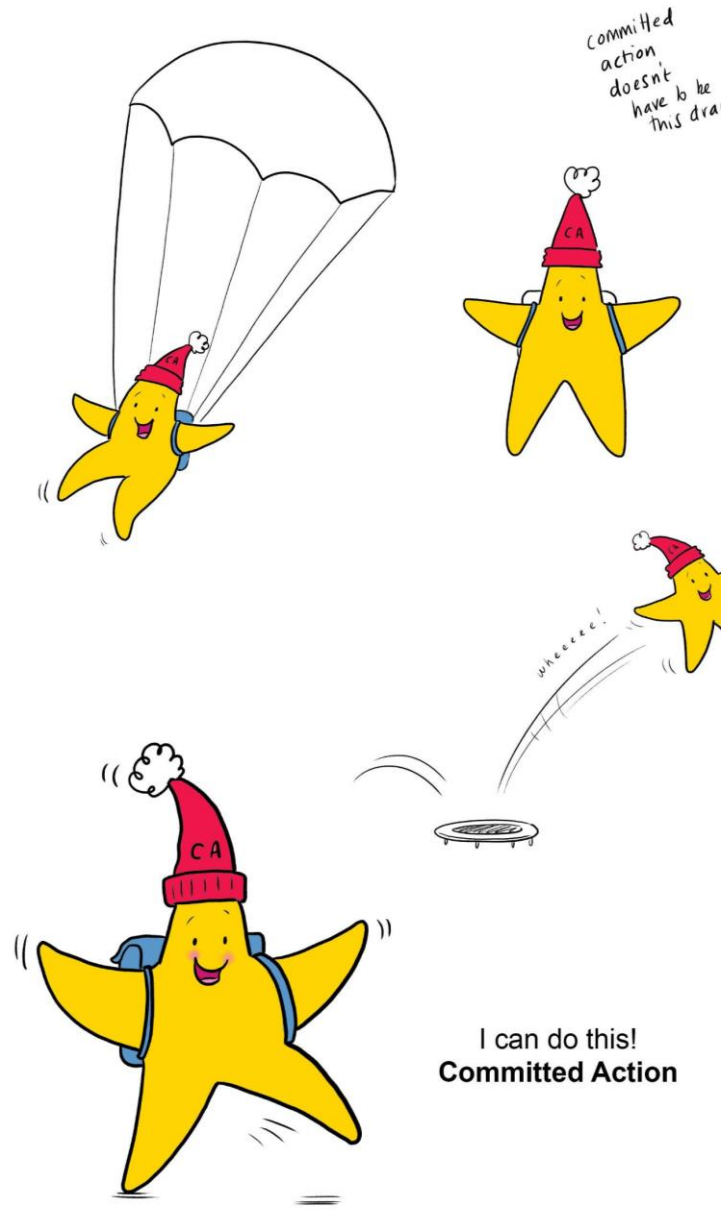


What values do you want to cultivate?



Pick your seeds





And then....

- Events happen
- Situations change
- Charlene has to withdraw

And then....

- Louise died
February 2021



A Dedication Louise Gardner (ACT Auntie)

We all experience difficult emotions sometimes
It's OK to feel whatever you feel



©ACT Auntie

- Charlene asks Mike Sinclair and me to see if way to honour the work done
- This presentation
- Illustrations available on ACBS website if people wish to use appropriately

To access the designs:

https://contextualscience.org/act_aunties_island_images_by_louise_gardner

