5 MISTAKES YOU DON'T WANT TO MAKE AS AN (ACT) THERAPIST

HERAPIST

HERAPIST

RINGENSED PSYCHOLOGIST & ACT TRAINER

RINGENSED PSYCHOLOGIST & RINGENSED PSY







"

RIKKE KJELGAARD

VERY COOL AND

CONFIDENT

WOMAN

99



"

RIKKE KJELGAARD
STUPID AND
INCOMPETENT

99

2. WILL

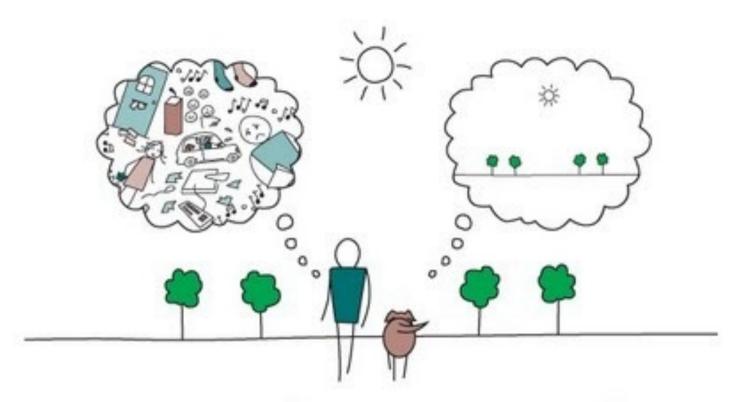
WHAT'S THE FUNCTION?

- Engaging in content and not transformation of function
- Reinforce "non-workable" behaviors (e.g. extensive reason-giving)
- Do not reinforce expansion of behavioral repertoire (e.g. client pauses or leans in when she normally runs away)
- Punishment of emotional expressions from client (e.g. frustration anger, sadness...)



A: FULL OF MIND. NOT MINDFUL.

FULL OF MIND. NOT MINDFUL.



Mind Full, or Mindful?

FULL OF MIND - NOT MINDFUL

- Talking about ACT without actually doing ACT
- Rigidly following rules withouth being sensitive the actual consequenses
- Keep doing the same thing and expecting different results
- Looking good being right being in control

3: WE ACT AS IF WE'RE NOT IN THE SAME BOAT

WE ARE IN THE SAME BOAT

"The single most remarkable fact about humans existence is how hard it is for humans to be happy"

Steven Hayes



We may have all come on different ships, but we're in the same boat now.

(Martin Luther King, Jr.)

izquotes.com

THERE IS NO "WE" AND "THEM" ONLY "US".

2: FEAR OF DOING MISTAKES

FEAR OF DOING MISTAKES

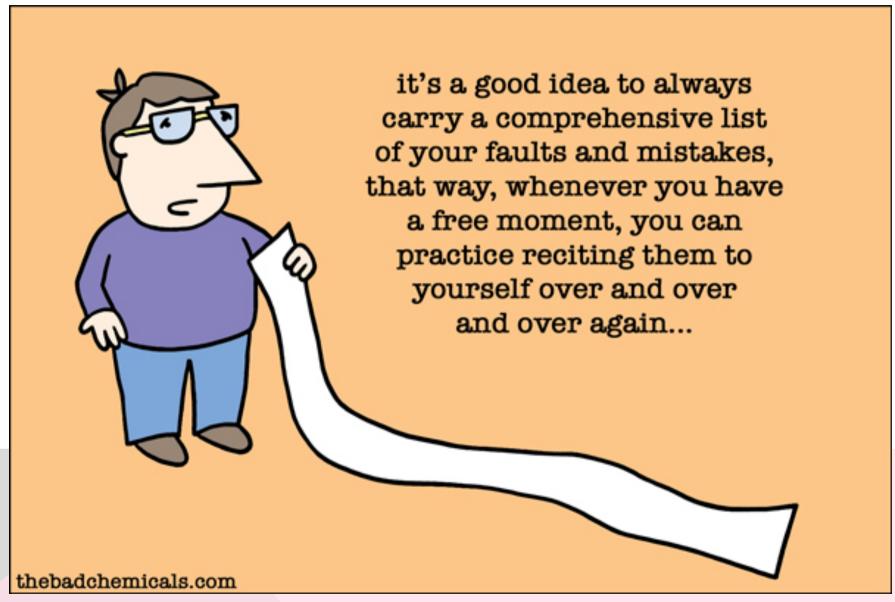
Narrowing our behavioral repertoires

Missing out on new learning opportunities



A: I AM A BAD THERAPIST!

I AM A BAD THERAPIST!





A moment of self-compassion can change your entire day. A string of such moments can change the course of your life. "Christopher K. Germer



www.rikkekjelgaard.com/slides

