

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

RIKKE KJELGAARD
LICENSED PSYCHOLOGIST & ACT TRAINER







”

RIKKE KJELGAARD
VERY COOL AND
CONFIDENT
WOMAN

”





”

RIKKE KJELGAARD
STUPID AND
INCOMPETENT

”

5: WTF?

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...)



4: FULL OF MIND. NOT MINDFUL.

FULL OF MIND. NOT MINDFUL.



FULL OF MIND – NOT MINDFUL

- Talking about ACT without actually *doing* ACT
- Rigidly following rules without being sensitive to the actual consequences
- 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

Your
Comfort
Zone



Where the
magic happens

1: I AM A BAD THERAPIST!

I AM A BAD THERAPIST!



it's a good idea to always carry a comprehensive list of your faults and mistakes, that way, whenever you have a free moment, you can practice reciting them to yourself over and over and over again...



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

