

Context, Connection and Compassion: Theoretical Applications of ACT for People with Appearance Concerns

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Experiential Exercise

Cancer

- Chemo-related hair loss



Cancer

- Women with breast cancer reported more distress about losing their hair compared to losing their breast (Benjamin et al 2002)



Bald is beautiful.

Cancer took her worries. It wasn't going to take her life. After a long and difficult struggle, Sharon Blynn found herself in remission. She learned a lot from the experience. "Cancer can be ugly. The people who fight it are anything but." Today, Sharon is the proud founder of "Bald is Beautiful," an organization that helps cancer patients feel beautiful while they fight for their lives.

At Bristol-Myers Squibb we believe that the will of the patient, matched by our desire to find breakthrough medicines, can make all the difference. For more about Sharon and others who are prevailing over serious diseases, go to www.bisb.com.

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Cancer

- Chemo-related hair loss
- Steroids cause swelling
- Loss of mobility
- Amputation



Neurofibromatosis Type 1

- Autosomal dominant condition affecting 1:3500
- Symptoms highly variable
 - Plexiform Neurofibromas (PNs)
 - Dermal tumors



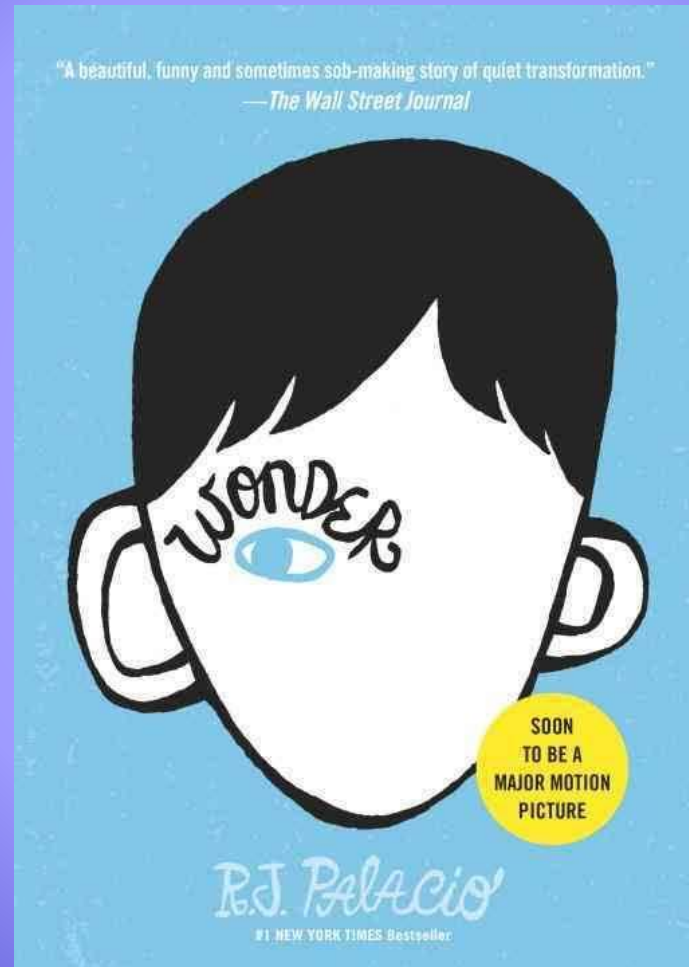
Theoretical Applications: The Three Cs

- Change the Context
- Strengthen Connections
- Foster Compassion

Change the Context

- Physical Environment/surroundings
- Internal perspective
- Create new relational frames

Change the Context



Change the Context



Change the Context

“When I went back to school the next day, the first thing I noticed was that there was a big shift in the way things were. A monumental shift...Everyone – not just in our grade but every grade – had heard about what had happened to us with the seventh graders, so suddenly I wasn’t known for what I’d always been known for, but for this other thing that had happened.”

Change the Context

“Before when I thought about the future there was always a perfect body somewhere in the frame. It really was a strong and fixed idea that my body had to change if I was going to be successful. Now I think different and realize instead that it’s things like work, studies, friendship, relationships, etc that make all the difference to how I feel and what kind of life I lead.”

Fogelkvist et al., 2016

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Change the Context

Examples of transformation of stimulus function

Connection

SURROUND YOURSELF WITH



THOSE ON THE SAME MISSION AS YOU



Connection

- Support groups
- Volunteering
- Fundraising events
- Social media

Connection



NF1 Awareness

Nonprofit Organization · 3,436 like this
Our little fighter goes by the name of W

 Learn More

 Like



Support Sisterz

Nonprofit Organization · 580 like this
SUPPORT SISTERZ is a non-profit organization comprised of brea...

 Message

 Like



Burns Violence Survivors N...

Non-Governmental Organization (NGO) · 1,922 like this
BVS-Nepal provides Medical/ Surgical support, Nutrition, Physioth...

 Message

 Like



Excema

Community · 47 like this

 Message

 Like



Excéma

Interest · 854 like this
L'eczéma est un terme médical désignant un syndrome pouvant c...

 Like



HIV Positive people

Community · 5,599 like this
Community for HIV Positive People. We Positive and we think Posi...

 Message

 Like



The Muscular Dystrophy Ass...

Nonprofit Organization · 2,272 like this
The MDA supports New Zealanders and their families living with N...

 Donate

 Like



Amputee Support Group

Community · 1,325 like this
The Amputee Support Group strives to provide counselling and su...

 Message

 Like

ular Dystrophy Ireland

★★★★ (30) · Nonprofit Organization · 5,533 like this
lar Dystrophy Ireland (MDI) is a support organisation for indi...

 Donate

 Like

Compassion



Compassion

- Compassion for self
 - audio meditations (K. Neff)
 - compassionate touch
- Compassion for others
 - through interpersonal connections (online or in-person)
 - experiential exercise to reinforce connections and compassion for similar others

“Everyone in the world should get a standing ovation at least once in their life because we all overcometh the world.”

—Auggie Pullman