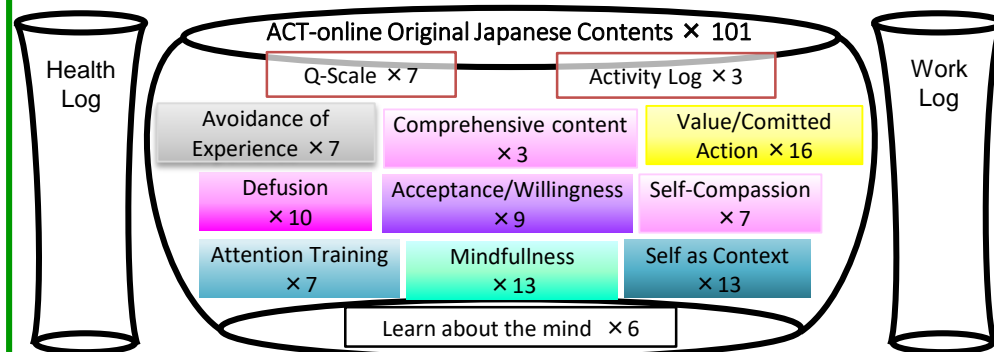


### [Purpose]

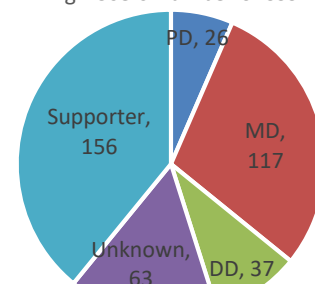
We introduce development including ACT-online original content and ACT effect in EIT(Employability Improvement Training) . And as a future task I would like to think about the extensibility of ACT-online.

## ACT-online in the Startline Support System



Support system that establishes functional workplace developed by Startline Co.,Ltd.

Fig1.Users Number of SSS



At the time of 2018/07, 48 companies, 2 research institutes, and 3 welfare facilities use SSS. There are 403 registrants to SSS, of which 247 are users and 156 are supporters.

**Metaphor of Waterfall** : This is a metaphor that compared the captivity of thought and emotion to the situation struck by the waterfall. Apart from continuing being struck by the waterfall, by looking at the waterfall at a distance, we will lead to understanding of **Defusion**, **Acceptance**, and **Self-as-context**.

**Metaphor of Garden** : This is a metaphor that compared our lives to compassioning for the garden in my mind. You will deepen your understanding of **Acceptance** and **Willingness** through the image of the garden where only you can take care. You will experience the effect of **Self-Compression** through forgiving someone you dislike.

### Sample of Original Exercise

**Metaphor of basin** : This is a metaphor that compared emotions and thoughts in our mind to ripples and fluctuations on the water surface of a water basin. By not touching the basin and leaving it as it is, we will lead to understanding of **Acceptance** and **Self-as-context** through the image of the water surface calm down.

**What were you born to do?** : From the womb memory and spiritual experience, you think that we chose mother by myself and received life in this world. You recall the starting point of life and try to deeply review the **Value** of your life, "what you wanted to do in your life?".

**Emotional jam** : This is a metaphor that compared the captivity of various emotions to the struggling among a pool of jams. You imagine a mental scenery brought about by tasting, observing, classifying, and organizing, not being caught by a jam of emotions. Through them, you will deepen understanding of **Defusion** and **Self-as-context**.

## Employability Improvement Training

- EIT was implemented for persons with disabilities using employment transition support agencies.
- Participants: 63 participants received 13EITs between 2016/1 and 2017/7.
- Purpose: Prepare for employment and acquire behavioral habits for long-term stable employment
- Content: 9days training of WorkSamples, ACT

Fig2.Disorder Type of EIT Participants

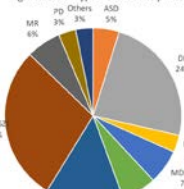
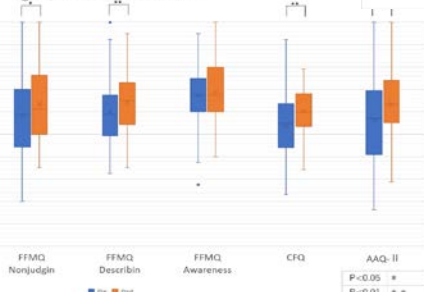
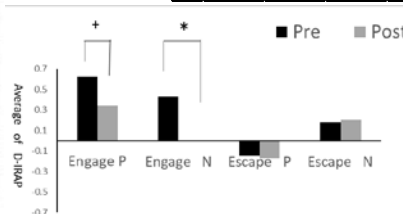


Fig3.Questionnaire Result of EIT



At EIT, Three questionnaire assessments (FFMQ, CFQ, AAQ-II) were carried out on Pre and Post. Results were calculated and T-test was conducted, the average values increased in all items, and there were significant differences in FFMQ "Observing", "Nonreact", "Nonjudg", "Describ", CFQ and AAQ-II.

※CFQ: The first subscale (cognitive fusion) is tabulated with the reversal item.

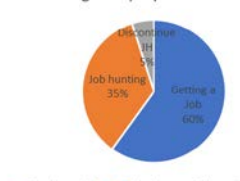


At EIT, Engage / Escape and Positive / Negative Word IRAP were carried out in Pre and Post. As a result of aggregating the average D-IRAP scores of 17 people who met the achievement criteria, and there were significant differences between Pre and Post of Engage-P and Engage-N.

Table1.Curriculum of EIT

	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8	Day9
10:00	Orientation	Writing in MN	Writing in MN	Writing in MN	Writing in MN	Writing in MN	Writing in MN	Writing in MN	Writing in MN
10:30	Explanation of Memory/Note	Assessment of WorkSamples	Psychosocialization of ACT	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Assessment of D-IAP
11:00	Explanation of HealthLog	Assessment of HealthLog	Exercises of ACT	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Individual Meeting
11:30	Assessment of Q-Scale	Training of WorkSamples	Exercises of ACT	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Assessment of IRAP
12:00	Assessment of WorkSamples	Training of WorkSamples	Exercises of ACT	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Assessment of IRAP
12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14:00	Individual Interview	Exercises of ACT Value / Committed Action	Exercises of ACT Business etiquette training	Exercises of ACT Business etiquette training	Exercises of ACT Business etiquette training	Exercises of ACT Business etiquette training	Exercises of ACT Business etiquette training	Exercises of ACT Business etiquette training	Exercises of ACT Business etiquette training
14:30	Assessment of IRAP	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples
15:00	Assessment of IRAP	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples
15:30	Assessment of IRAP	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples	Training of WorkSamples
16:00	Review of the day	Review of the day	Review of the day	Review of the day	Review of the day	Review of the day	Review of the day	Review of the day	Review of the day

Fig5:Employment Rate



The employment rate of the graduates of EIT at the time of 2017/12 was 60%. 35% had continued job hunting. Of those who got a job, 75% were in office work, 13% were in medical welfare work, and 4% were in factory work.

**Consideration** : From the results of the EIT, these were suggested that short-term training centered on ACT and WorkSample is effective for improving psychological flexibility and also helps to develop the readiness for employment. In future, I think that it will be necessary to engage in the spread of ACT-online and EIT as a training package.

Why do not you experience ACT-online?

Guest ID and password are prepared.

Please feel free to let me know. (fhaneda@nifty.com)