

# Bringing values to life in ACT: Moving from the conceptual to the experiential

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# Disclosures

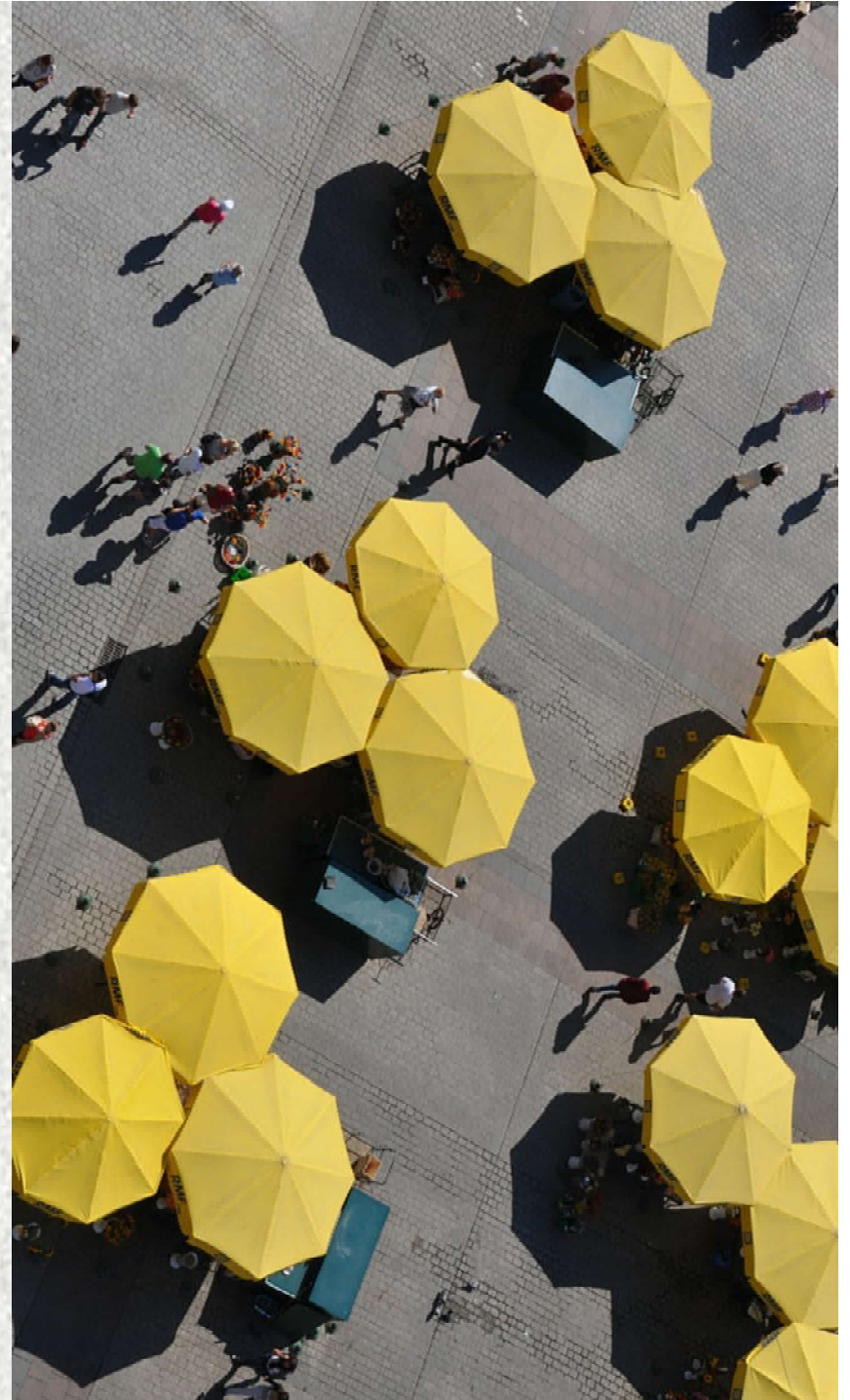
- We are owners of and employed by Portland Psychotherapy Clinic, Research, & Training Center.
- We are under contract with New Harbinger Publications to write a book on values.

If often takes a crisis to ask  
ourselves what really matters

What would it mean to you if  
you could give your clients  
those moments of clarity?  
(without the need for a crisis)

# Overview

- ✓ Brief didactic
- ✓ Demonstration
- ✓ Practice





# Qualities of effective values conversations

- ✓ Vitality
- ✓ Choice
- ✓ Present oriented
- ✓ Willing vulnerability





**Vitality**

# Choice

A person is silhouetted against a vibrant, colorful night sky filled with stars and the Milky Way galaxy. The sky transitions from a bright yellow and orange glow at the bottom to a deep purple and blue at the top. The person is standing on a dark, rocky hillside, looking up at the stars.

# Present moment



# Willing Vulnerability



# Values work demonstration

See one, do one.



## Exercise: Listening for the 4 qualities

Step 1: Eyes closed exercise (everyone participates)

Step 2: Writing (2 minutes)

Step 3: Values Conversation (one person is listener, one is speaker)

Step 4: Debrief

## Exercise: Listening for the 4 qualities

### **Speaker** – talk about:

- *How do you want to be with this person?*
- *What shows up for you as you think about being this way with this person?*
- *What are the most important qualities you are aiming to live out in your professional life?*

**Listener** – While trying to help the speaker articulate their values, listen for and try to evoke:

- *Vitality*
- *Choice*
- *Present Oriented*
- *Willing Vulnerability*



# Debrief: 1-2-4

What happened? What did you notice? What facts or observations stood out? How does this fit with a psychological flexibility model?

- Alone - Silent self-reflection on the questions (1 min.)
- Pairs - Generate ideas in pairs, building on ideas from self-reflection (2 min.)
- Foursome - Share and develop from your pair (4 min.)

A journey of a thousand miles  
begins with...

Facing in the direction  
you want to go

Over and over and over again



# The ACT Therapist



Thank you &  
let's make this a great  
WorldCon!!!



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