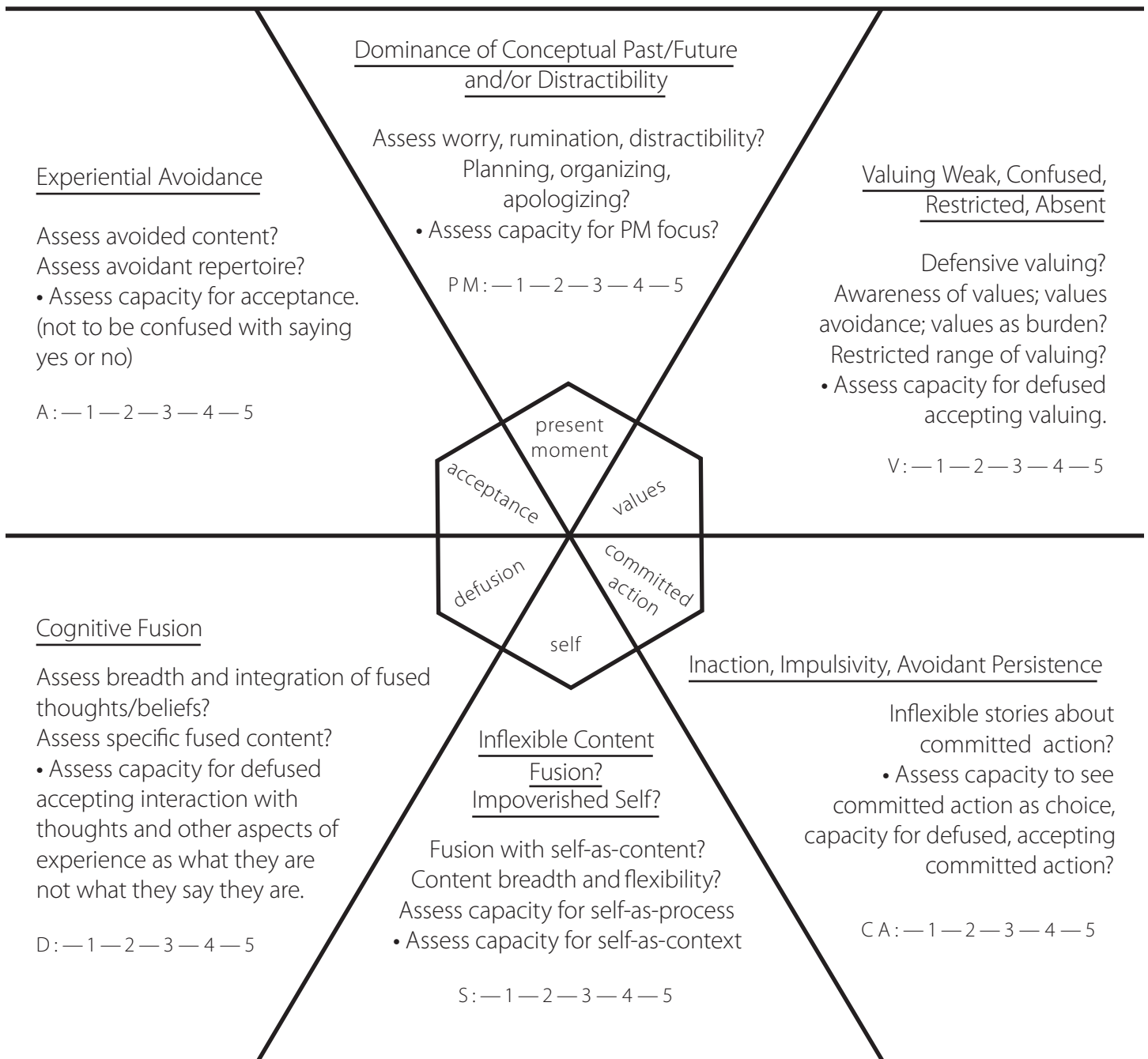


Hexaflex Diagnostic and Assessment

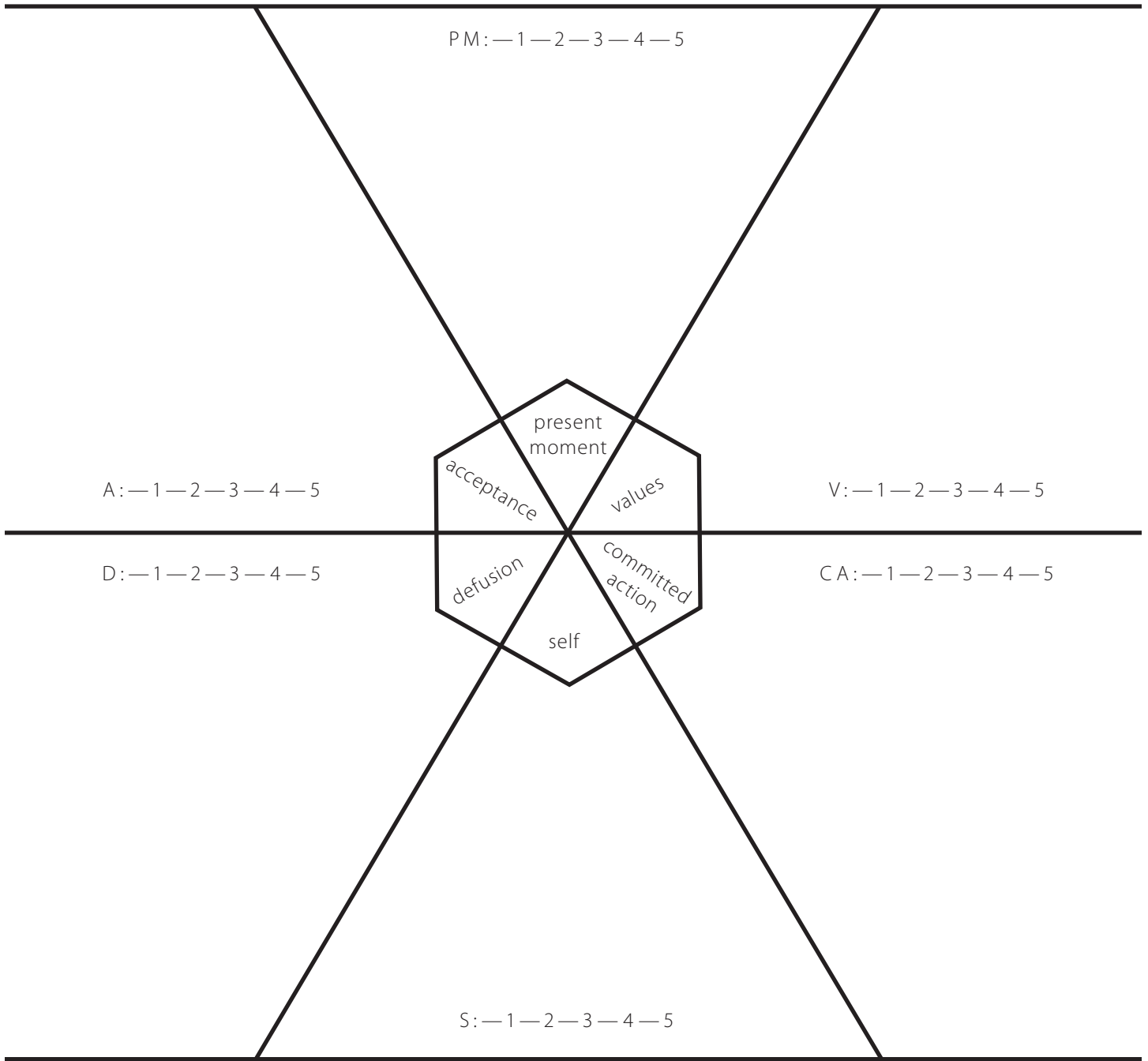


Hexaflex Diagnostic and Assessment Worksheets

The hexaflex diagnostic is a functional dimensional approach to case conceptualization, assessment, and “diagnosis.” It is intended to link assessment of functioning on clinically relevant dimensions to interventions. The approach is explicitly tied to a ACT and behavior theory more generally. The diagram above provides some domain specific orientation to common clinical difficulties within the dimension. The rating scale for each domain is intended as a general estimate of functioning within the domain with 1 as low functioning and 5 as high functioning. The worksheets should not be approached as a mere gathering of information. Deliberate, present moment focused questioning will give the best estimate of both capacities and for areas for therapeutic focus.

Hexaflex diagnostic note pages can be used to conceptualize therapist and client functioning in a given session. High scores connote optimal functioning. Low scores connote poor functioning. Note sheets can also be used as case notes to describe focus of intervention in a session and functioning with each noteworthy domain

Hexaflex Diagnostic and Assessment



date: _____

client ID: _____

Fusion/Defusion Worksheet

date: _____

client ID: _____

Fusion: Assess fused thoughts, beliefs, emotions, evaluations. stories about “how the world is,” “what happened (past fusion),” “what the future will be like (future fusion),” why clients believe they have the problems they have (past fusion), beliefs about what would have to happen in order for them to move ahead in life and whether that is viewed as possible. Include stories about people in the client’s life, especially when “how they are” is a strong theme. Stories about past, future, and current situation that have the feel of inflexibility. Work to get a felt sense of the interiority of these stories (bring present moment focus to them). Stay out of conversations about the veracity of possibility/impossibility, truth/falsity, or justice/injustice of the stories, except to get a felt sense of the clients experience of possibility/impossibility, truth/falsity, or justice/injustice—stay mindful, these will hook you!

Past-Fusion

Future-Fusion

World-Fusion

Others-Fusion

On a separate page of the VLQ-2 (which appears only in the PDF version on the accompanying disc), clients are asked if they had to choose only five areas that they could work on, which would they choose; if they could only choose three, which would they choose; and if they could choose only one, which would they choose. They are asked to consider these questions both at this time in their lives and in their lives as a whole. The version of the VLQ-2 below is for your ease of reference. If you plan to use the VLQ-2 with clients, please use the copies of the PDF version on the accompanying disc.

Valued Living Questionnaire

Below are areas of life that are valued by some people. We are concerned with your quality of life in each of these areas. You'll rate several aspects in regard to each area. Ask yourself the following questions when you make ratings in each area. Not everyone will value all of these areas, or value all areas the same. Rate each area according to your own personal view of each area.

Possibility: How possible is it that something very meaningful could happen in this area of your life? Rate how possible you think it is on a scale of 1 to 10. 1 means that it isn't at all possible at all and 10 means that it is very possible.

Current importance: How important is this area at this time in your life? Rate the importance on a scale of 1 to 10. 1 means the area isn't at all important and 10 means that the area is very important.

Overall importance: How important is this area in your life as a whole? Rate the importance on a scale of 1 to 10. 1 means that the area isn't at all important and 10 means that the area is very important.

Action: How much have you acted in the service of this area during the past week? Rate your level of action on a scale of 1 to 10. 1 means you haven't been active at all with this value and 10 means you've been very active with this value.

Satisfied with level of action: How satisfied are you with your level of action in this area during the past week? Rate your satisfaction with your level of action on a scale of 1 to 10. 1 means you aren't at all satisfied and 10 means you're completely satisfied with your level of action in this area.

Concern: How concerned are you that this area won't progress as you want? Rate your level of concern on a scale of 1 to 10. 1 means that you aren't at all concerned and 10 means that you're very concerned.

	Possibility	Current Importance	Overall Importance	Action	Satisfied with Action	Concern
1. Family (other than marriage or parenting)						
2. Marriage, Couples, or Intimate relations						
3. Parenting						
4. Friends and Social Life						
5. Work						
6. Education and Training						
7. Recreation and Fun						
8. Spirituality						
9. Community Life						
10. Physical Self-Care (diet, exercise, and sleep)						
11. The Environment (caring for the planet)						
12. Aesthetics (art, literature, music, beauty)						