

Stepping back AND reappraising: A
beginners guide to moving from
cognitive modification to acceptance
and defusion strategies

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Disclosures (support):

- Andreas Larsson
- Relevant Financial Relationships:
 - employed in PBM Executive
 - receive royalties from Palgrave MacMillan publications for a book co-written on ACT
- Relevant Nonfinancial Relationships
 - Editor, Journal of Contextual Behavioural Science (JCBS)

Disclosures (support):

- Jessica Borushok
- Relevant Financial Relationships:
 - Founder of Busy Mind Reboot (ACT-based online course/blog)
 - receive royalties from PESI inc. and New Harbinger publications for 3 books co-written on ACT, one co-written ACT card deck as well as Praxis for an upcoming ACT-based online course
- Relevant Nonfinancial Relationships (none)

Agenda

- Introductions
- Defining cognitive modification, defusion and acceptance from a CBS perspective
- Self-defusion exercise
- Review of defusion exercises/phrases
- Role-play with both CBT and ACT

Educational Objectives:

- 1. Discuss when and how cognitive modification strategies can be used even within ACT, with a focus on workability.
- 2. Practice using a number of defusion based strategies in valued directions within role play / real play.
- 3. Demonstrate skill and confidence in working with thinking in a CBS consistent way.

Consent and fries

Freely chosen

Reversible

Informed

Enthusiastic

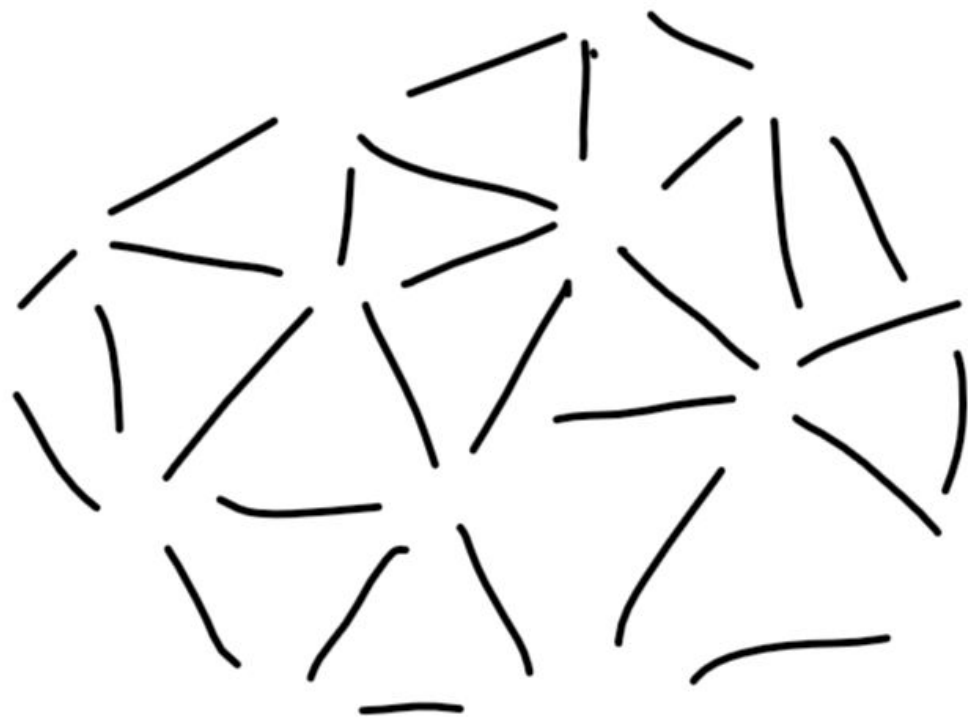
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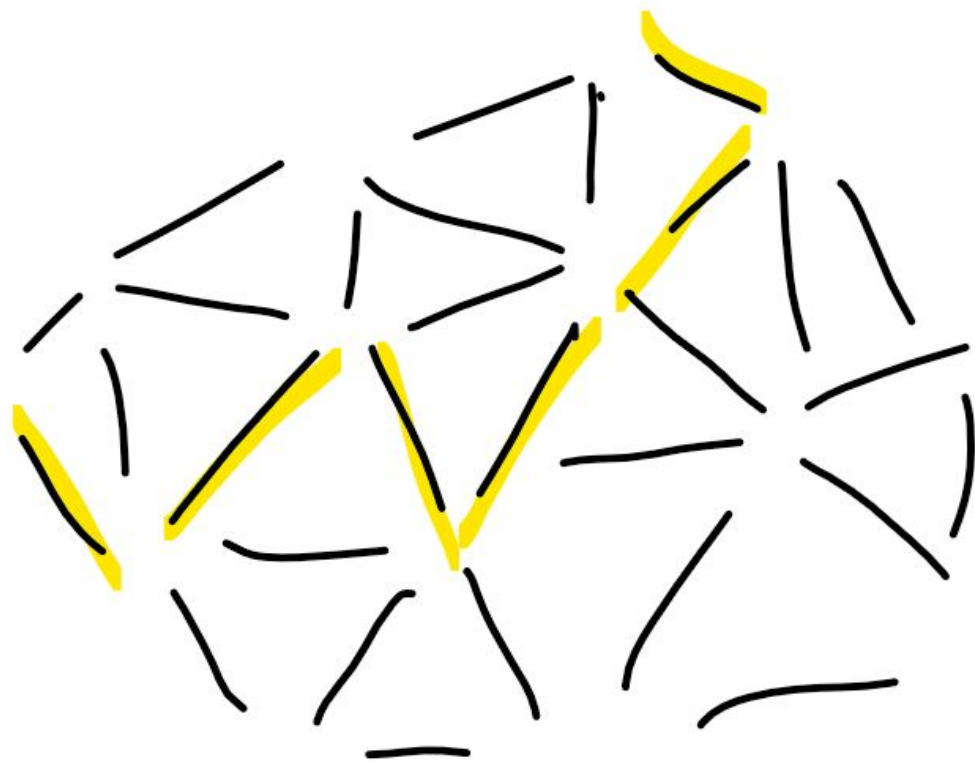
Fusion

Narrowing relational responding

Content perceived I | HERE | NOW

Lack of direct contingent control





DEFUSION

Defusion refers to the creation of contexts “that reduce the stimulus functions transformed by thought” and “reduce the literal believability of thought without ever getting rid of the thought or attacking its form logically”

(Fletcher & Hayes, p.319).

From an RFT perspective

Expanding relational responding (particularly cFuncs)

Perspective that content is THERE | THEN

In order to promote Valued choices and values clarification

Acceptance

Coherence between experience and private content

Broadening behavioural repertoire

From a perspective that it is the systemic avoidance or control agenda that is the problem

In order to increase valued action

Willing to come in contact with painful private experiences *in order to* move towards valued actions

Cognitive restructuring

Expanding relational responding (part cRels)

Content as HERE | NOW

Aversive control

Lacks functional analysis

Corresponding truth as opposed to pragmatic truth

Cognitive restructuring in CBS

Sure! Sometimes pragmatic to show clients from within their own system.

Tie to values (Upwards arrow)

Promote perspective taking

Yes, and . . . (expanding rather than replacing)

Time to discuss!

How can you change the way you use more traditional CBT interventions to become more CBS-consistent?

Quick Fire Role-Play

CR vs CD Role Plays

What do you need to do to take your next step in
ACT-work?