

Using FAP to Train ACT
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Joanne Steinwachs and Mavis Tsai

Session Bridging Questionnaire is adapted from: Tsai, M., Kohlenberg, R., Kantner, J., Kohlenberg, B., Follette, W., Callaghan, G. (2009) A Guide to Functional Analytic Psychotherapy: Awareness, Courage, Love, and Behaviorism. New York: Springer.

Sample SBQ used for year long training group for graduate students:

Name:

Date:

Part A (to be completely shortly after consultation):

1. What stands out to you about our last session? Thoughts, feelings, insights?
2. On a 10 point scale, how would you rate the following items?

<u>Not at all</u>		<u>A little bit</u>		<u>Moderate</u>		<u>Substantial</u>		<u>Very Substantial</u>	
1	2	3	4	5	6	7	8	9	10

3. Helpfulness/effectiveness of session:

What was helpful?

What was not helpful?

- a) how connected you felt to the group
- b) how connected you felt to yourself
- c) how engaged/involved you felt with the topics being discussed
- d) how present you were in the session:

4. What would have made the session more helpful or a better experience?

Anything you are reluctant to say or ask for?

5. What were your away and toward moves in the consultation session?

Toward:

Away:

6. How freely were you able to talk with the group : (0-10)

7. What issues came up for you in session that are similar to the difficulties you experience in your daily life ?

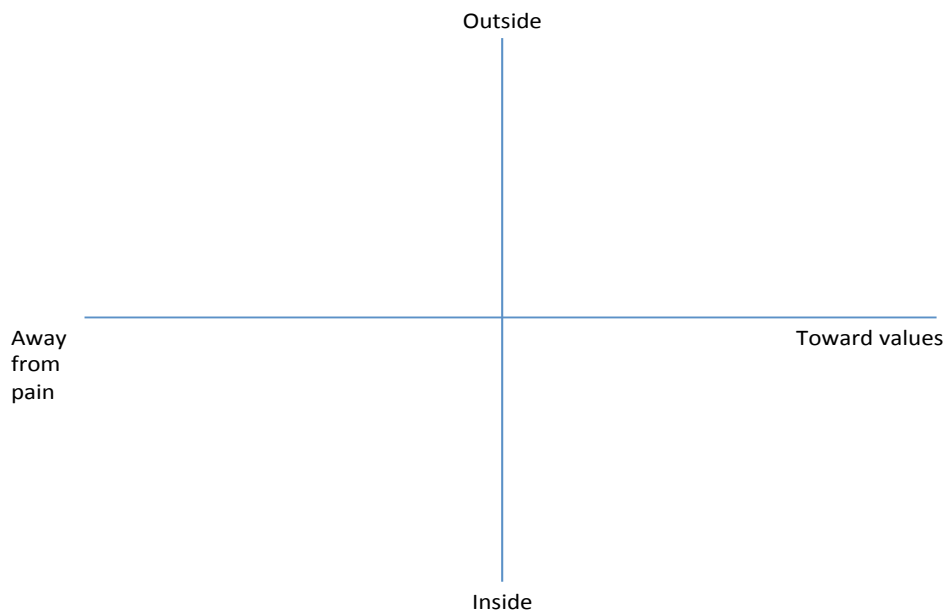
8. What issues came up for you in the session that are similar to difficulties you experience in doing therapy?
9. What risks did you take in the session, what difficult thoughts or feeling were you able to stay with, or what progress did you make that can translate into your outside life and your therapy work?

Part B (to be completed prior to our next consultation):

10. Describe at least one thing you did to move away from something you did not want to feel or think. What did you notice?
11. Describe at least one thing you did to move toward something important for you. What did you notice?
12. What issues or items do you want to put on the agenda for our next session?
13. How open were you in answering the above questions (0-100%)?
14. Anything else you'd like to add?

Sample Matrix

Adapted from Kevin Polk, Ph.D <http://www.amazon.com/dp/B004M8S4Z4>



If you are interested in further reading on this subject: Using Functional Analytic Therapy to train therapists in Acceptance and Commitment Therapy, a conceptual and practical framework - *Benjamin Schoendorff, MA, MSc MPs & Joanne Steinwachs, LCSW*

You can find this article here: <http://www.baojournal.com/IJBCT/IJBCT-index.html>