

🗨️ Respond at PollEv.com/dmoyer233

📱 Text **DMOYER233** to **37607** once to join, then text your message

Saying the wrong thing:

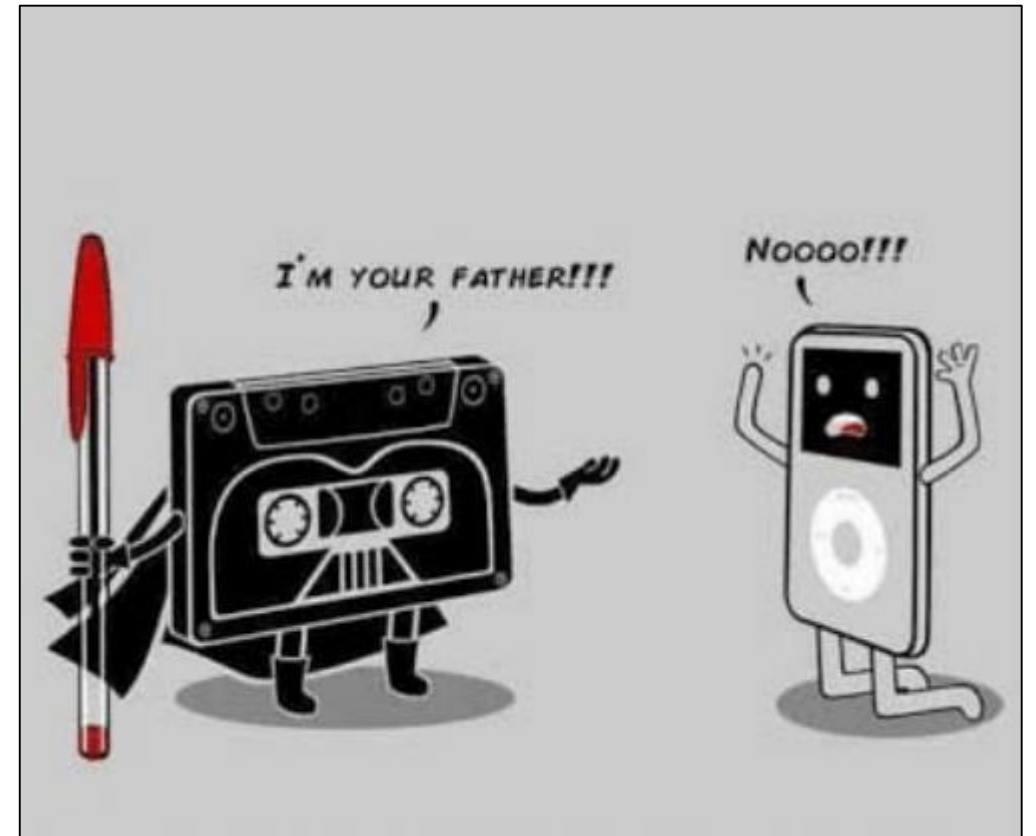
PRACTICING PSYCHOLOGICAL FLEXIBILITY AROUND SENSITIVE TOPICS AND VULNERABLE POPULATIONS

Disclosures

We have no financial relationships or conflicts of interest to disclose.

Technology Housekeeping

- Audio
- Videos
- Chat
- Poll everywhere
- Breakout rooms
- Paper and pencil



Introductions



Danielle Moyer, PhD
Oregon Health & Science University
Pronouns: She/Her



Monica Gerber, PhD
Asian Pacific Development Center
Pronouns: She/Her



Molly Tucker, PhD
The Mental Health Collective
Pronouns: She/Her



We WILL say the wrong thing.

Our commitment:

- To approaching this work with openness and curiosity
- To being kind to myself and to others
- To noticing my own reactions and taking breaks if needed
- To returning to this space and the values that brought me here

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Tell us something about yourself, such as your profession, location, pronouns, etc.

“Child psychiatrist, canada, hiking, meditating, relationships, my kids.”

“Melbourne, Australia, clinical psychologist (in forensics), he/him”

“Assistant professor, psychologist, US, She/Her”

“She/her”

“Non-binary woman, she/her, UK, working with young people.”

“I’m a BCBA-D in the US he/him”

“Psychologist, seattle”

“Staff psychologist at Virginia commonwealth university, in Richmond, va, USA.”

“I’m in Arkansas consulting social worker”

“I am an LCSW located in Wilmington, NC, US. My pronouns are she/her”

“I’m a social worker in Nova Scotia, Canada. I use she/her pronouns.”

“I love Sports”

“Research intern, Iowa, US, he/him/his”

“Psychiatric social worker at Harbor UCLA Adult Outpatient Psychiatry located in Torrance, Ca.”

“counselor”

“San Jose, CA; research psychology student; she/her”

“Mental health counselor w ACT focus in Baltimore City, Md; he/they pronouns”

“Private practice psychotherapist in Aurora Colorado! Awesome APDC is being represented here!”

“Private practice and she/her”

“Clinical psychologist, autism coach, Belgium, she/her”

“I am excited and already happy about how this started!”

“I love dancing”

“PsyD Graduate student, Philadelphia, PA”

“He/him”

“I feel overwhelmed”

“Primary care in pediatrics in San Francisco”

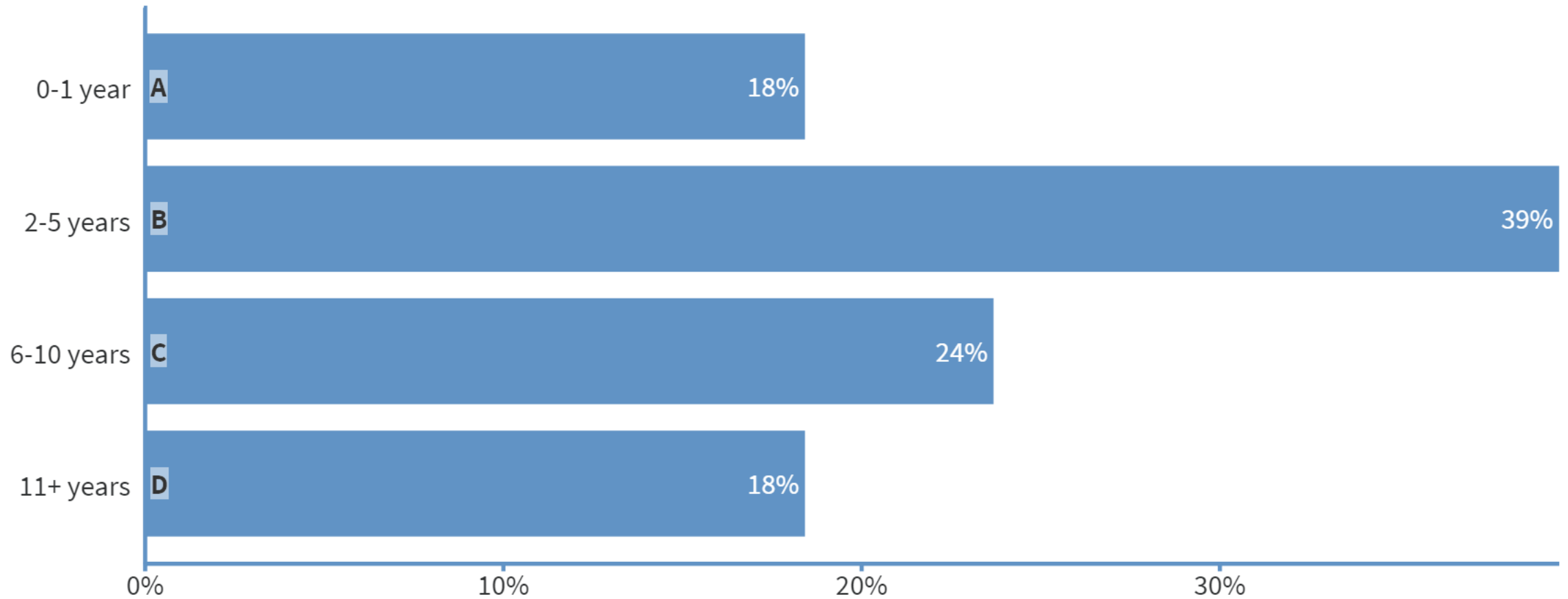
“Geek”

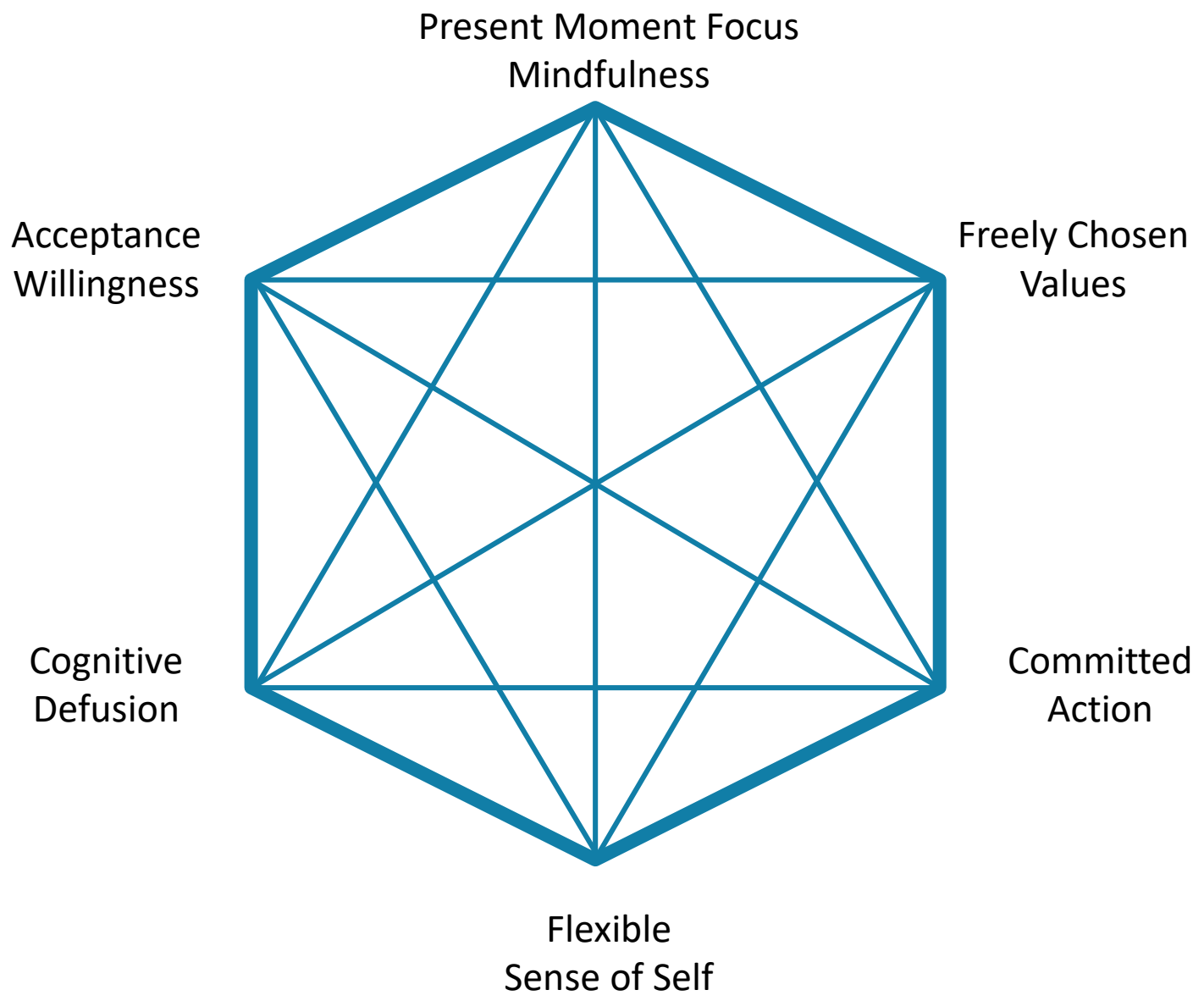
“Im BOLIVIAN”

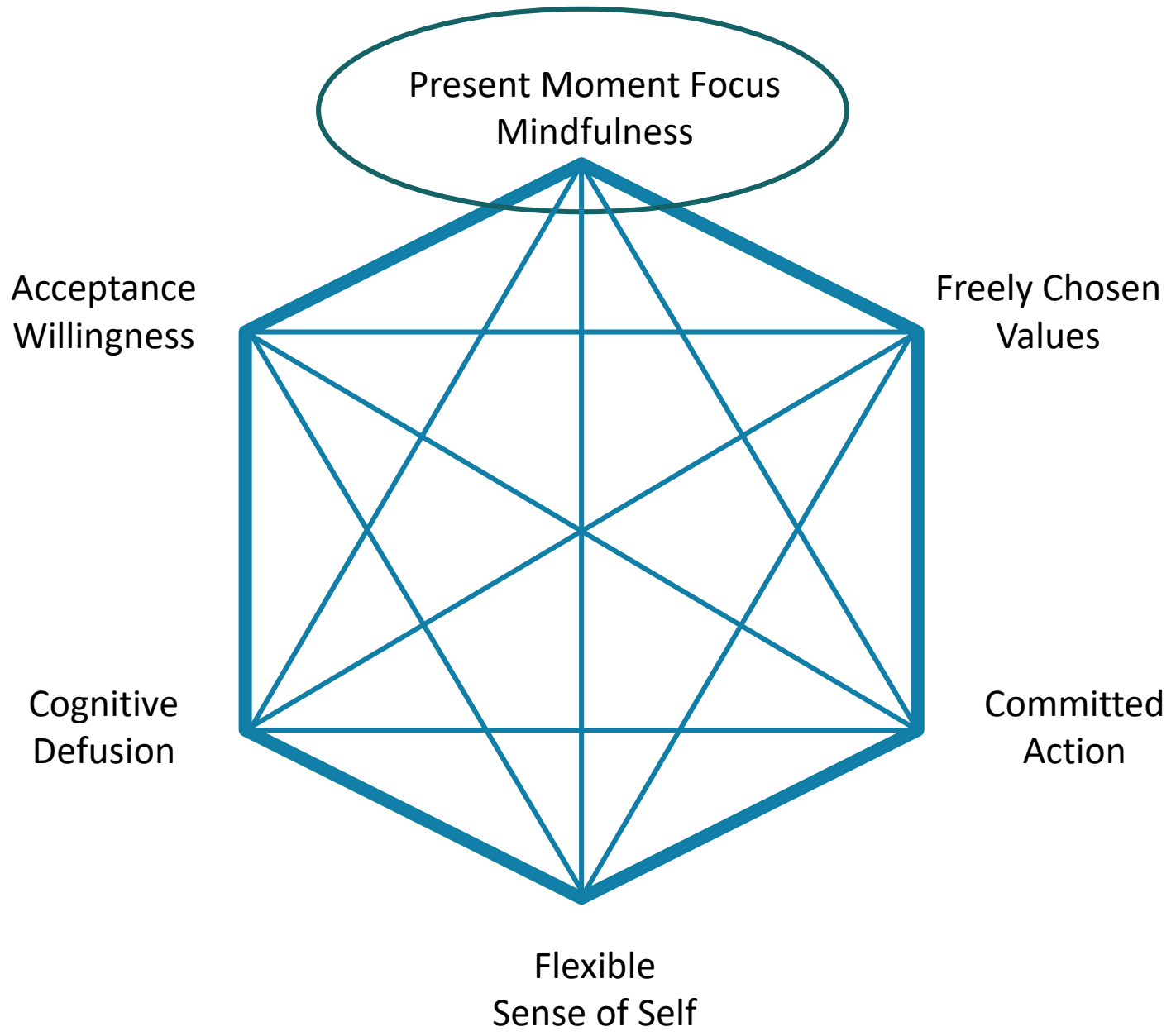
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How many years of experience do you have with ACT?

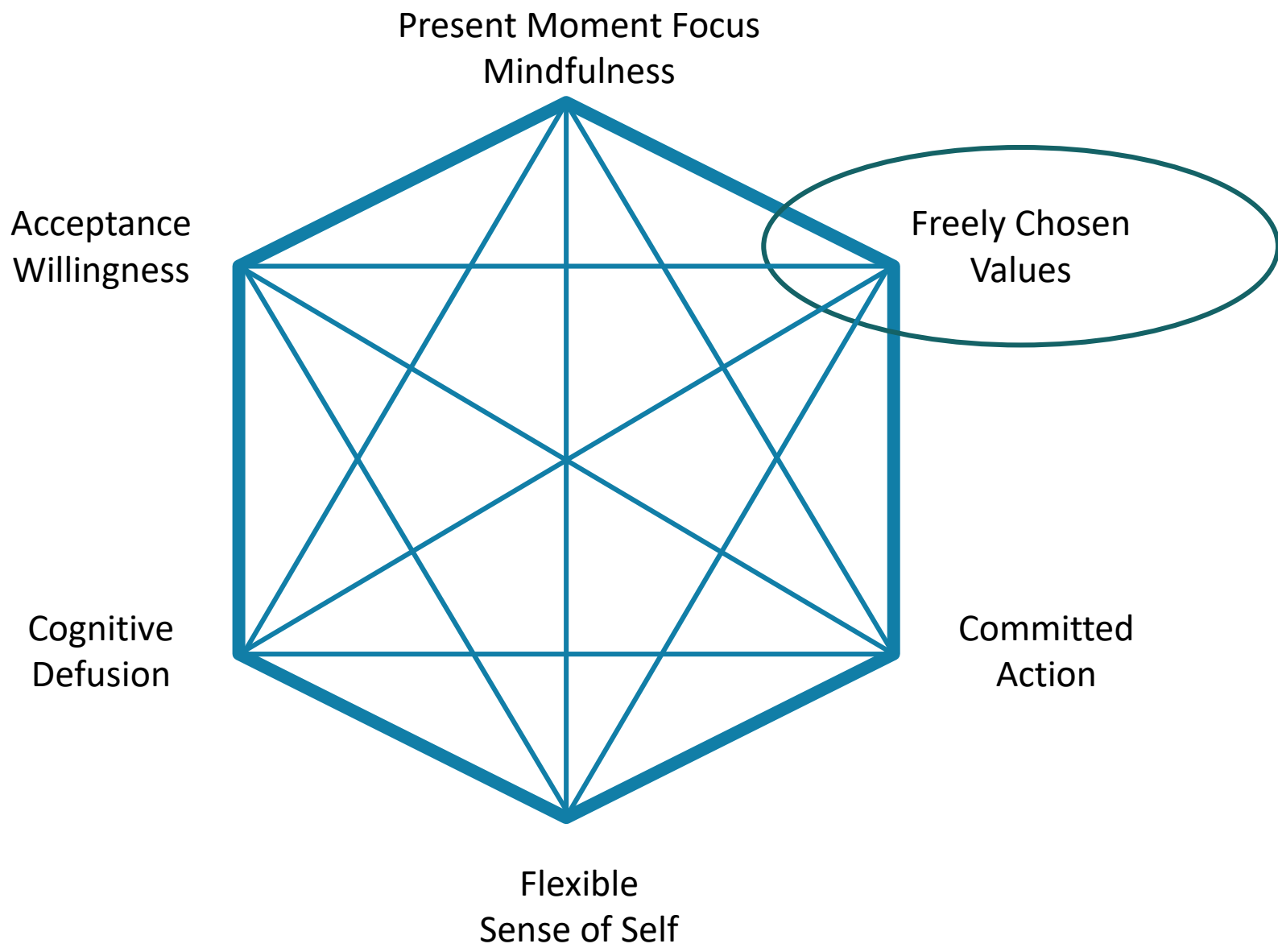






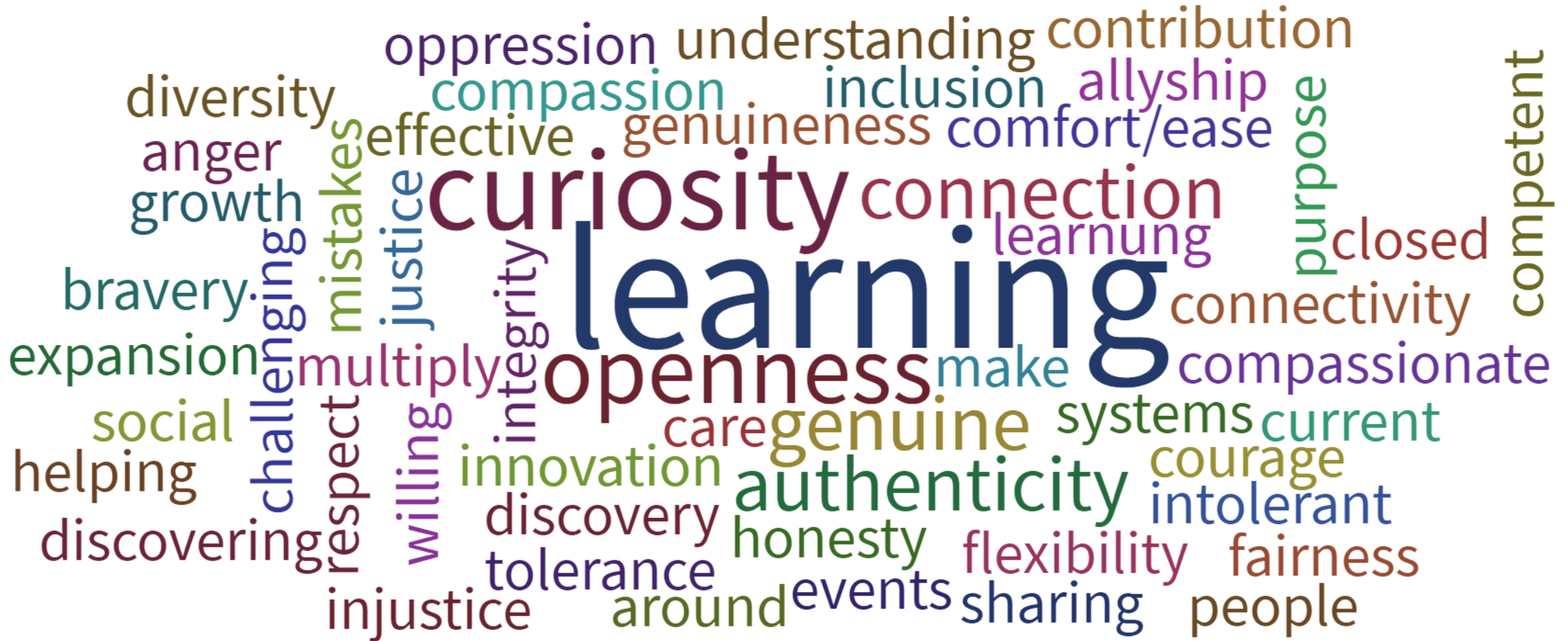
Mindfulness

- Paying attention
- On Purpose
- To the present moment
- With acceptance
- And without judgement



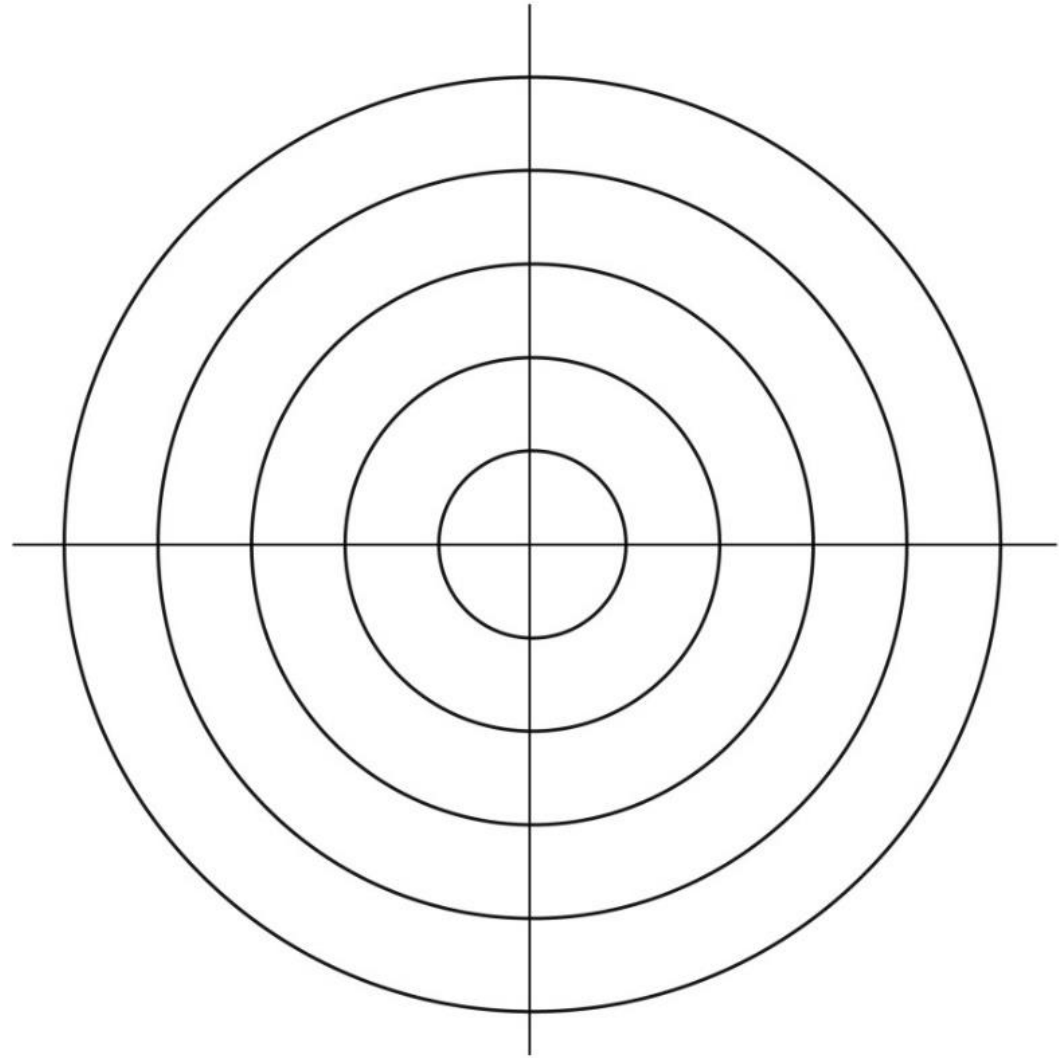
i Poll is full and no longer accepting responses

What values brought you here today?



Values Bullseye

Put a different value in each quadrant and make an x on the dart board for where you stand today

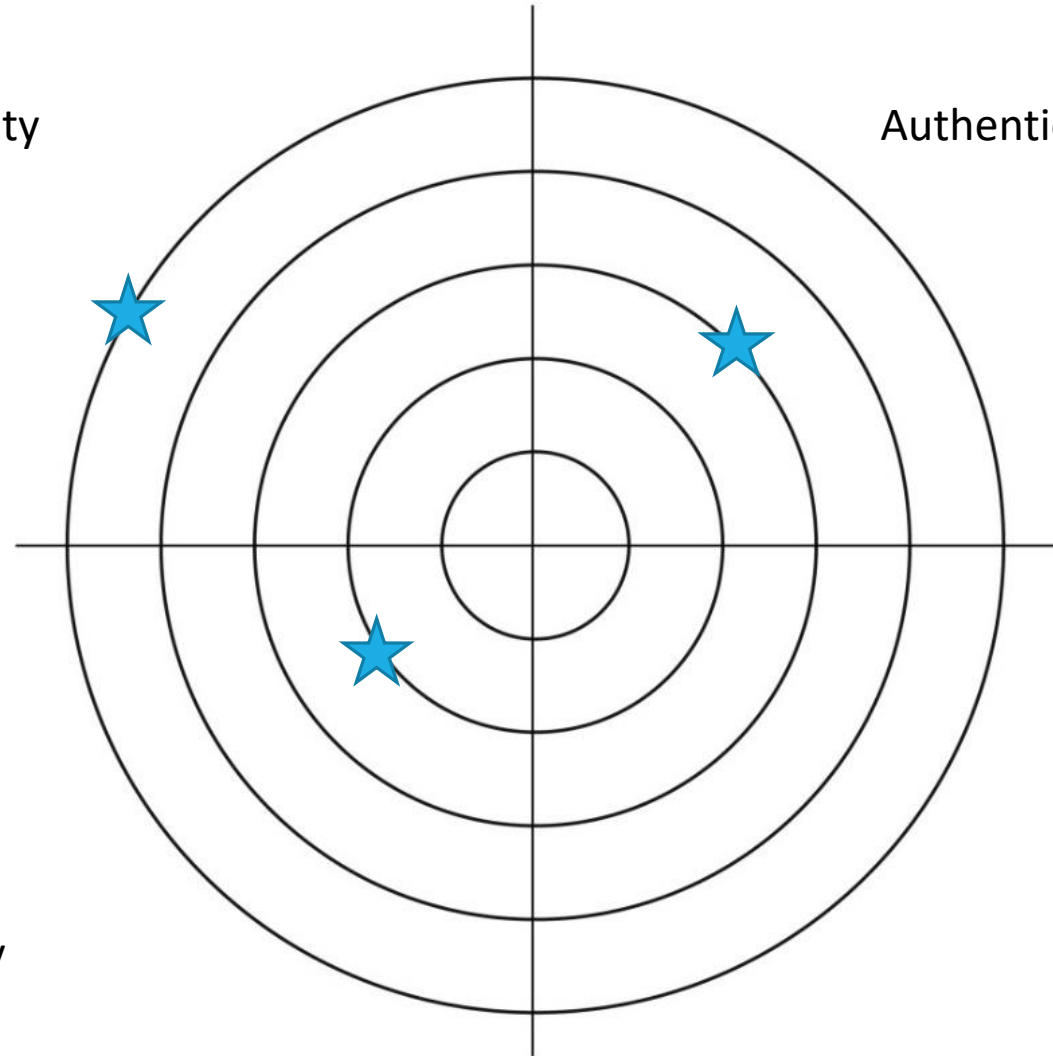


Values Bullseye

Put a different value in each quadrant and make an x on the dart board for where you stand today

Equitability


Authenticity



Honesty

Breakout Groups

Confronting the Agenda

 Poll is full and no longer accepting responses

What distressing thoughts or emotions make it hard to live these values in our work or in the world?

"What does it matter what I say?"

"is it my place?"

"fear"

"I don't want to upset them"

"Incompetent"

"They will get mad at me"

"uncertainty"

"Fear"

"They wont like me"

"Fear."

"You're not enough"

"Will be hurtful"

"I'll be imposing my values on them"

"I am not smart enough"

"concerns about safety"

"You are doing it wrong"

"Being judged"

"„I will be punished"

"My client won't like me."

"I want to be nice"

"I can't be bothered to have this fight right now."

"Making it worse"

"Invalidation"

"I'll be wrong"

"I'm not the expert here"

"i don't want to add my values into their space or provide them with a feeling of shame/non-acceptance"

"This isn't the right forum for this."

"Inadequacy."

"People will think I'm bad"

"They're going to be upset at me"

"They know better"

"Will lose friends"

"Someone might be mad at me."

"I will hurt someone's feelings"

"Insecurity"


"I don't want patients to be mad at me and quit therapy"

"Fear of rejection"

"worry about distancing the client"

"are they allowed to have their thoughts?"

"You are not made for this"

 Poll is full and no longer accepting responses

What are some strategies we use to avoid or get rid of these thoughts and feelings? In other words, what have you done to say the wrong thing?

“Said nothing or changed the topic”

“Freeze and stay quiet”

“Smiling awkwardly”

“Say nothing”

“Update my knowledge about topic quickly (and wrong)”

“Placating”

“Explaining”

“Not acknowledging it”

“avoidance”

“stayed silent”

“Gloss over the client's comment, redirect”

“change the subject”

“Listened and moved on”

“Mental happy place break”

“A shower”

“Stay quiet.”

“I shut up”

“Silence to let them hear themselves”

“Study harder”

“jokes”

“Say too much”

“Stay silent”

“nervous laughter”

“laughed awkwardly”

“walk away”

“silence”

“Staying silent”

“Laugh nervously.”

“Silence”

“selectively ignore”

“Change topic”

“Walked away”

“Learn more”

“Rationaling or prescriptive”

“Topic shift/redirect”


“Not speak up”

“plan what to say in advance”

“Distracting self. Working too long at leisure or charting”

“deflected”

“stay silent”

 Poll is full and no longer accepting responses

What are the negative consequences of engaging in these control and avoidance strategies?

“Exhaustion”

“to get closer to my goal”

“Sadness”

“Frustration”

“Feeling bad afterwards”

“am reminded silence is violence. I am part of the problem.”

“Shame.”

“Distancing”

“Feeling guilty.”

“cant learn anything”

“Self critical”

“Feeling disingenuous”

“I dont learn how to be better at this work”

“Escalation”

“Injustice”

“Shame”

“guilt”

“upset with myself”

“Be mad at myself”

“Say I agree”

“lack of growth on both sides”

“Stress increases”

“Irritation”

“Draining emotionally”

“distance from client”

“Isolation”

“Lost opportunity for connection”

“perpetuation of problems”

“I still feel like crap anyway”

“Less connection”

“It allows the behaviors to continue”

“Tacit support for the problem.”

“People feel unsupported by me”

“they never learn”

“Feeling damaged”

“self-criticism”

“I'm disappointed in myself”

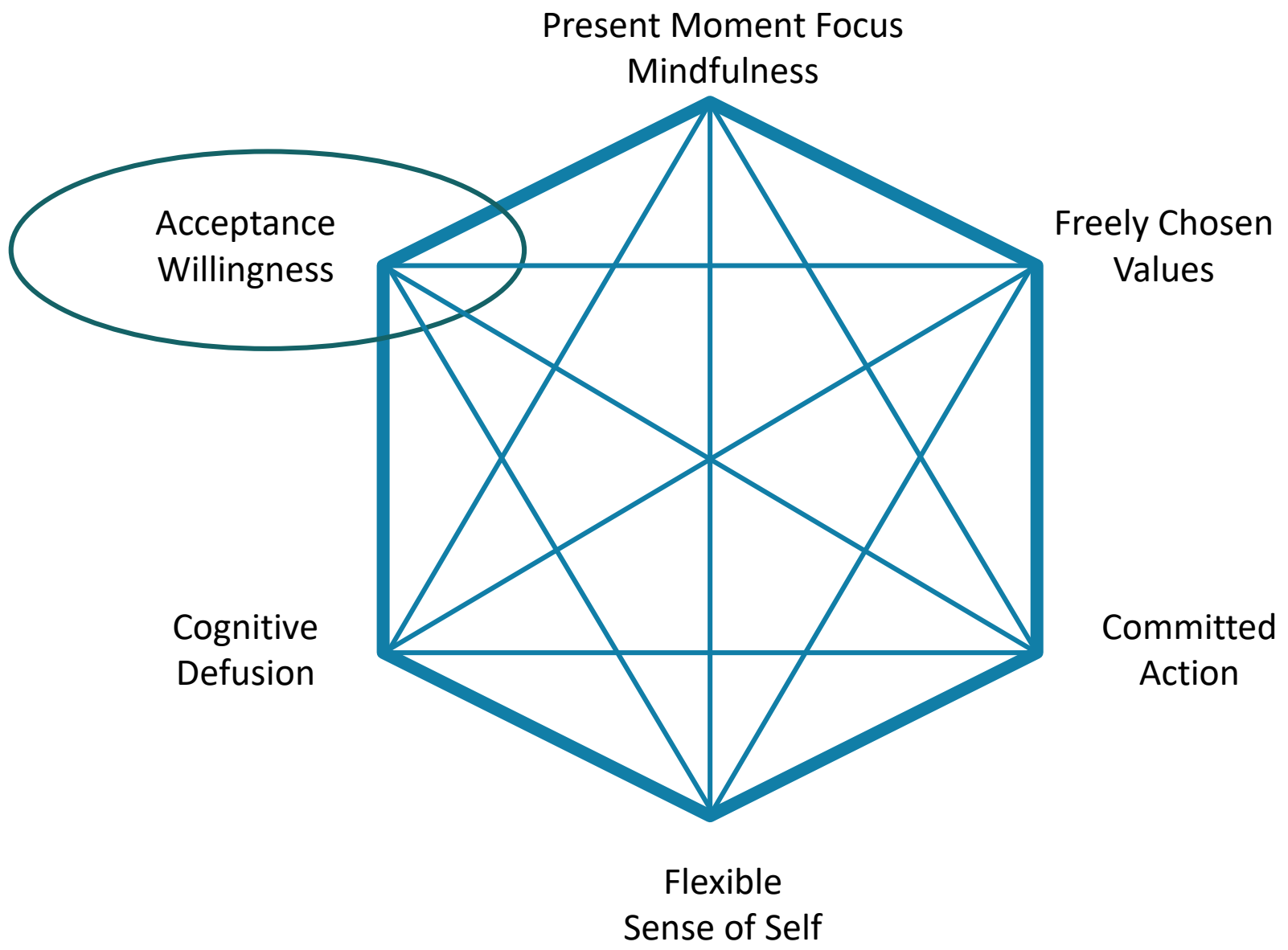
“Implicit agreement/enabling”


“Broken relationships”

“Discomfort didn't go away. Felt worse. Get hooked by it.”

Creative Hopelessness

- ACT Intervention
- Recognizing that the agenda to get rid of or avoid distressing thoughts and feelings is hopeless
- When we can let go of this agenda, it frees us up to think creatively about how else we might respond in more a values-consistent way



 Poll is full and no longer accepting responses

Share a word or short phrase about a topic or situation in which you have worried about saying the wrong thing.

“inappropriate sexual advance”

“feelings”

“Working with transgender clients.”

“Race”

“Reminding people of their choice in something”

“Race”

“Gender”

“Sexism”

“Asking an obviously undernourished young woman her weight”

“With veterans”

“religion”

“politics”

“Politics”

“Pregnancy.”

“alcohol use”

“Treatment reluctant”

“Political disagreements.”

“Sexual abuse/assault”

“religion”

“Racism.”

“body reading (as a massage therapist)”

“Sexism.”

“Race”

“personality disorders”

“Sexual assault”

“I can't breathe”

“Political views”

“Sexual orientation”

“Race”

“race”

“Politics voting”

“my values”

“Among colleagues, sharing opinions about the biomedical model”

“Covid 19”

“the word nigga, coz in my country it's better than black”

“Religion”

“someone says something overtly racist in session”

“Client racism or homophobia”

“Race”

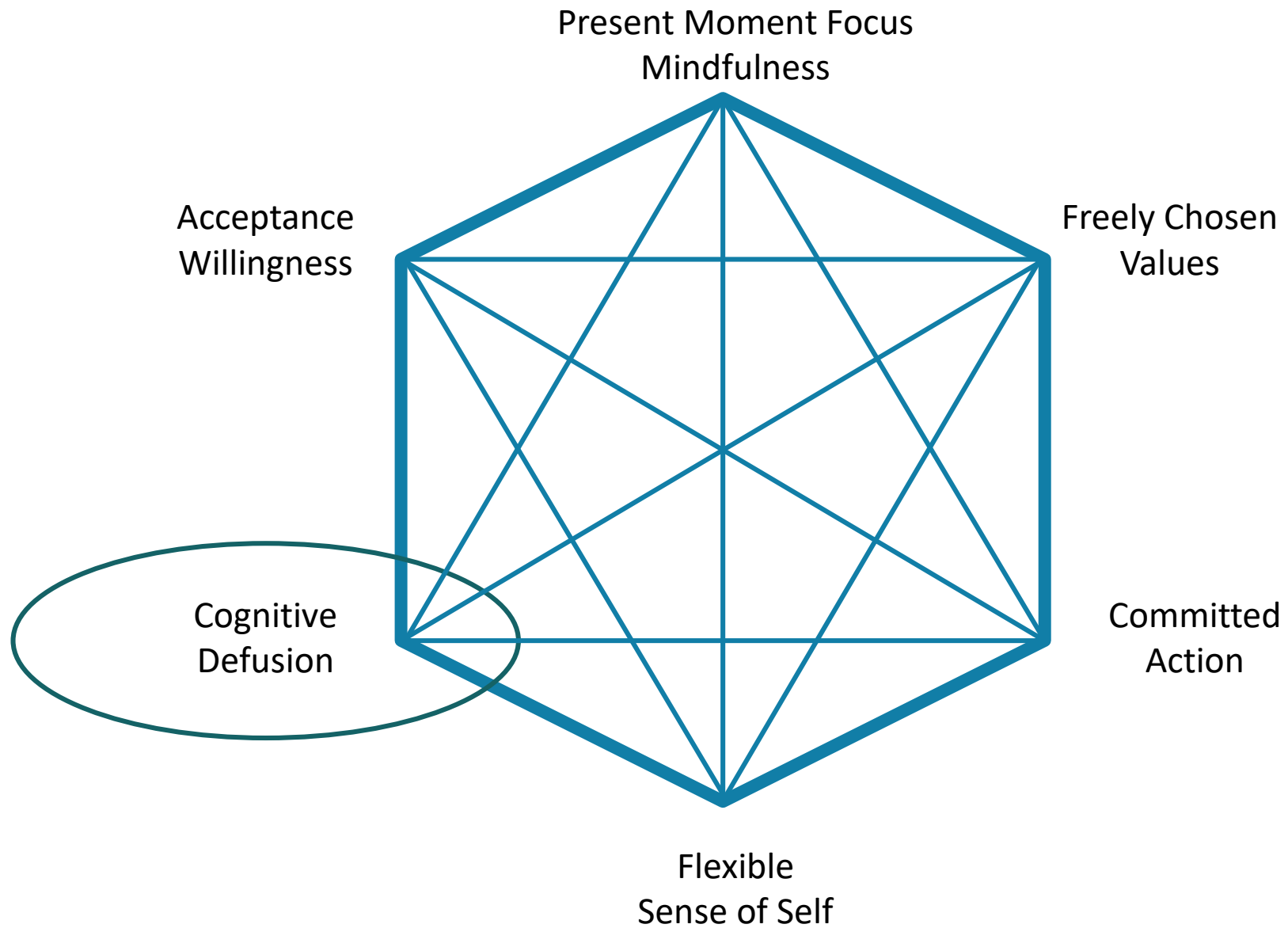
“parenting”

Breakout Groups

Mindful Check-In

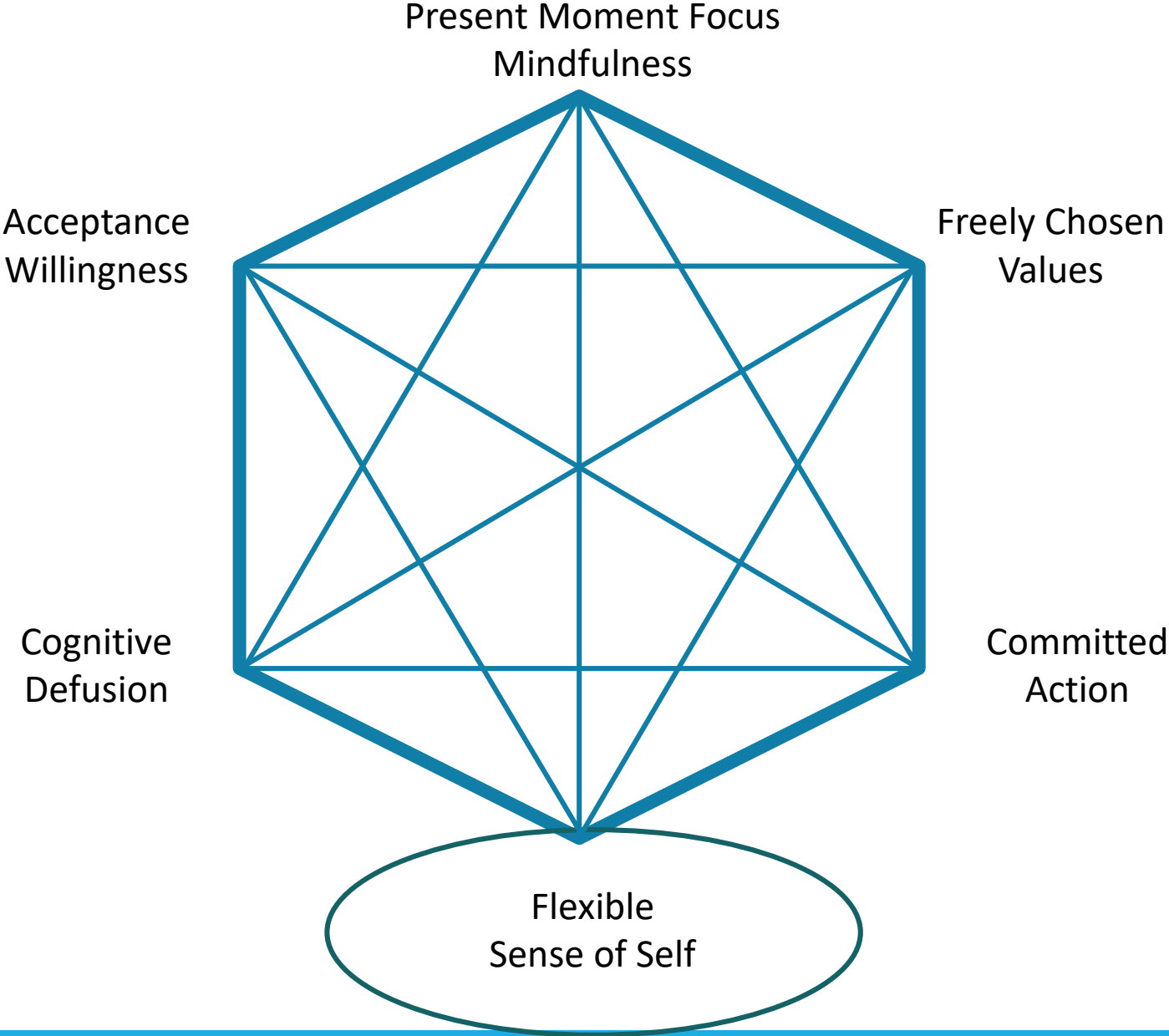
What did you notice during that exercise?

- Thoughts
 - “I am” statements
- Feelings
- Physical sensations



Defusion

- Getting healthy distance from thoughts and feelings so we can respond more effectively
 - This is not the same as avoidance
- Strategies
 - “I’m having the thought that...”
 - Labelling thoughts as “thoughts” and emotions as “emotions”
 - Thank your mind...
 - ...and then move on and let go.



Flexible-Sense-of-Self Strategies

- Openly acknowledging something just happened
- Internal defusion
- Take the client perspective
- Openly acknowledging your process/experience
- Acknowledge the power differential

These are only a few examples of strategies we've found helpful, not all-encompassing

Exercise

Write about a time you said the wrong thing, or your worst fear of saying the wrong thing

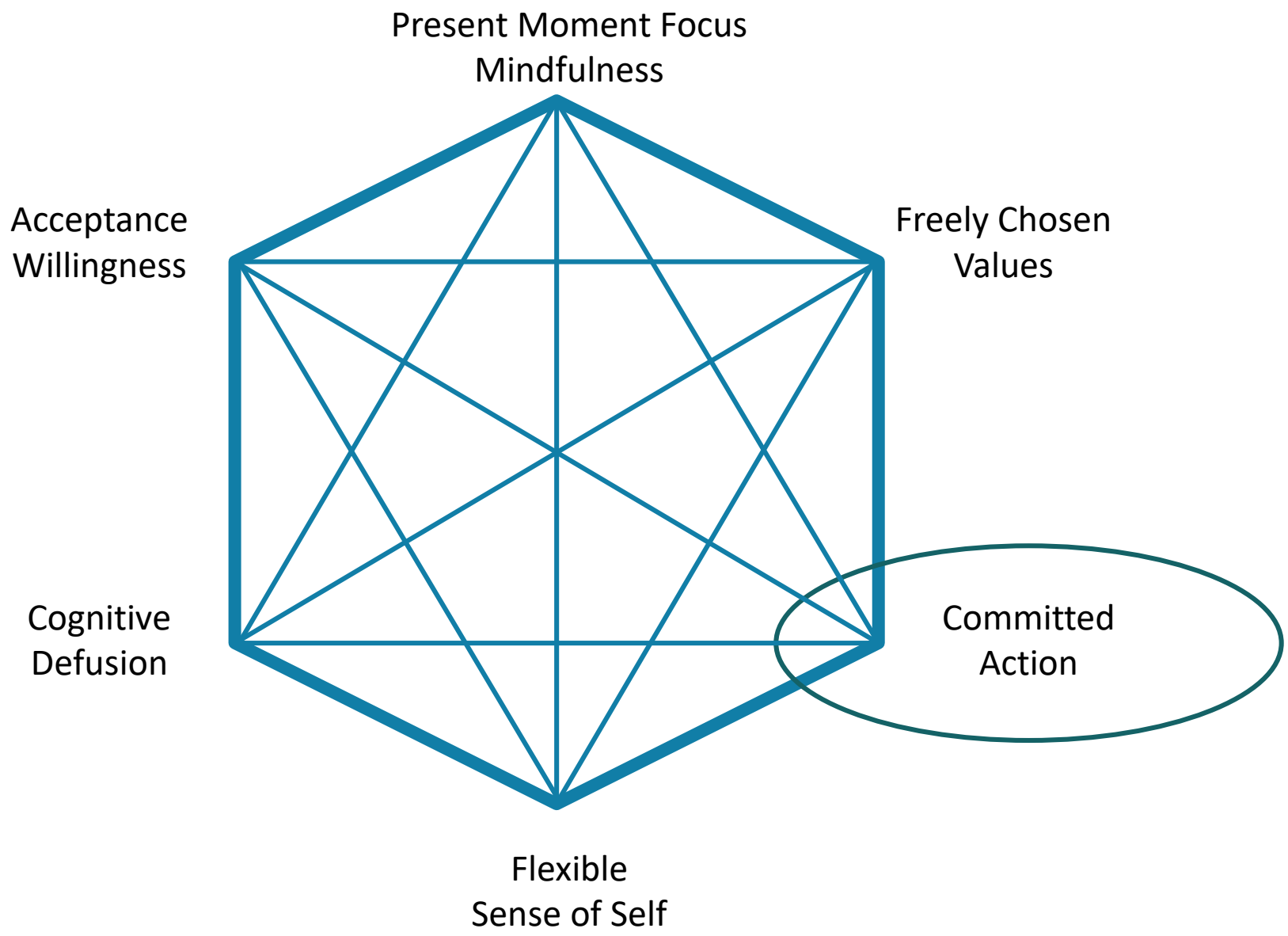
Exercise

Write out the thoughts and feelings that show up here

Exercise

Imagine a close friend doing the same thing, and write out what your response to them might be

Breakout Groups



What I care about is: _____

One thing I've been doing to avoid saying
the wrong thing is: _____

I'm through with that!

I'm committing to: _____



ASIAN PACIFIC
DEVELOPMENT CENTER



Thank You!

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