

Evoke Reinforce Repeat



Enhancing the Creativity and Sensitivity
of Your ACT Work by Incorporating a
Plain Language Behavioral Perspective

Matt Boone * Emily Sandoz * Kate Kellum



Evoke, Reinforce, Repeat Disclosures

Matt Boone

Supported in part by Lyra Health, Praxis CET, and New Harbinger Publications

Emily Sandoz

Supported in part by University of Louisiana-Lafayette and the Board of Regents

Kate Kellum

Supported in part by University of Mississippi & the McNair Scholars Program

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Evoke Reinforce Repeat Part 1



Enhancing the Creativity and Sensitivity
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How I got my cats to sit quietly for their treats



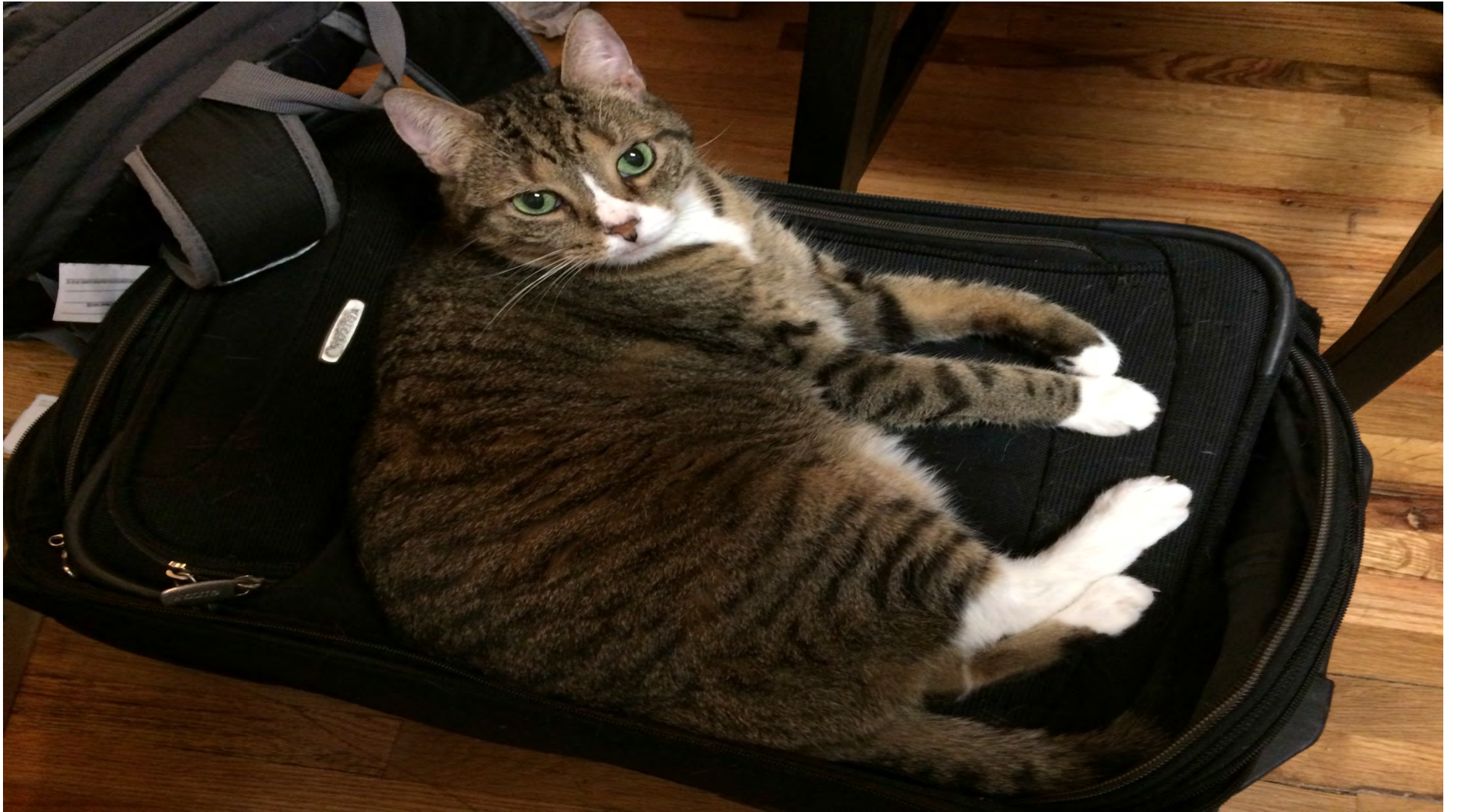
by considering the relationship between
their behavior and its context



and how this relates to your practice
with humans



Bella



Elliott



Bella and Elliott have many
behaviors













Bella got sick





IAMS
purrfect
delicacies™

premium cat food
nourriture de qualité
supérieure pour chats



Featured Flaked Oceanfish & Tuna Recipe in Sauce
Flocons vedette Recette avec poisson de mer et thon en sauce

MARS
petcare
1317871
999999999999

























Let's unpack that in terms of
behavior, context, and function

Behavior

Context

Physical Environment

Genetic and Epigenetic

Cultural

Cognitive

Biological

Organism

Emotional

Historical

Political

Development and
Learning History

Social

Context

Context

Organism

“clink” is followed by a WET FOOD!!

Context

Organism

Sitting quietly is followed by WET FOOD!!

Function

- The **function of a stimulus** (an aspect of context) is the impact it has on behavior
- The **function of a behavior** is the impact it has on the context
- (For **humans**, the function of a stimulus or behavior can be **symbolic**— that's what RFT is all about.)







Transformation of Function

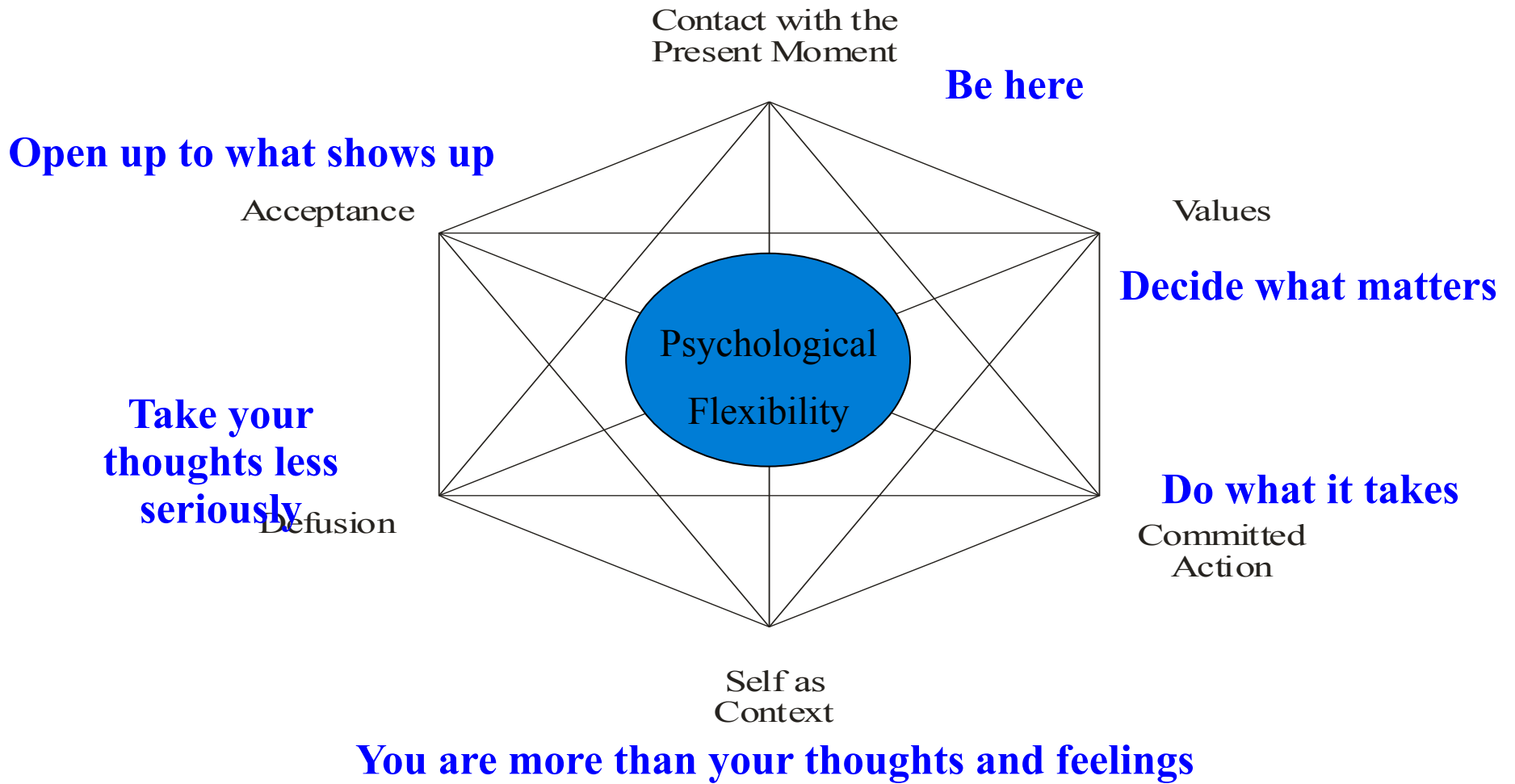


Context

Appetitive

Aversive

Neutral



Adapted from Harris (2009)

Physical Environment

Genetic and Epigenetic

Cultural

Cognitive

Biological

Organism

Emotional

Historical

Political

Development and
Learning History

Social

Context

You are an aspect of the client's context

So are the client's thoughts and feelings

You help shape the client's behavior
(e.g., relationship to thoughts and
feelings) with your behavior

is this thought old and familiar?

hold your feeling like a butterfly

take an observer's perspective

make a bold move

who's in charge: you or

what is your mind saying?

your mind?

describe your

identify what is important

feeling as an object

what do you care about?

notice your body in this moment

slow down

act in the service of what's important

you are bigger than

your thoughts and feelings

breathe in and out of your pain

Final thoughts:

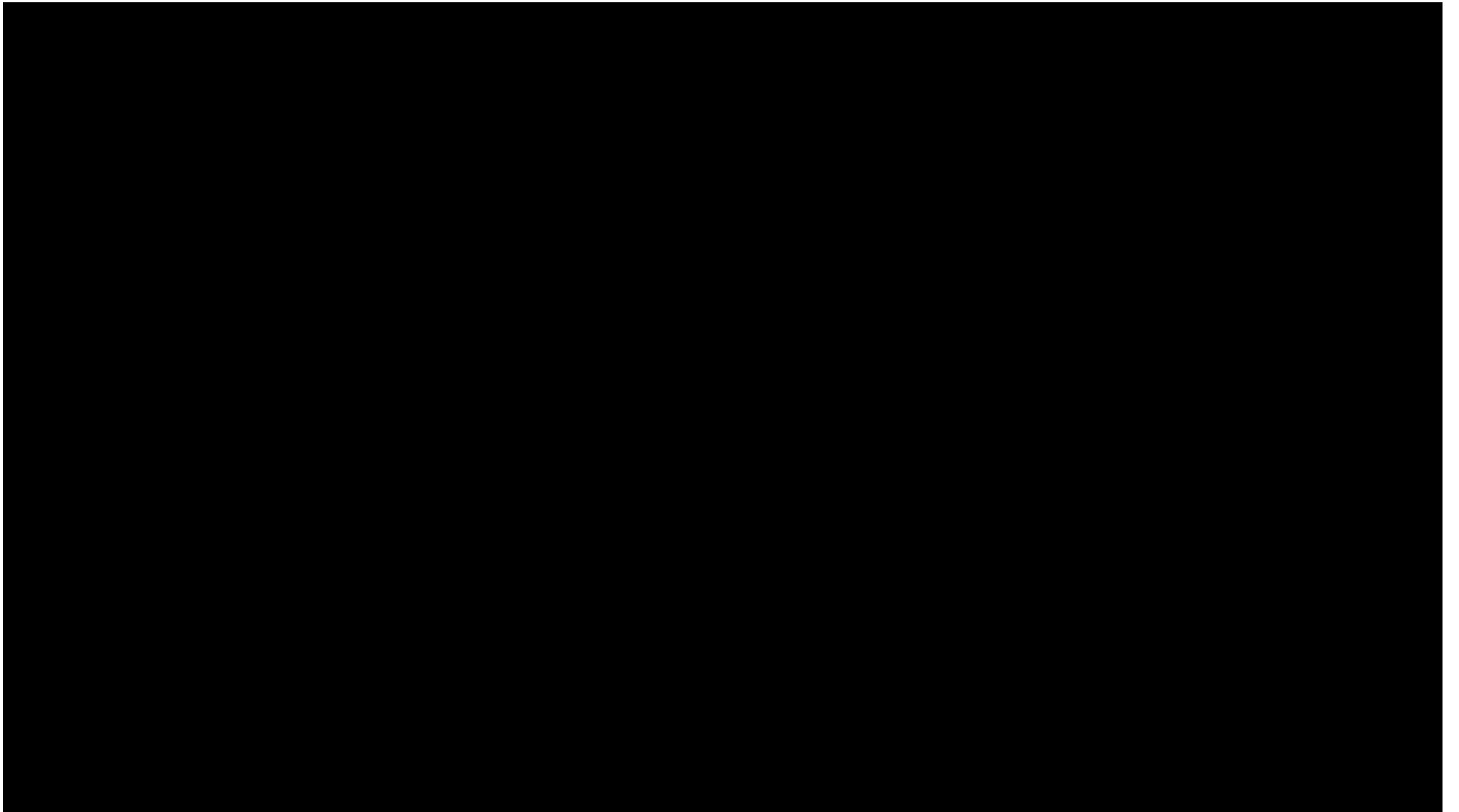
- To change behavior, change context
- You are an aspect of the client's context
- You are your best tool in changing context
- Context includes what goes on inside the organism



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Part 2



Enhancing the Creativity and Sensitivity
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1 = Client, 2 = Therapist, 3 = Observer

3 = Client, 1 = Therapist, 2 = Observer

2 = Client, 3 = Therapist, 1 = Observer



1 = Client, 3 = Therapist, 2 = Observer

2 = Client, 1 = Therapist, 3 = Observer

3 = Client, 2 = Therapist, 1 = Observer

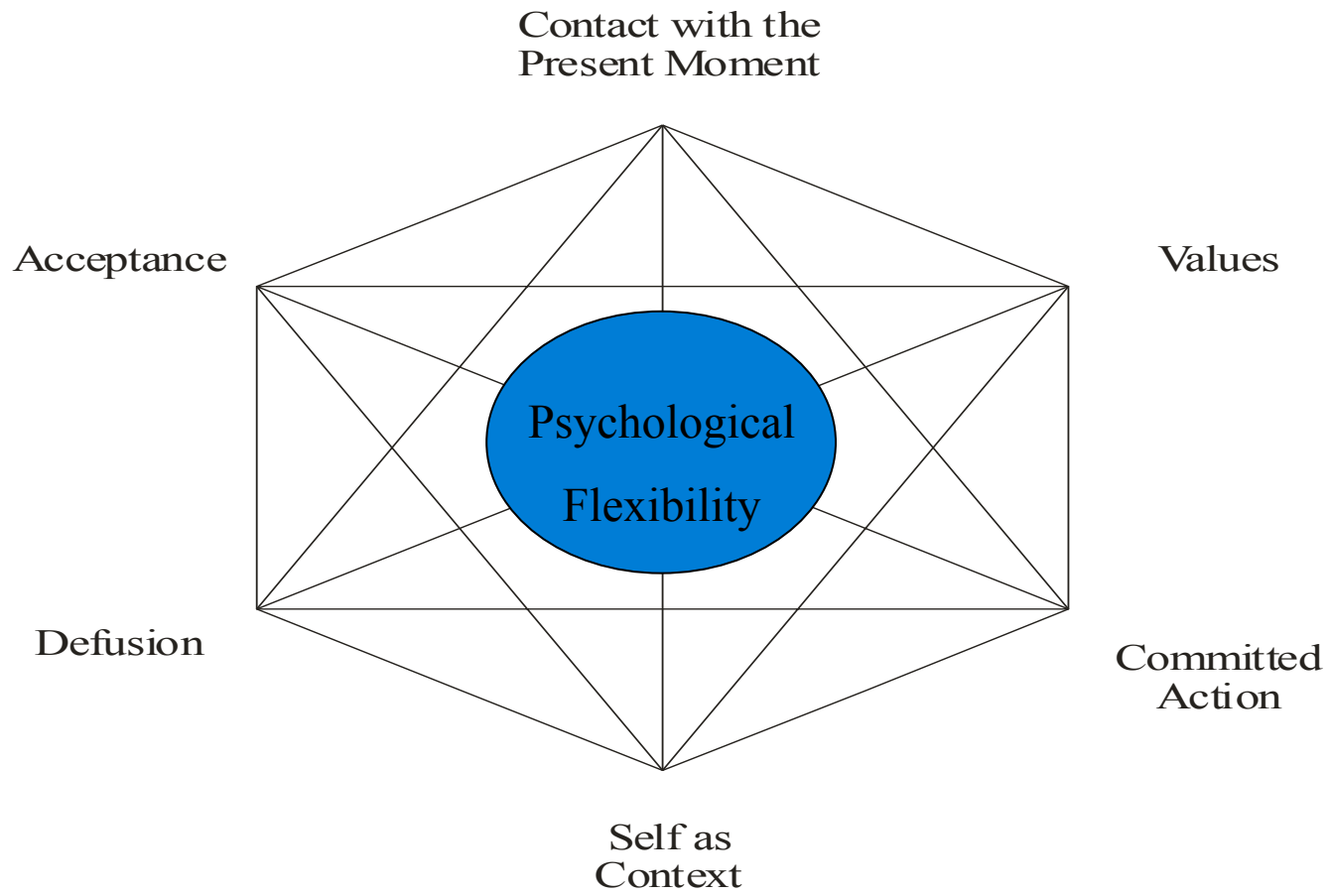


1 = Client, 3 = Therapist, 2 = Observer

2 = Client, 1 = Therapist, 3 = Observer

3 = Client, 2 = Therapist, 1 = Observer





Adapted from Harris (2009)

Any questions?



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