



# ACT FOR EMOTION EFFICACY

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**IMPORTANT:**

If you need CE credit, don't forget to sign in to have your attendance here tracked!

# DISCLOSURES

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Private practice

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Receives royalties from *A Clinician's Guide to Emotion Efficacy Therapy (EET)*

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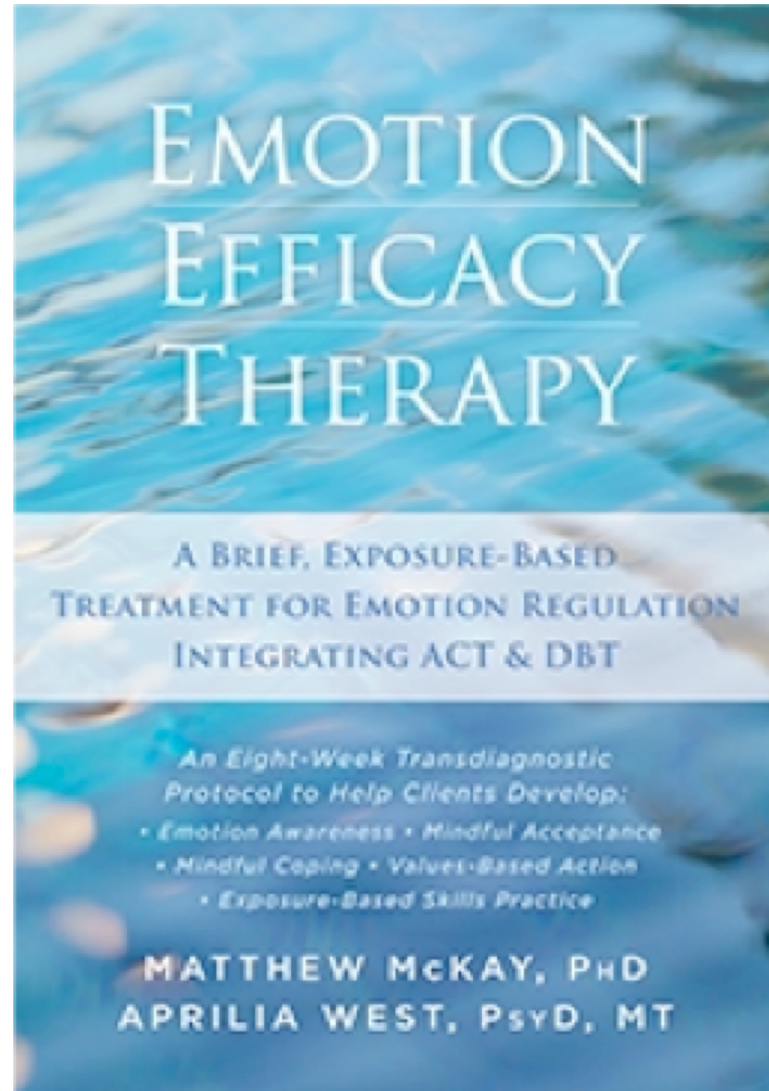
Founder, New Harbinger Publications

Receives royalties from *A Clinician's Guide to Emotion Efficacy Therapy (EET)*

*\* We have not received, and will not receive, any commercial support related to this presentation or the work presented in this presentation*

# WHAT IS EET?

Emotion Efficacy Therapy (EET) is an ACT-based protocol that incorporates components of Exposure Therapy and Dialectical Behavioral Therapy (DBT).





# WHY TREAT LOW EMOTION EFFICACY?

- Over 75% of people who seek therapy struggle with ***low emotion efficacy*** (emotion dysregulation, distress intolerance and emotion avoidance) (Barlow, 2000; Kring & Werner, 2004).
- ***A transdx approach*** is supported in research literature. Research suggests targeting Emotion Avoidance and Distress Intolerance will increase emotion efficacy (Taylor & Clark, 2009; Wilamowska, Thompson-Hollands, Fairholme, Ellard, Farchione & Barlow, 2010)
- ***Learning is multi-layered:*** cognitive, affective, somatic & behavioral components (Tryon, 2005)
- State-dependent learning supports exposure-base and accelerates retention and recall of new skills (Persons & Miranda, 1992) and ***new learning is the key to change*** (Szymanski & O'Donohue, 1995; Matrick et al, 1989; Persons & Miranda, 1991; Craske, 2012)
- Need for a ***brief portable low-cost effective tx***

# FACTORS THAT CONTRIBUTE TO LOW EMOTION EFFICACY

Low emotion efficacy can be a result of multiple biopsychosocial factors and psychologically inflexible patterns and beliefs:

- A biological vulnerability that leads to high levels of reactivity
- Socially invalidating environments
- Lack of clarity around needs and values
- Learned ineffective patterns of emotion avoidance and distress intolerance
- Lack of self-regulation strategies



# *emotion efficacy* Noun.

The skillfulness and belief in one's skillfulness to *experience* and *respond* to a full range of emotions in a contextually adaptive, values-consistent manner



# HOW DOES EET WORK?



*EET integrates traditional CBT and ACT:  
It says you can both change your relationship with  
experience, and also change experience by practicing  
acceptance and coping skills in an activated state.*

# EET PROCESSES

**EMOTION AWARENESS** “I can observe all parts of my emotional experience: sensations thoughts, feelings and urges”

## **MINDFUL ACCEPTANCE**

“I can allow all parts of my emotional experience without acting on it”



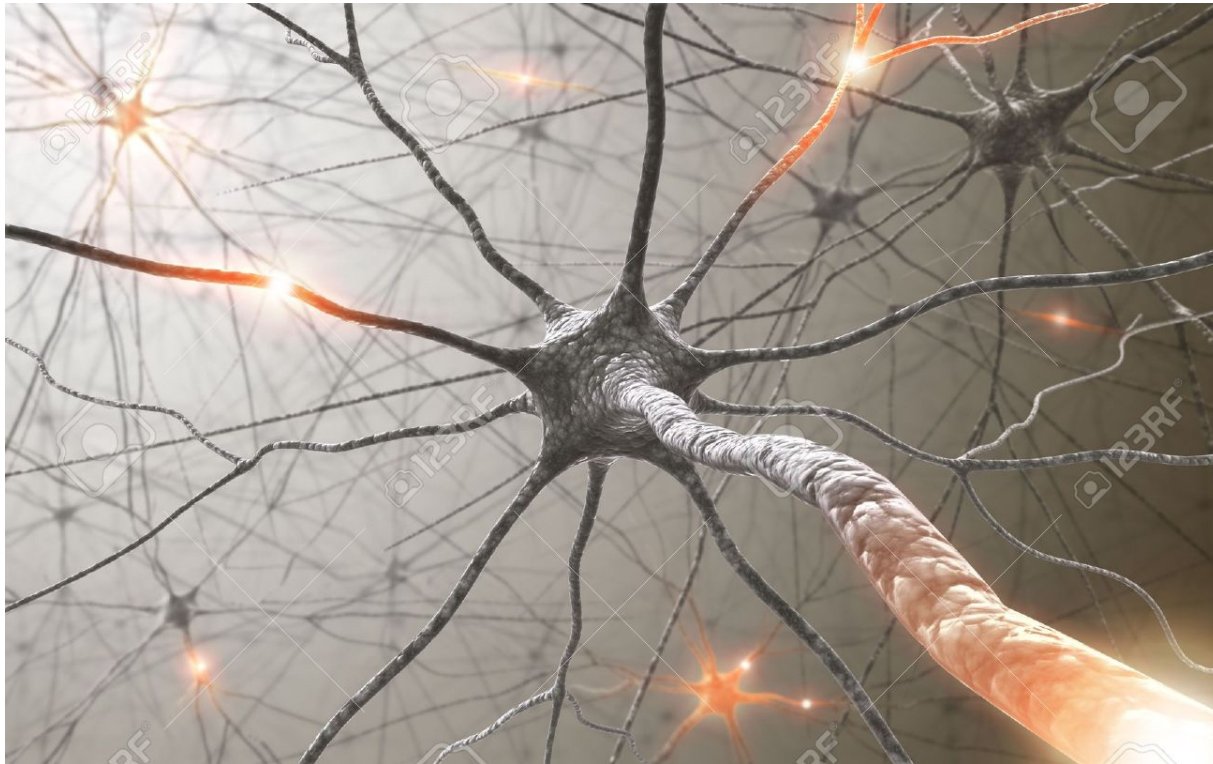
## **VALUED ACTION**

“I can identify what matters most to me in the moment of choice and act on it”

**MINDFUL COPING** “If I’m still flooded after practicing Mindful Acceptance, can downshift my emotional activation to access values-based action”

# EXPOSURE-BASED SKILLS PRACTICE

Drawing on *state-dependent learning*, EET skills are practiced in an activated states to improve new earning, retention and recall.



*Neurons that fire together wire together*



# 8-WK PROTOCOL OVERVIEW

Session 1: Emotion Awareness

Session 2: Mindful Acceptance and Emotion Surfing

Session 3: Values Clarification

Session 4: Values-Based Action

Session 5: Mindful Coping: Relaxation & Self Soothing

Session 6: Mindful Coping: Radical Acceptance & Coping Thoughts

Session 7: Mindful Coping: Distraction & Time Outs

Session 8: Pulling it all Together

# EET SESSION STRUCTURE

1. Mindful Acceptance practice (after session 1)
2. Skills Practice review
3. Psychoeducation on new skill
4. Practice new skill
5. Exposure + new skill
6. Feedback and Troubleshooting
7. Review homework



Observe 4 parts of an emotion: sensations, feelings, thoughts & urges

Observe, Accept and surf your emotional wave, with SUDS

Observe, Accept & Choose a Values-based Action

Observe, Accept and Choose a relaxation

Observe, Accept and Choose a self-soothing skill

Observe, Accept and Choose a coping thought

Observe, Accept and Choose to practice radical acceptance

Observe, Accept and Choose a distraction skill

**Directions:** Place a check ✓ next to the skill you practice each day. Record any triggers at the bottom. Bring this record to your next session.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

EMOTIONAL TRIGGERS | Record any events or emotions that are distressing during this week:

emotional efficacy therapy protocol  
**SKILLS PRACTICE**

# EET OUTCOMES STUDIES

## 2014 Quantitative pre/post outcome trial of EET

Variable	Univariate MANOVAs	Pre vs. Post
	F (1,21)	d
DERS	32.36***	-1.21***
MNESRES	42.17***	1.38***
DTS	15.45***	1.34***
MEAQ-Total	14.47***	-0.81***

Note. N = 22.  $\wedge p < 0.10$ ; \*  $p < 0.05$ ; \*\*  $p < 0.01$ ; \*\*\*  $p < 0.001$

Cohen's d: 0.2 = small; 0.5 = medium; 0.8 = large.

DERS = Difficulties with Emotion Regulation Scale.

MNESRES = Multidimensional Negative Emotions Self-regulatory Scale. DTS = Distress Tolerance Scale.

MEAQ = Multidimensional Experiential Avoidance Questionnaire.

## 2017 quantitative pre/post outcome trial of EET

Variable	P Value	Pre vs. Post
		d
DERS	.002	-0.8
EES (global)	.003	1.08

Note. N = 42.  $\wedge p < 0.10$ ; \*  $p < 0.05$ ; \*\*  $p < 0.01$ ; \*\*\*  $p < 0.001$

Cohen's d: 0.2 = small; 0.5 = medium; 0.8 = large.

DERS = Difficulties with Emotion Regulation Scale. DASS = Depression, Anxiety, and Stress Scale.

## 2018 RCT of EET

Variable	P Value	Pre vs. Post
		d
DERS	.012	-0.82*

Note. N = 42.  $\wedge p < 0.10$ ; \*  $p < 0.05$ ; \*\*  $p < 0.01$ ; \*\*\*  $p < 0.001$

Cohen's d: 0.2 = small; 0.5 = medium; 0.8 = large.

DERS = Difficulties with Emotion Regulation Scale. DASS = Depression, Anxiety, and Stress Scale.

# EET OUTCOMES STUDIES (cont'd)



A small 2016 pre-post test pilot study (n=18) conducted at a dual-diagnosis treatment program with individuals struggling with significant chemical dependency problems, showed a 50% decrease in relapse compared to individuals receiving treatment as usual (TAU= 12 weeks of CBT and relapse prevention)

# Session 1: EMOTION AWARENESS

- ✓ Learn the adaptive function of emotions: wired for survival
- ✓ Identify how their current relationship with emotions is ineffective
- ✓ Distinguish adaptive function of emotions from maladaptive responses
- ✓ Distinguish themselves from their emotions by observing all parts of their emotional experience



# ANATOMY OF AN EMOTION

## *anatomy of emotion*



*emotion*  
*emotion*



*urges*



*physiological  
sensations*



# STEPS to EMOTION AWARENESS

1. Sensations: observe and describe what you notice in your body e.g. pressure, tension, temperature, movement, pulsation, etc
2. Thoughts: observe and describe the content the mind is creating
3. Feelings: name the labels based on the felt sense or interpretation of the experience
4. Urges: notice the action the emotion creates to do something or not to do something

# Session 2: Using MINDFUL ACCEPTANCE for EMOTION SURFING

- ✓ Understand lifespan of an emotion wave
- ✓ Identify behaviors that increase or prolong emotion waves: rumination, avoidance, emotion driven behaviors
- ✓ Identify behaviors that allow emotion waves to resolve: observe and accept
- ✓ Bringing an intention of allowing and “making space” for all parts of the emotion
- ✓ Learn to induce Emotion Exposure
- ✓ Learn to surf the emotion wave by practicing Mindful Acceptance, rating their SUDS



# MINDFUL ACCEPTANCE VIDEO



# MINDFUL ACCEPTANCE + EMOTION EXPOSURE EXPERIENTIAL



# STEPS to EMOTION SURFING

1. Induce Activation
2. Rate SUDS
3. Accept Sensations
4. Watch Thoughts
5. Label Feelings
6. Notice Urges
7. Rate SUDS

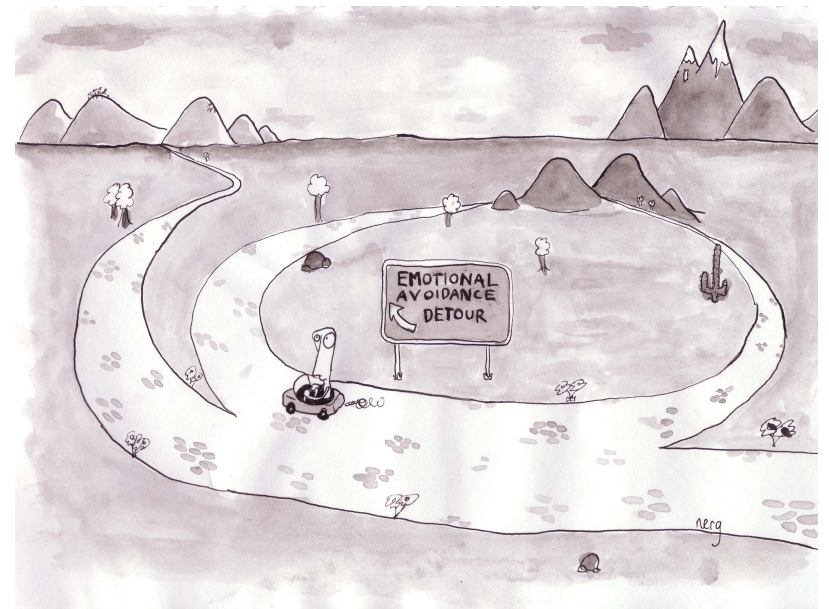
# Sessions 3-4: VALUES-BASED ACTION

- ✓ Clarify values
- ✓ Understand Creative Hopelessness
- ✓ Locate the Moment of Choice
- ✓ Access Willingness
- ✓ Learn to use covert rehearsal with imaginal exposure





# MONSTERS ON THE BUS (EET-style)

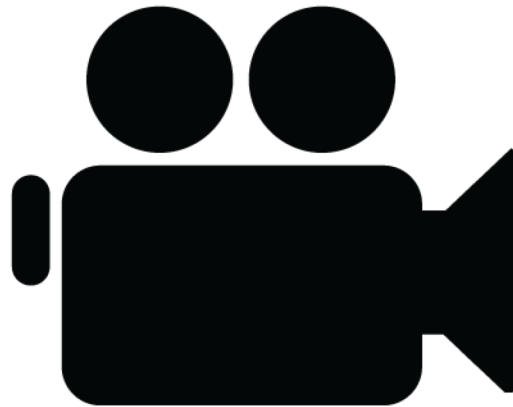


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# STEPS for VALUES-BASED ACTION

1. Identify value for anticipated trigger situation
2. Induce emotion activation
3. Rate SUDs
4. Practice Mindful Acceptance through Emotion Surfing
5. Rate SUDs
6. Visualize VBA
7. Rate SUDs

# VALUES-BASED ACTION VIDEO



# Sessions 5-7: MINDFUL COPING SKILLS

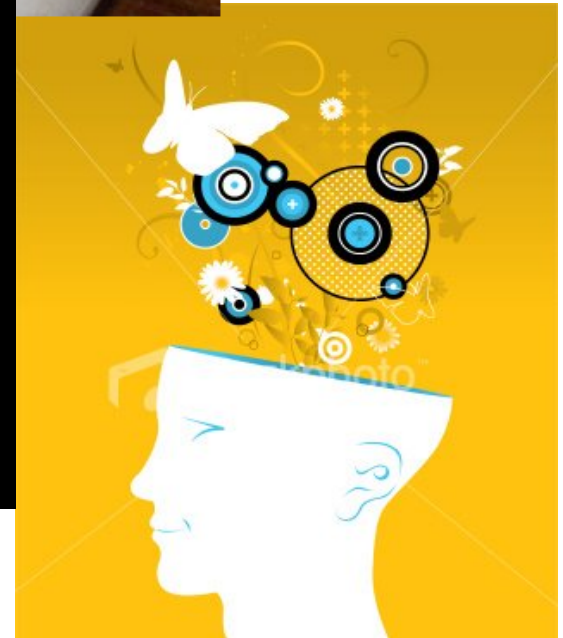
Session 5:  
Relaxation  
Self-Soothing



Session 6:  
Coping Thoughts  
Radical Acceptance



Session 7:  
Distraction  
Time Outs

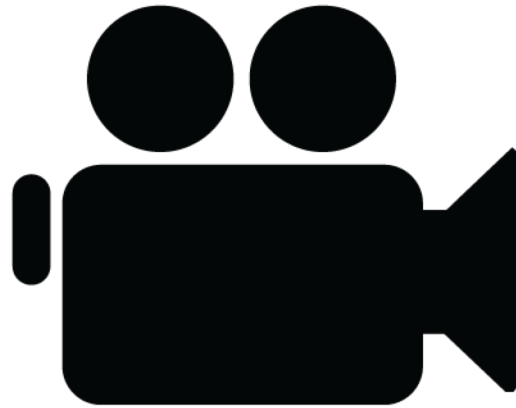


# STEPS for MINDFUL COPING

1. Identify trigger situation
2. Induce emotion activation
3. Rate SUDs
4. Practice Mindful Acceptance through Emotion Surfing
5. Locate Moment of Choice
6. Rate SUDs
7. Apply Mindful Coping skill
8. Rate SUDs

# MINDFUL COPING VIDEO 1

Mindful Coping with Coping Thoughts





# Session 8: PULLING IT ALL TOGETHER

## Wrapping up EET Tx

- Review and consolidation of learning
- Time to reflect on “what works” e.g. specific skills in specific situations
- Troubleshoot “areas of difficulty”
- Personalized emotion efficacy plan

# EXPOSURE WITH GROUP COACHING



# TROUBLESHOOTING & TIPS

- Difficulty with specific skills: e.g. sensations with chronic pain; high ruminators with thought watching
- Increased awareness leading to demoralization
- Inducing emotion activation in a group
  - When SUDS that under or overreach target rating
  - When Alexythymic or trouble inducing activation
  - Selectively reactive to different types of triggers
- Lack of practice outside of session

# MORE EET RESOURCES/OPPORTUNITIES

UPCOMING EET TRAININGS:

LOS ANGELES: 10/22/17

SAN DIEGO (coming in 2018)

<https://www.praxiscet.com/events>

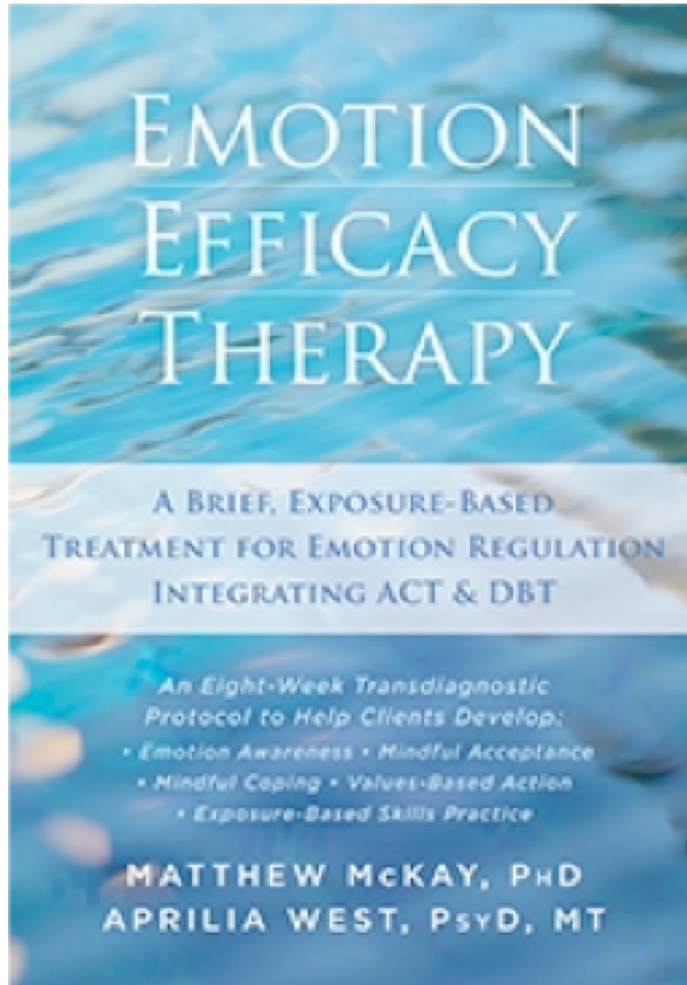
EMOTION EFFICACY THERAPY (EET) clinician's guide  
available at: [www.newharbinger.com/emotion-  
efficacy-therapy](http://www.newharbinger.com/emotion-<br/>efficacy-therapy)

RESEARCH OPPORTUNITIES or for MORE INFO

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# CLINICIAN'S GUIDE to EMOTION EFFICACY THERAPY (EET)



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ACTIONS  
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– THICH NHAT HANH



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