

Two case-studies demonstrate how the MindFlex System tracks changes in Flexibility across ACT treatment.

Tracking Changes in Mindful-Flexibility across ACT Treatment: Two Mixed-Method Case Studies using the MindFlex Assessment System

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CLIENT 1

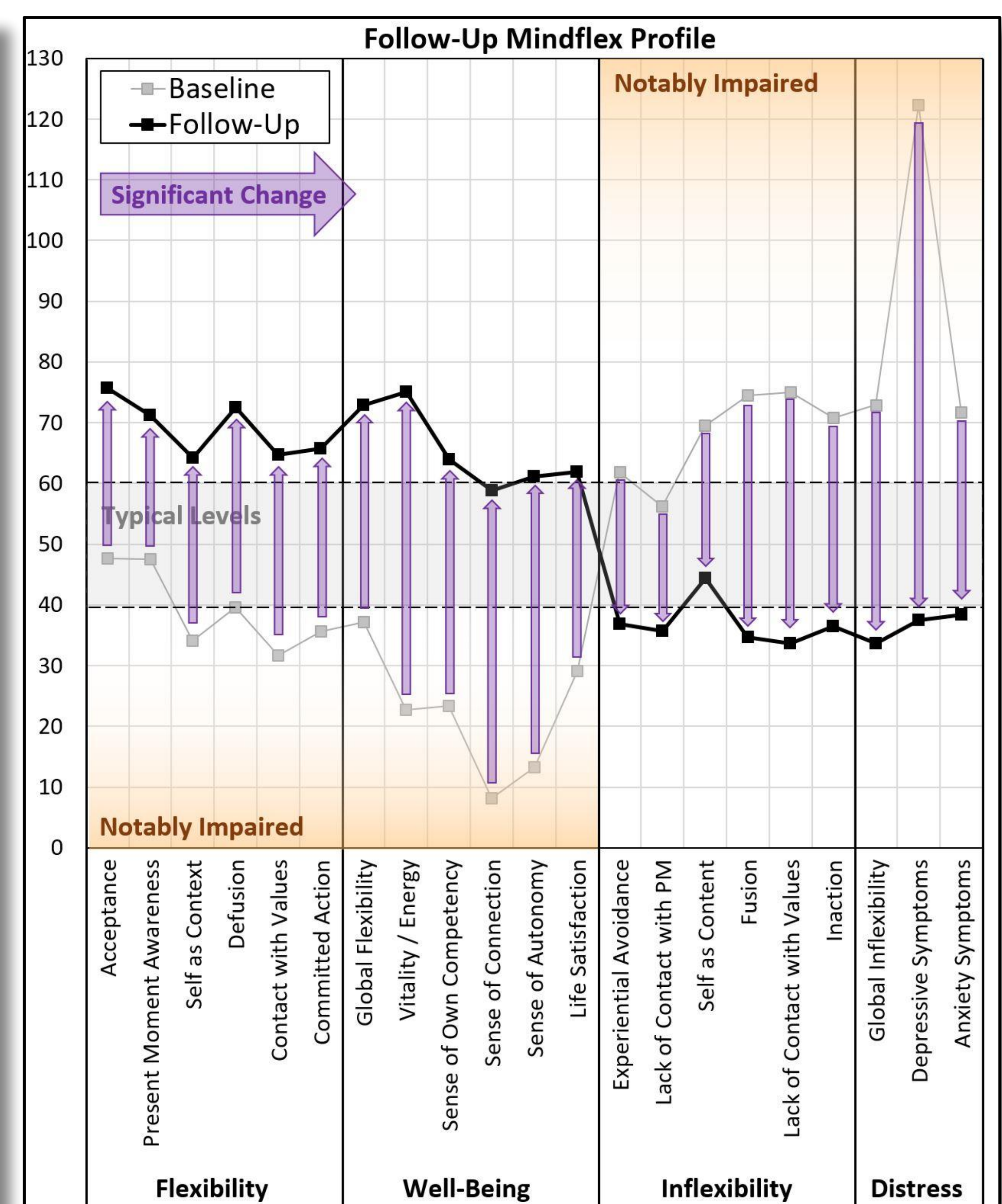
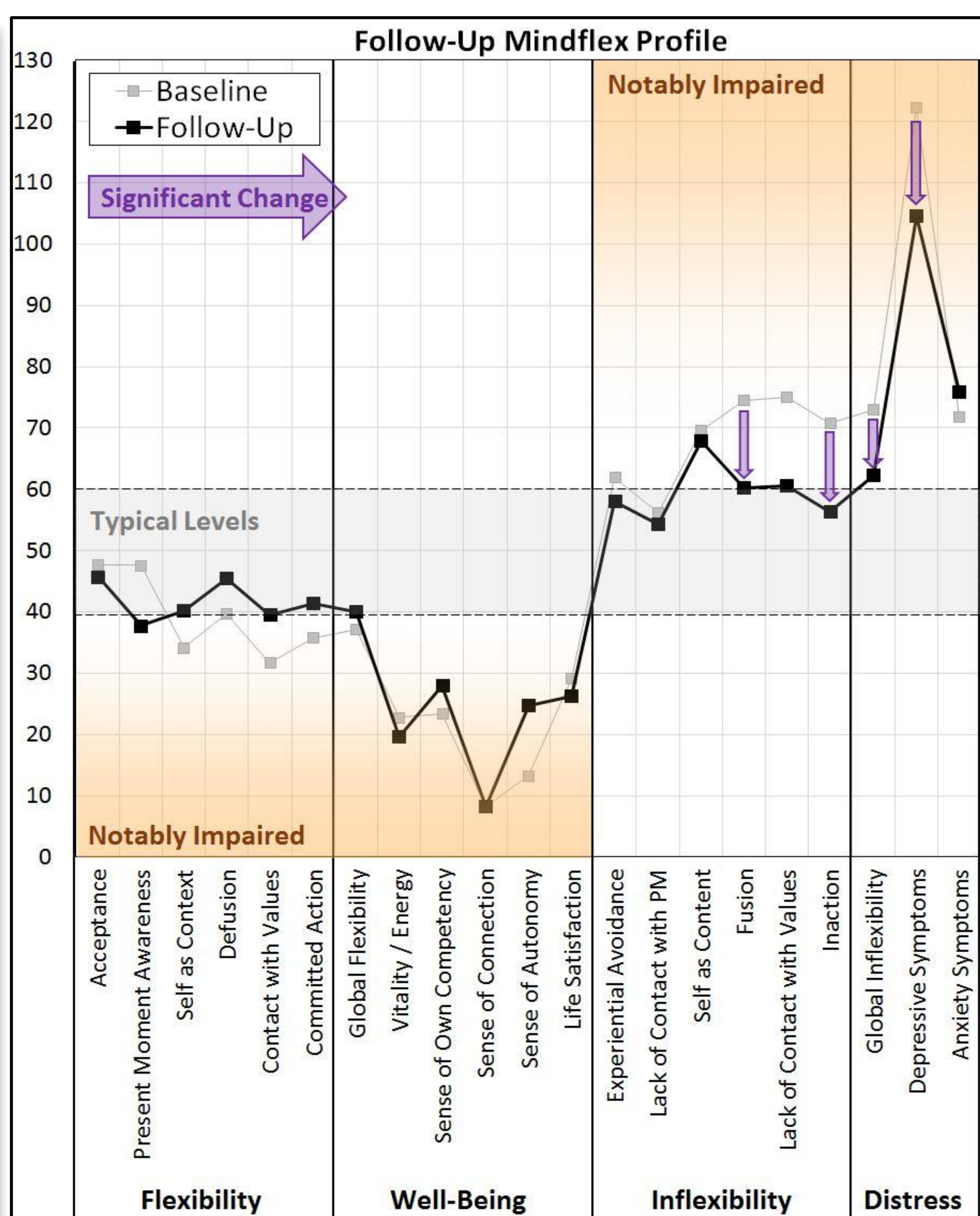
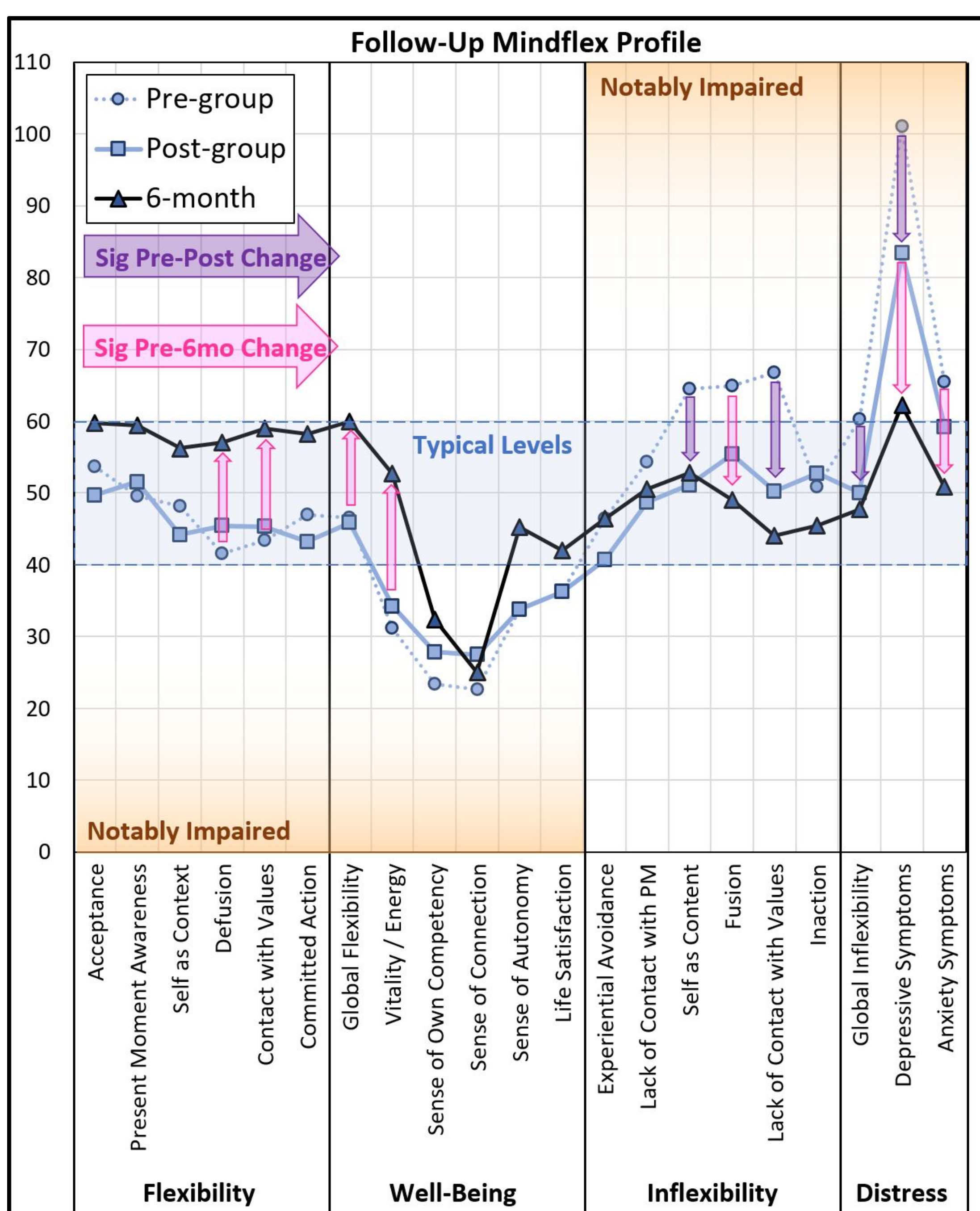
- Female, late 20s
- History of trauma
- Emotionally abusive spouse w/ PTSD
- Depressive disorder
- High fusion & loss of contact w/ values

CLIENT 2

- Male, early 30s
- Both parents dying of cancer
- 2-year relationship recently ended
- Maladaptive friendships / poor choices
- Depressive disorder / work difficulties

6-month Follow-Up Profile

- Breakthrough action step – flew to vacation with friends, extremely empowering
- Dropped maladaptive friendships
- Extended value activities
 - Exercising, socializing, effective at work



To find out more about the MindFlex Assessment Project

study



to enroll

