

ACBS World Conference

— **ONLINE** —

July 16-19, 2020

Functional Analysis in ACT: Acquiring Fluency in the Application

Germán L. Teti, M.D.

#ACBSWC

Disclosures

- Psychiatrist and psychotherapist specialized in ACT, FAP and DBT
- President, Argentinian Center for Contextual Therapies Foundation (CATC), Buenos Aires, Argentina.
- Head of Service, Braulio Moyano Public Mental Health Hospital, Buenos Aires, Argentina.
- I have not received and will not receive any commercial support related to this presentation or the work presented in this presentation.

#ACBSWC

Objectives

- Describe the principles of functional analysis and its articulation in the clinical practice
- Develop skills to ask questions fluently about the inflexible regulation pattern
- Employ RFT principles to explore psychological inflexibility and flexibility processes

#ACBSWC

Reminders

- Questions can be made at any moment

#ACBSWC

An act



Arrives late
to therapy

Contradicts
therapist



#ACBSWC

An act-in-context

Delays his
departure



When he plans
to leave his
house, he
experiences
anxiety

Arrives late
to therapy

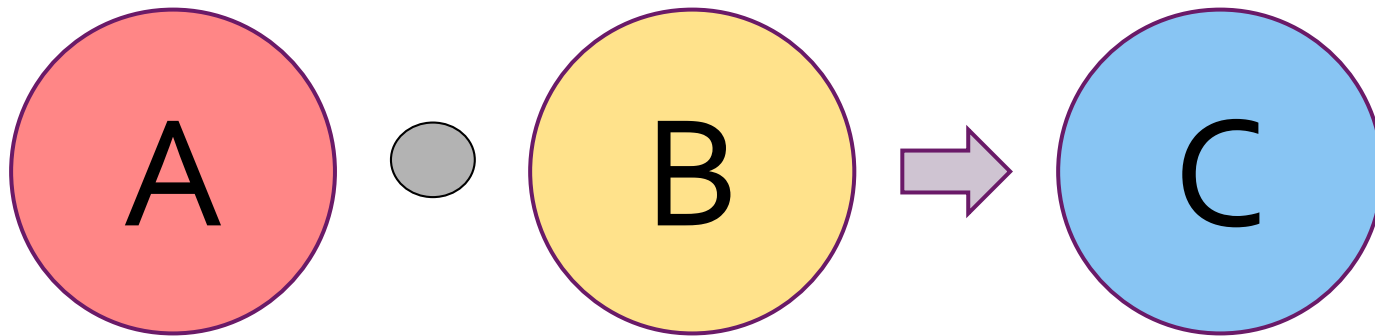
He experiences
anxiety with
the theme
discussed in the
session

Contradicts
therapist



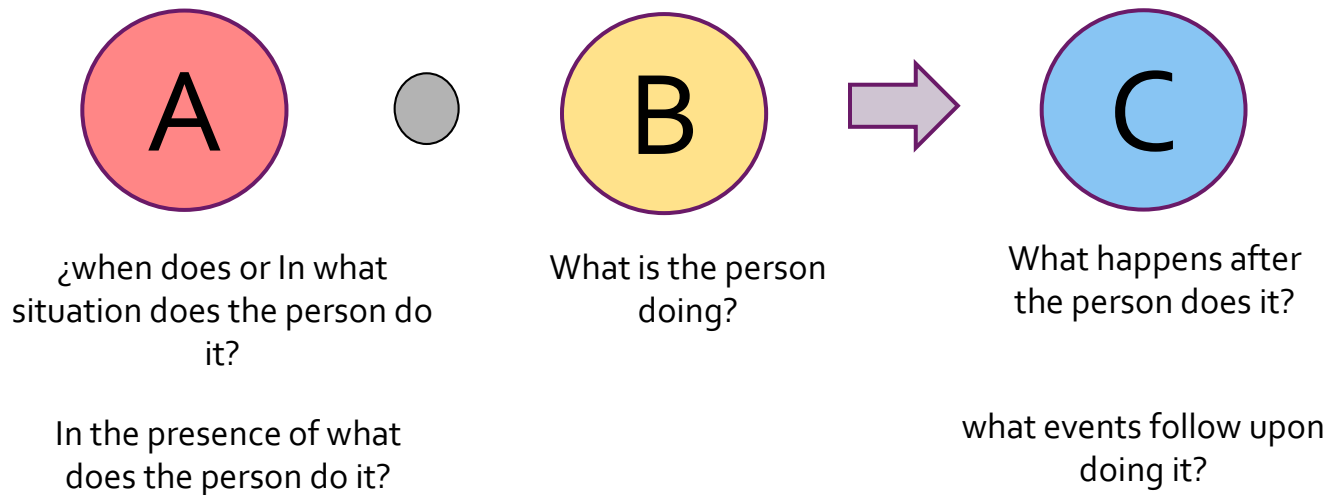
Therapist
changes the
theme to
another one
that generates
less anxiety

Three-Term Contingency (ABC)

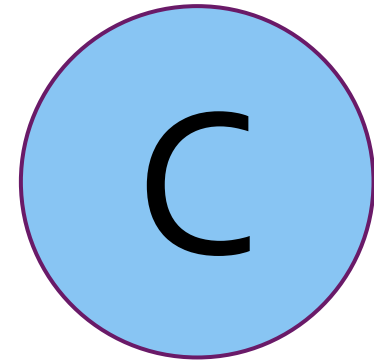
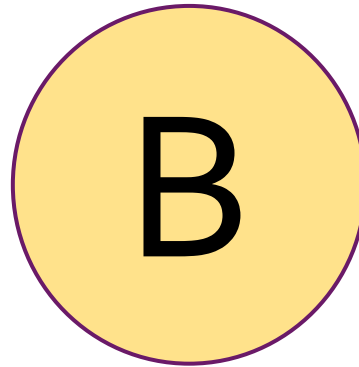
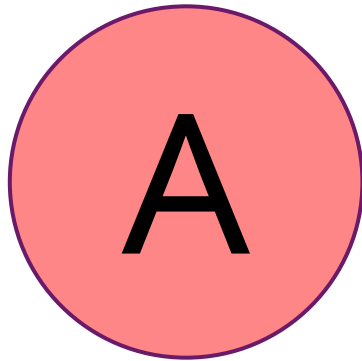


#ACBSWC

Functional Analysis and the Three-Term Contingency

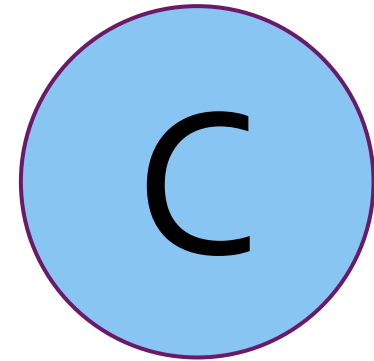
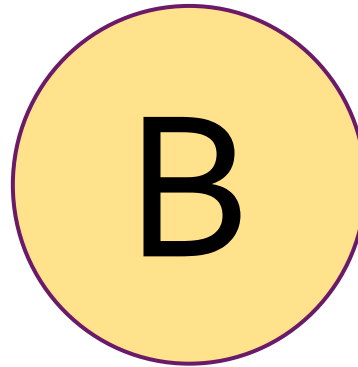
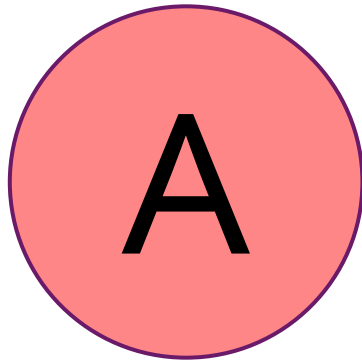


#ACBSWC



Situation	Private Event	Response	Short-term consequences	Long-term consequences
Where? When? What was he/she doing? Who with? Under what circumstances?	Emotions Thoughts Memories Body sensations	What does he/she do?	Relief (R-) Coherence (R +)	Limited life

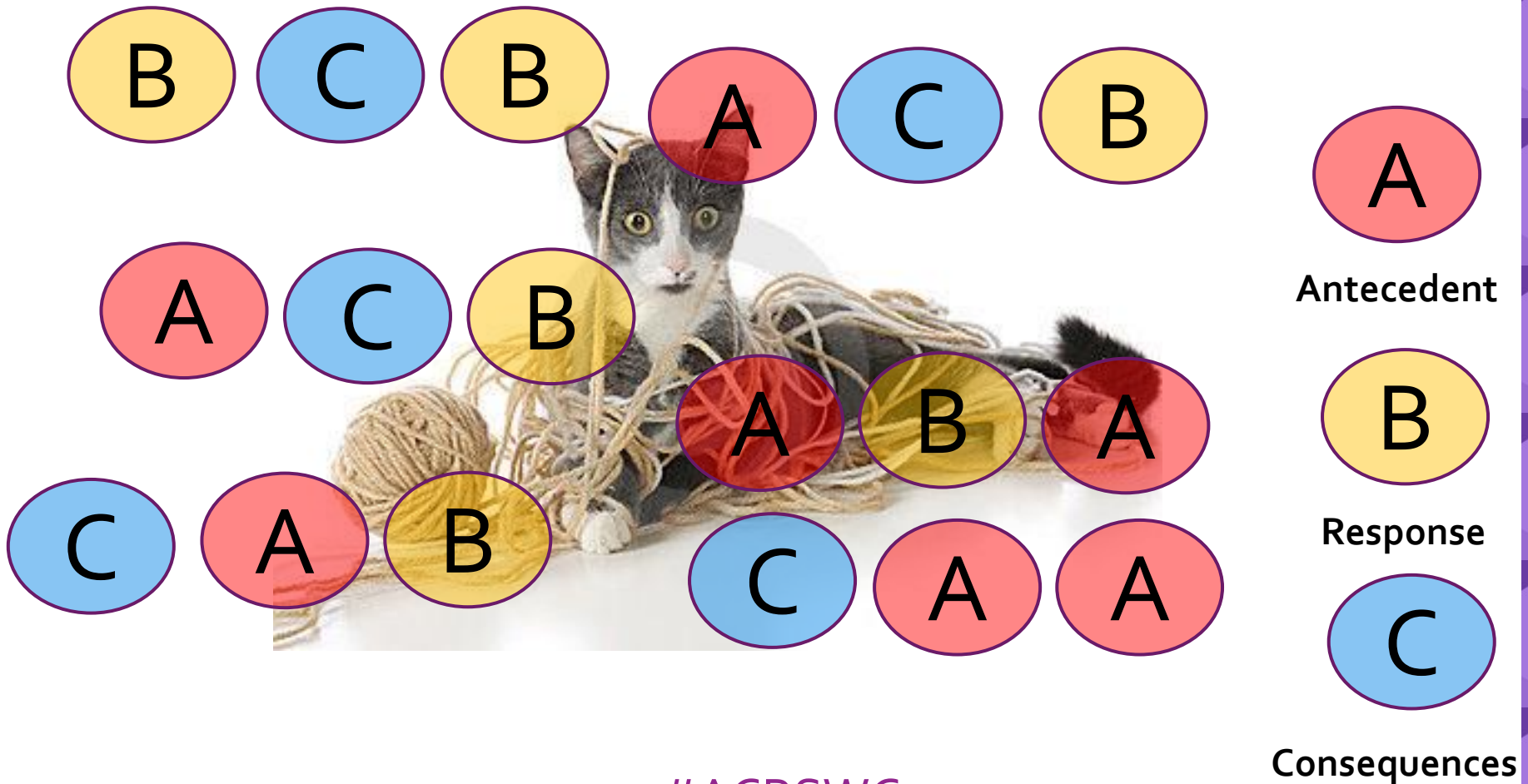
#ACBSWC



Situation	Private Event	Response	Short-term consequences	Long-term consequences
Where? When? What was he/she doing? Who with? Under what circumstances? <p><i>Different Context</i></p>	Emotions Thoughts Memories Body sensations <p><i>Aversive experiences</i></p>	What does he/she do? Control attempt Rule followed	Relief (R-) Relief (R-) Coherence (R +) Coherence (R+)	Limited life Distancing from values

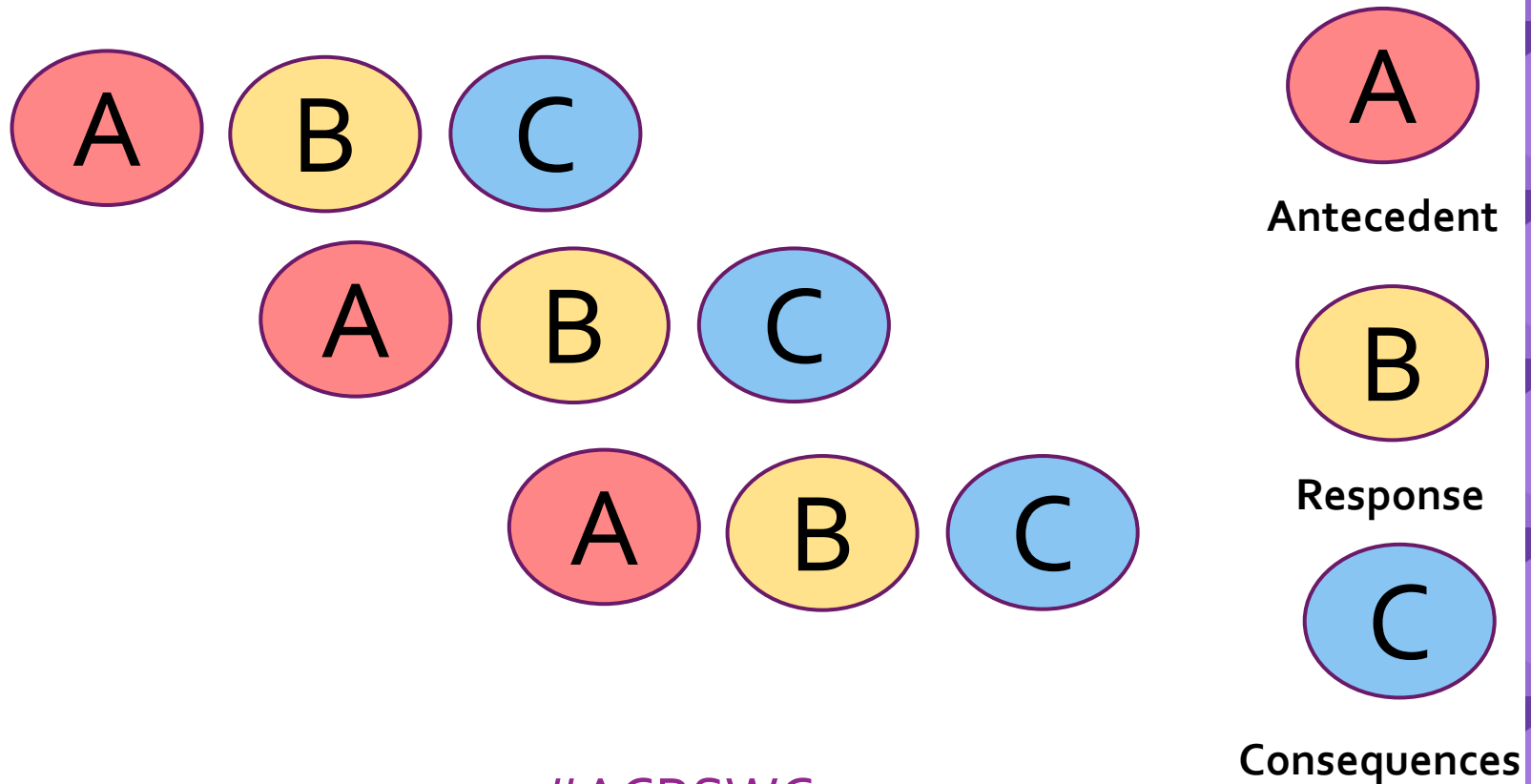
#ACBSWC

The Client doesn't have Functional Analysis Skills



#ACBSWC

FA as Intervention Enlightening What the Client is Saying in a Functional Way



#ACBSWC

Some keys are...

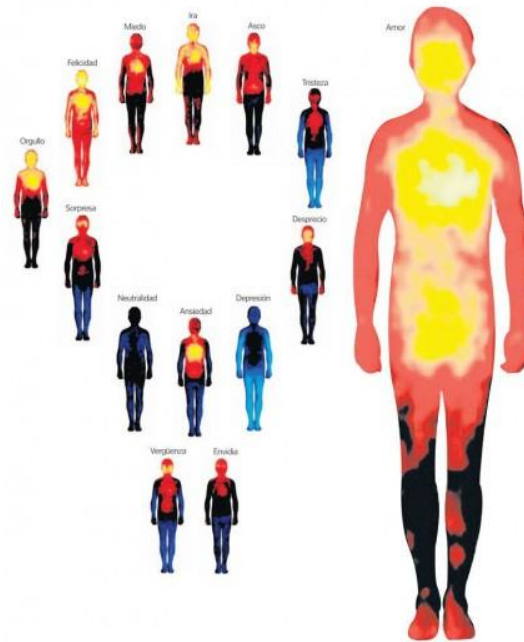
- Know what you are asking
- Have a broad repertoire to ask
- Be sensitive to what the patient is saying and clarify the antecedents and consequences of behavior

#ACBSWC

Therapist skills

#ACBSWC

Help the client discriminate and label the private events



Explore the solution attempts



Track the consequences of the avoidant behavior **by emphasizing the losses and limitations**



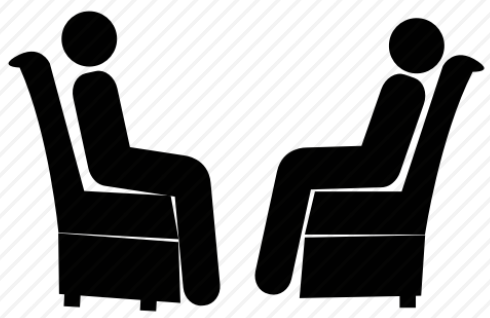
Clinical vignette

- The following bullet is an example of consulting therapist interaction for teaching purposes.
- Ana
- 37
- Discomfort with her body and difficulty establishing relationships
- History of engaging in diet and exercise since she was 13 years old.

#ACBSWC

Could you tell me what thought is showing up in Ana right now

And how do you feel when you tell me that?



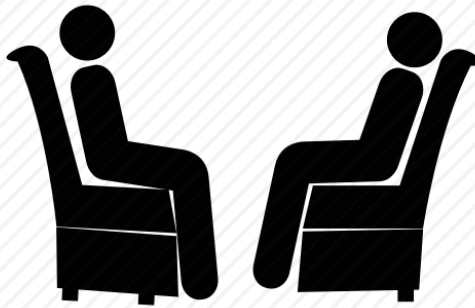
That I am fat

I feel very ashamed, but I know what I have to do, I'd done it before and I will solve it again ... to stop feeling like this

Situation	Private Event	Response	Short-term consequences	Long-term consequences
In session	"I am fatty" Shame	I'll solve it	Stop feeling shame	-----

where do you notice that you experience shame?

I understand, could you think of an event in which you've felt ashamed this week



everywhere

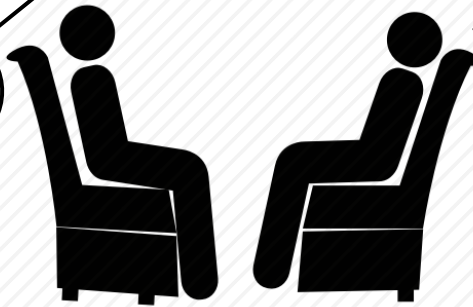
today, at work

Situation	Private Event	Response	Short-term consequences	Long-term consequences
?				

allow yourself to feel that emotion for a moment and identify what thought appeared at work

I thought, "what an asshole how much I ate yesterday"

What did the thought "what an idiot, how much I ate yesterday" order you to do?



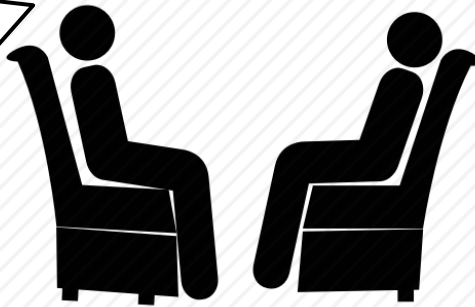
I kept my overcoat on and thought all the time "I want to get out of here"

Situation	Private Event	Response	Short-term consequences	Long-term consequences
At work	Shame "What an asshole, how much I ate yesterday"	She doesn't take off the overcoat She thinks of leaving her work		

I wonder how it works for you to leave your coat at that time

well, at least I felt protected

Take a moment now to observe yourself, at work, with your coat on and thinking of leaving, what do you see in yourself when you observe yourself doing that?

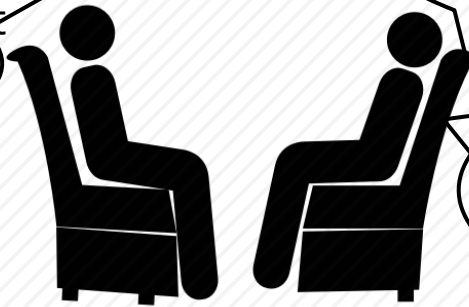


What do I see? I always see the same, I never let myself be free, I'd like to let myself be free

Situation	Private Event	Response	Short-term consequences	Long-term consequences
At work	Shame "What an asshole, how much I ate yesterday"	She doesn't take off the overcoat She thinks of leaving her work	She feels protected Relief (R -)	She doesn't let herself be free TO BE SOMEONE WHO LET HERSELF BE FREE

In what other moments do you notice that you don't let yourself be free?

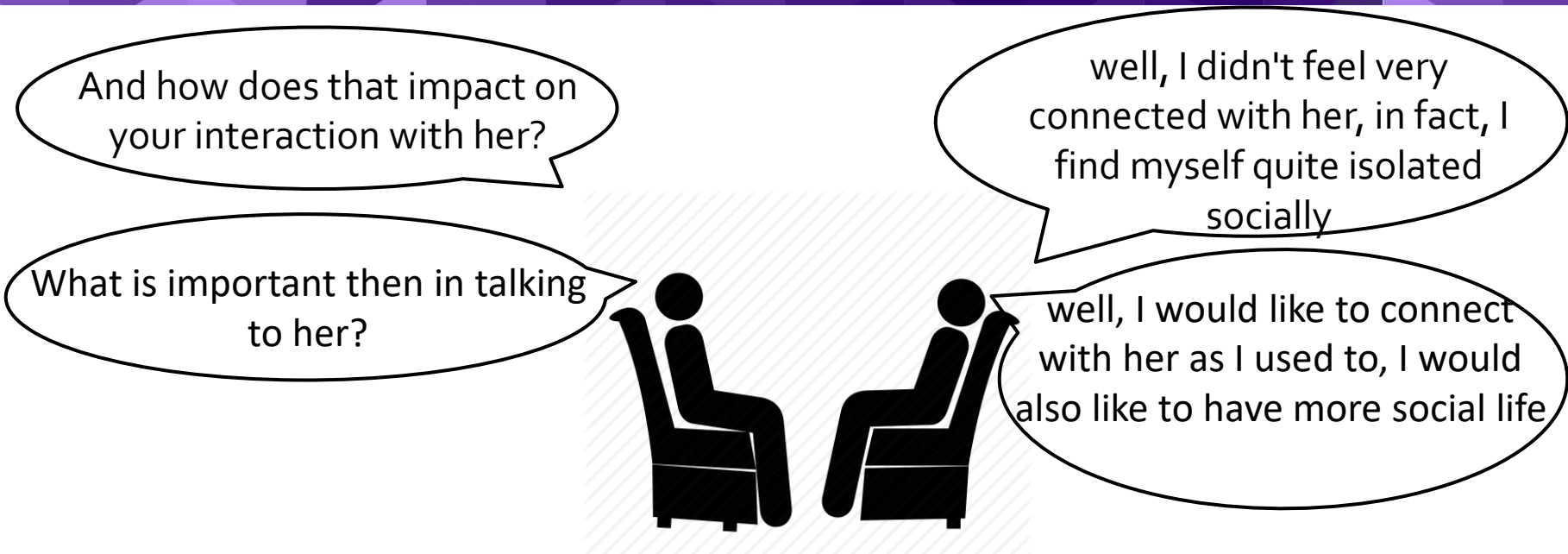
When that sensation appeared, what took you to do at that time?



In the week I received a friend at home with whom I enjoy sharing things, and when we were drinking beer, I felt my stomach bloated y I thought how much I'd drunk

I just stopped talking to her and thought when she was leaving, so I could be calm

Situation	Private Event	Response	Short-term consequences	Long-term consequences
Drinking beer with a friend at home	Stomach bloats up "How much I'd drunk"	She starts thinking when her friend leaves the house	I'll be quieter	



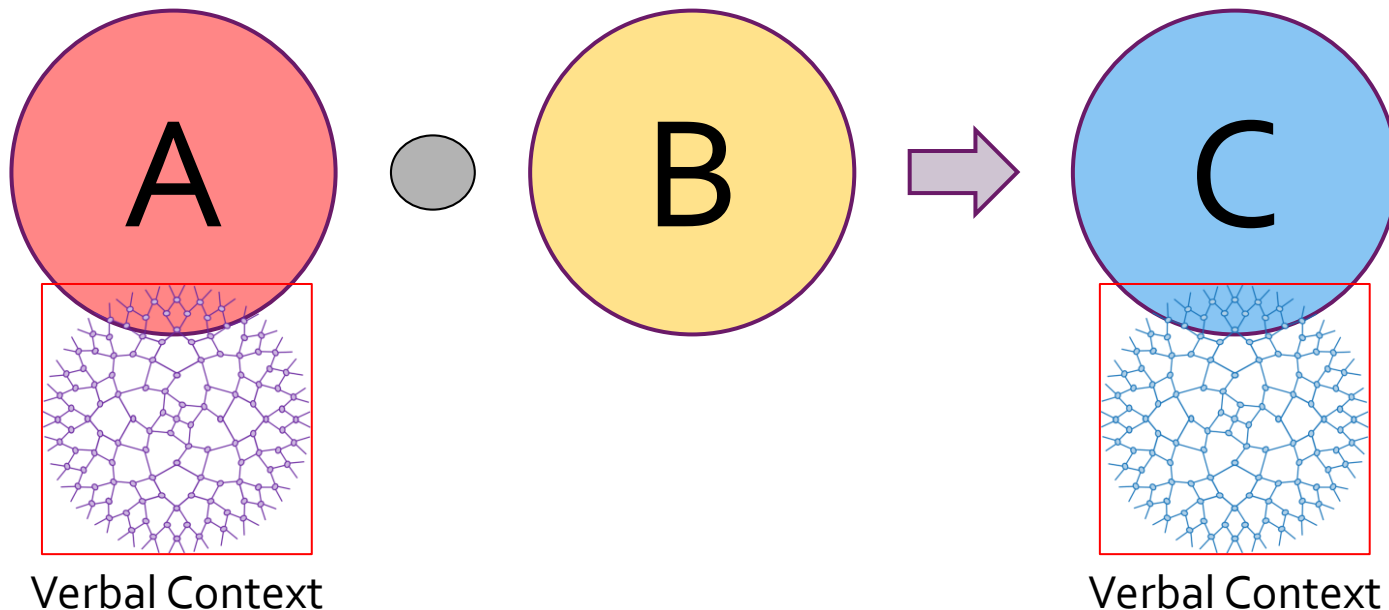
Situation	Private Event	Response	Short-term consequences	Long-term consequences
Drinking beer with a friend at home	Stomach bloats up "How much I'd drunk"	She starts thinking when her friend leaves the house	I'll be quieter	She doesn't feel strongly connected TO BE CONNECTED

Exercise 1



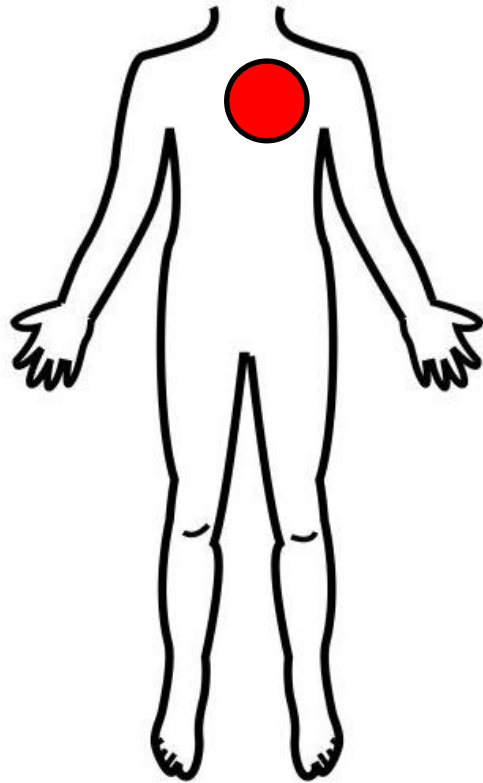
#ACBSWC

Relational Frame and Three-Term Contingency

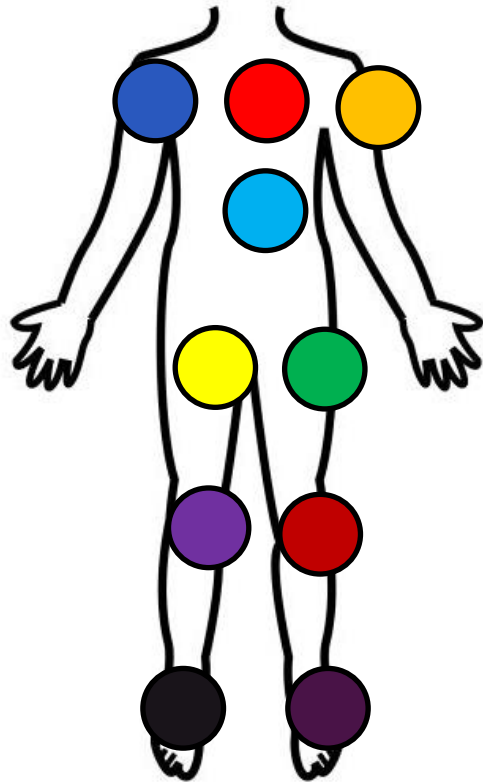


#ACBSWC

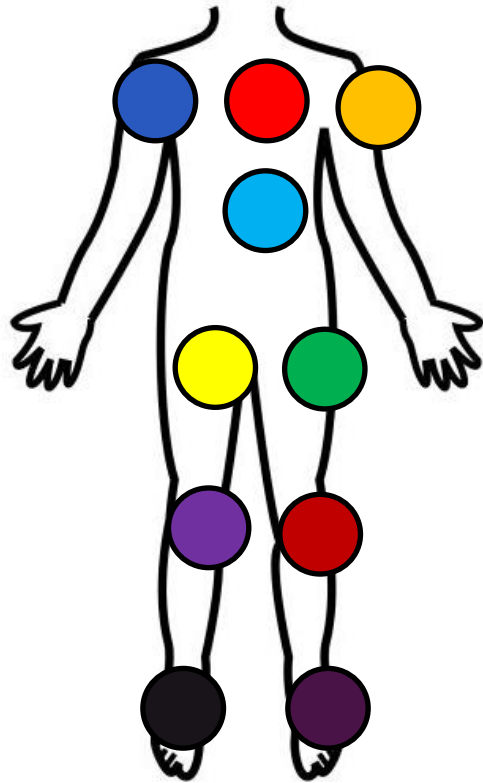
Coordination (similarity)



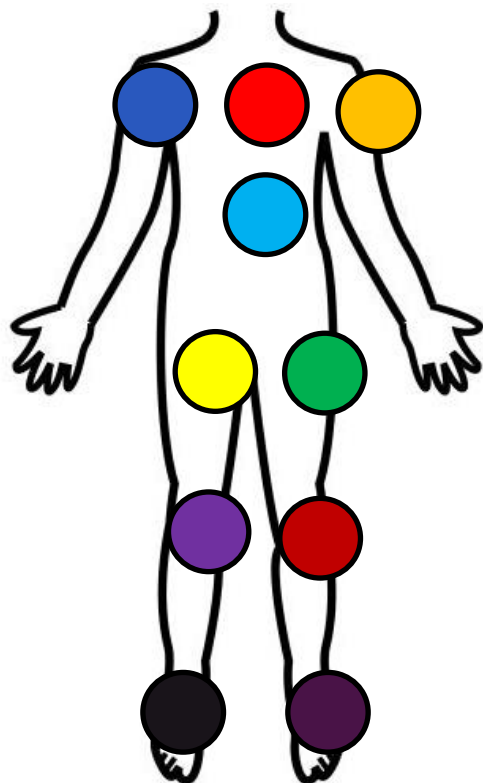
Distinction (difference)



Causal (if.....,then)

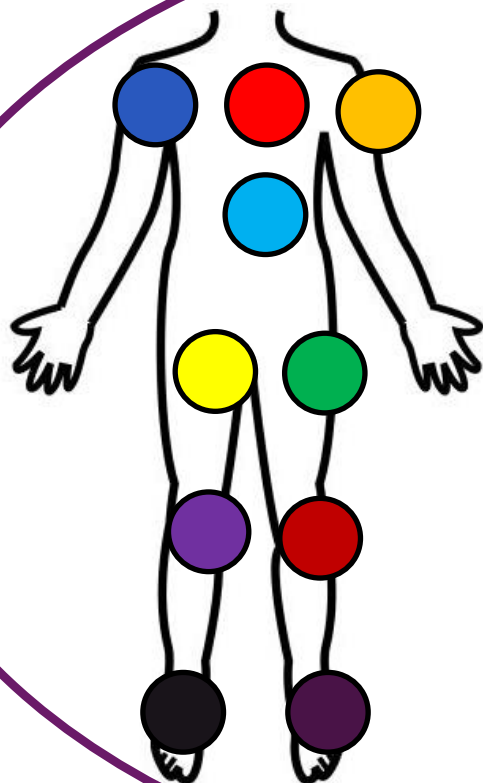


Deictic (I/you, here/there, now/then)



Hierarchy (a part of)

“|”



Clinical vignette

- Analyzing the bullet with RFT principles.

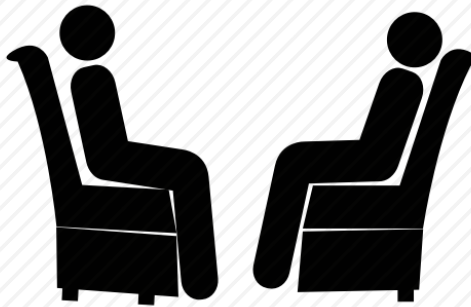
#ACBSWC

Could you tell me what thought is showing up in Ana right now

Hierarchy

That I am fat

And how do you feel when you tell me that?



I feel very ashamed, but I know what I have to do, I'd done it before and I will solve it again ... to stop feeling like this

Situation	Private Event	Response	Short-term consequences	Long-term consequences
In session	"I am fatty" Shame	I'll solve it	Stop feeling shame	-----

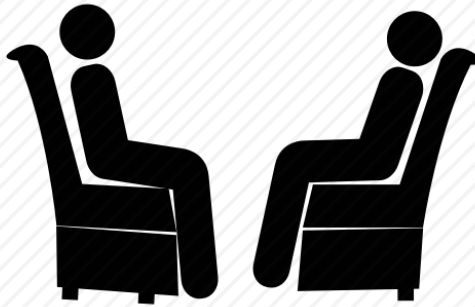
where do you notice that you experience shame?

Coordination

everywhere

today, at work

I understand, could you think of an event in which you've felt ashamed this week



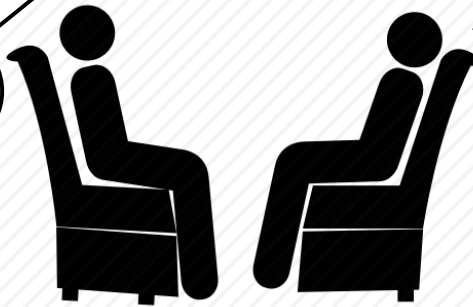
Situation	Private Event	Response	Short-term consequences	Long-term consequences
?				

allow yourself to feel that emotion for a moment and identify what thought appeared at work

Causal

I thought, "what an asshole how much I ate yesterday"

What did the thought "what an idiot, how much I ate yesterday" order you to do?



I kept my overcoat on and thought all the time "I want to get out of here"

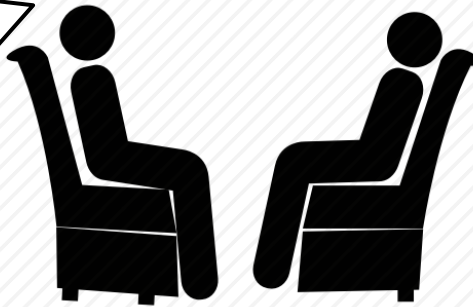
Situation	Private Event	Response	Short-term consequences	Long-term consequences
At work	Shame "What an asshole, how much I ate yesterday"	She doesn't take off the overcoat She thinks of leaving her work		

I wonder how it works for you to leave your coat at that time

Deictic

well, at least I felt protected

Take a moment now to observe yourself, at work, with your coat on and thinking of leaving, what do you see in yourself when you observe yourself doing that?



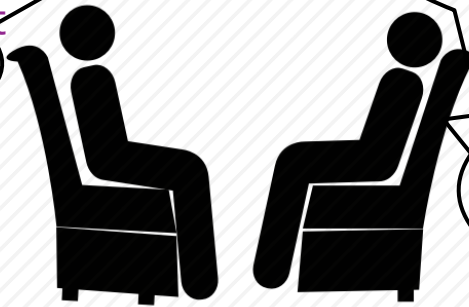
What do I see? I always see the same, I never let myself be free, I'd like to let myself be free

Situation	Private Event	Response	Short-term consequences	Long-term consequences
At work	Shame "What an asshole, how much I ate yesterday"	She doesn't take off the overcoat She thinks of leaving her work	She feels protected Relief (R -)	She doesn't let herself be free TO BE SOMEONE WHO LET HERSELF BE FREE

Causal

In what other moments do you notice that you don't let yourself be free?

When that sensation appeared, what took you to do at that time?



In the week I received a friend at home with whom I enjoy sharing things, and when we were drinking beer, I felt my stomach bloated y I thought how much I'd drunk

I just stopped talking to her and thought when she was leaving, so I could be calm

Situation	Private Event	Response	Short-term consequences	Long-term consequences
Drinking beer with a friend at home	Stomach bloats up "How much I'd drunk"	She starts thinking when her friend leaves the house	I'll be quieter	

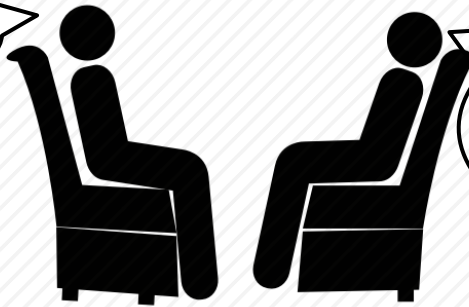
Hierarchy

And how does that impact on your interaction with her?

well, I didn't feel very connected with her, in fact, I find myself quite isolated socially

What is important then in talking to her?

well, I would like to connect with her as I used to, I would also like to have more social life



Situation	Private Event	Response	Short-term consequences	Long-term consequences
Drinking beer with a friend at home	Stomach bloats up "How much I'd drunk"	She starts thinking when her friend leaves the house	I'll be quieter	She doesn't feel strongly connected TO BE CONNECTED

Exercise 2



#ACBSWC



www.catc.com.ar

germanteti@gmail.com

#ACBSWC