



UNIVERSITY *of* HAWAII[®] *at* MĀNOA

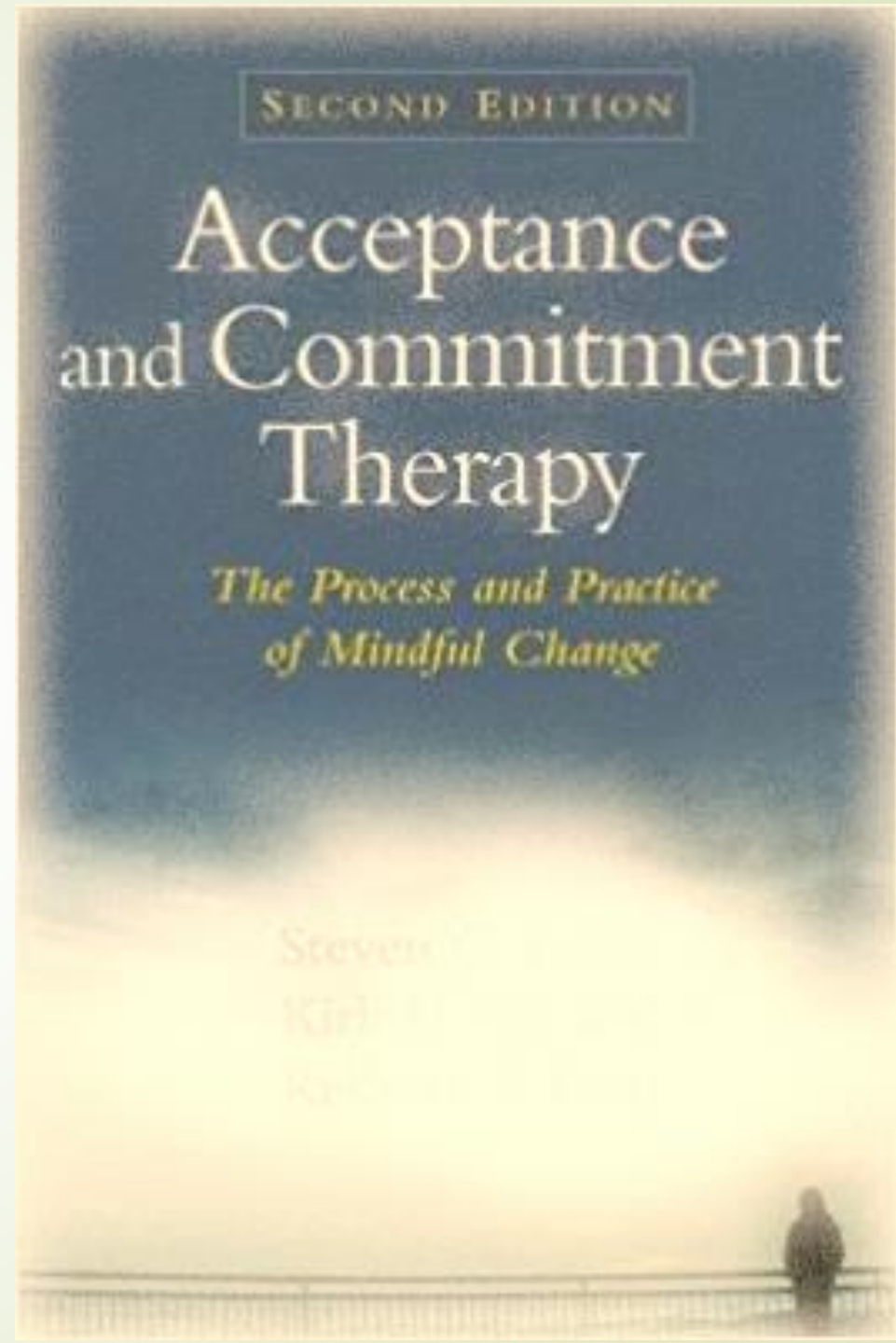
ACT in Diverse Cultural Contexts

Akihiko (Aki) Masuda, Ph.D.

University of Hawaii at Manoa

Contents of this Brief Talk

- What is ACT?
- What makes our work *ACT-consistent*?
- What does our client's psychological flexibility look like?
- How do we promote our client's psychological flexibility?
- Practical Tips for ACT in diverse cultural contexts



What is ACT?

- ACT is a way to promote a client's psychological flexibility.
- It's not necessarily tied to specific forms of therapeutic techniques or styles.
- The essence of ACT is its purposefulness.

FOURTH EDITION

ESSENTIAL PSYCHOTHERAPIES

THEORY AND PRACTICE

edited by

STANLEY B. MESSER

NADINE J. KASLOW

What makes our work ACT-Consistent?

- ▶ Our “on-going” work is ACT-consistent if it contributes to the promotion of client’s psychological flexibility.

FOURTH EDITION

ESSENTIAL PSYCHOTHERAPIES

THEORY AND PRACTICE

edited by

STANLEY B. MESSER

NADINE J. KASLOW

What does our client's psychological flexibility look like?

- The goal of ACT is to promote the client's psychological flexibility.
- It is a kind of *daily living* here-and-now characterized by being intentional and behavioral to what matters and choosing to be open to experience that unfolds.
- What does this client's psychological flexibility look like (case conceptualization and treatment goal)?

THE MINDFULNESS & ACCEPTANCE PRACTICA

MINDFULNESS & ACCEPTANCE IN MULTICULTURAL COMPETENCY



A Contextual Approach to Sociocultural
Diversity in Theory & Practice

Edited by
AKIHIKO MASUDA, PhD



How do we promote our client's psychological flexibility?

- What is important is to
 - Find ways to promote it
 - Stay sensitive to the effect of our work (moving toward it or away from it)
 - Adjust our work accordingly

Innovations in Acceptance & Commitment Therapy

*Clinical Advancements
and Applications in ACT*

EDITED BY
MICHAEL E. LEVIN, PhD
MICHAEL P. TWOHIG, PhD
JENNIFER KRAFFT, MS
FOREWORD BY KELLY G. WILSON, PhD

Practical Tips for ACT in diverse cultural contexts?

- Start with “what the client’s life looks like if the client is psychologically flexible a bit more?”
- Then craft the treatment plans for how the client and the therapist get there.
- Stay intentional and purposeful

Innovations in Acceptance & Commitment Therapy

*Clinical Advancements
and Applications in ACT*

EDITED BY
MICHAEL E. LEVIN, PhD
MICHAEL P. TWOHIG, PhD
JENNIFER KRAFFT, MS
FOREWORD BY KELLY G. WILSON, PhD

Practical Tips for ACT in diverse cultural contexts?

- Check the workability of therapeutic work
- What works for promoting this client's psychological flexibility are inevitably "culturally humble" and "functionally and contextually effective."

Innovations in Acceptance & Commitment Therapy

*Clinical Advancements
and Applications in ACT*

EDITED BY
MICHAEL E. LEVIN, PhD
MICHAEL P. TWOHIG, PhD
JENNIFER KRAFFT, MS
FOREWORD BY KELLY G. WILSON, PhD



Thank you (Mahalo)

amasuda4@hawaii.edu



Addressing Racial Microaggressions *in Mental Health Counseling* Using Contextual Behavioral Science

Daniel C. Rosen, Ph.D.



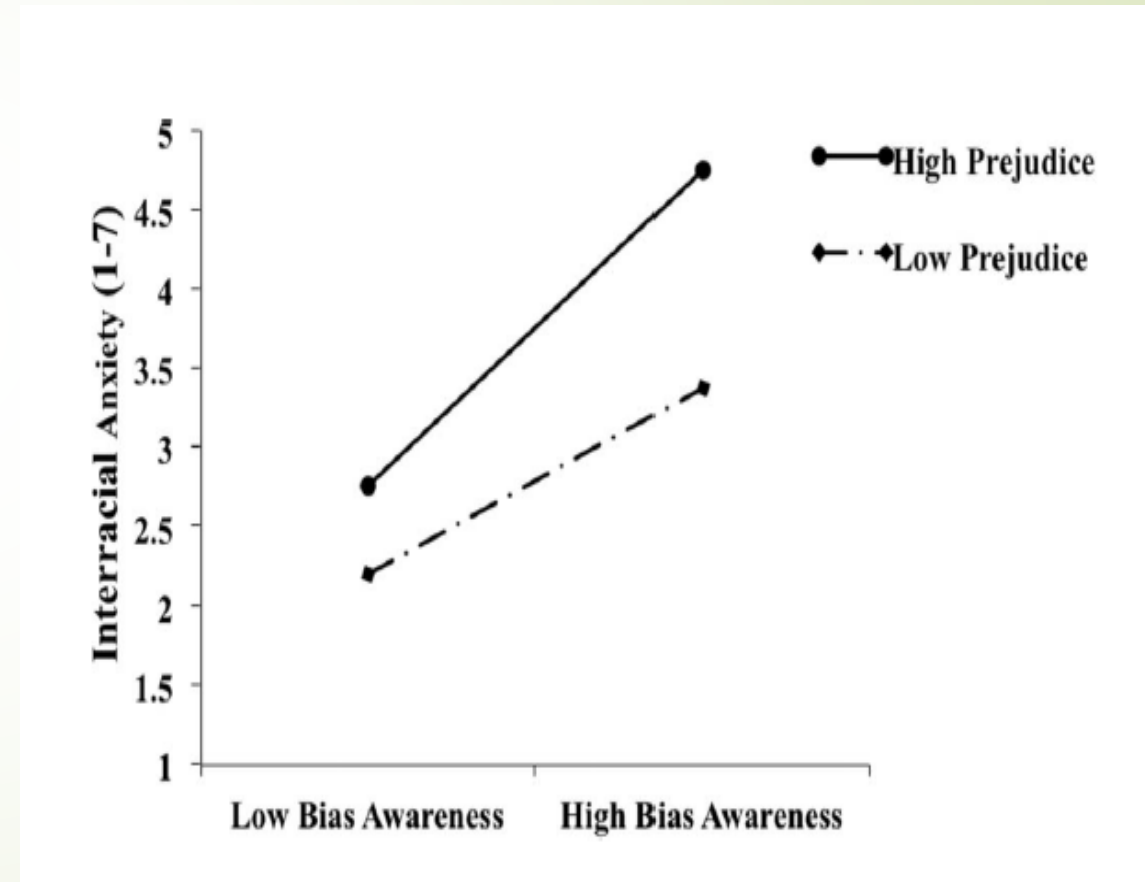
Mental Health Disparities & Racial Microaggressions

- Racial disparities in mental health care delivery have been documented in: 1) access to care; 2) quality of care; and 3) outcomes of care.
- Provider-level obstacles (e.g., quality of relationship, bias in decision-making) is a relevant factor in addressing existent inequities/disparities.
- Racial microaggressions have been documented as common experiences for BIPOC clients when attempting to engage in care (Constantine, 2007; Owen et al, 2013)
- The most common racial microaggression in mental health counseling is when providers avoided discussing or addressing cultural issues in our session(s) (Constantine, 2007)

Challenging to Current Model

The screenshot shows the NPR website interface. At the top, there are navigation links for NEWS, ARTS & LIFE, MUSIC, SHOWS & PODCASTS, and a SEARCH icon. Below this, a featured podcast player is visible. It includes the NPR logo, a play button, the title 'Microaggressions: Be Careful What You Say', a duration of 8:26, and a 'QUEUE' button. The text indicates it was published on April 3, 2014, and heard on 'Tell Me More'.

The screenshot shows the top portion of a Fast Company article. The header includes the 'FAST COMPANY' logo and a navigation menu with categories: CO.DESIGN, TECH, WORK LIFE, CREATIVITY, IMPACT, AUDIO, and VIDEO. The article is dated '03.07.17' and is part of a series on 'WORKPLACE EVOLUTION'. The main title is 'How To Shut Down "Microaggressions" At Work'. A sub-headline reads: 'It doesn't matter if it's intentional or not, no one should have to deal with a daily stream of slights.'



(Perry, Dovidio, et. al, 2015)

Avoidance of Internal Experiences

Simple attempts to raise awareness of **bias, racism, and microaggressions** may increase **intergroup (racial) anxiety, also** increase **stereotypical thinking**.

Telling people not to have biased thoughts, not to be anxious, and not have automatic, stereotypical is not effective for most people.

This may increase, rather than decrease, the **tendency to microaggress**.

***Avoidance and suppression
are not effective
growth strategies.***



Addressing Microaggressions through CBS

Internal obstacles underlying microaggressions

Objectifying

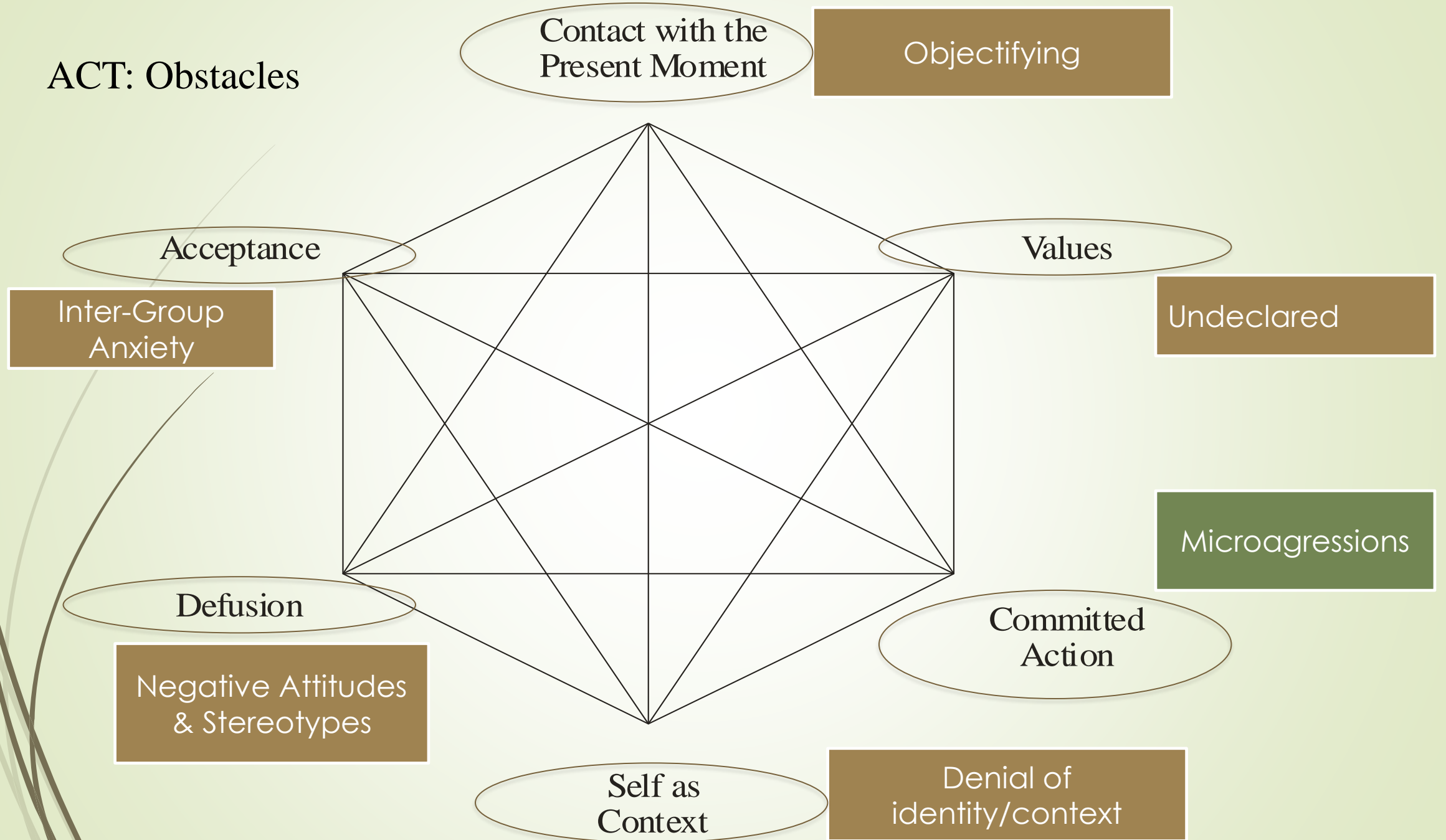
Negative Attitudes & Stereotypes

Intergroup Anxiety

Denial of Identity/Context

(Kanter et. al, Under Review)

ACT: Obstacles



ACT Processes

Contact with the Present Moment

Noticing Noticing

Acceptance

Willingness

Values

Social Justice
Connection
Honoring Client
Cultural Humility

Culturally
Responsive Care

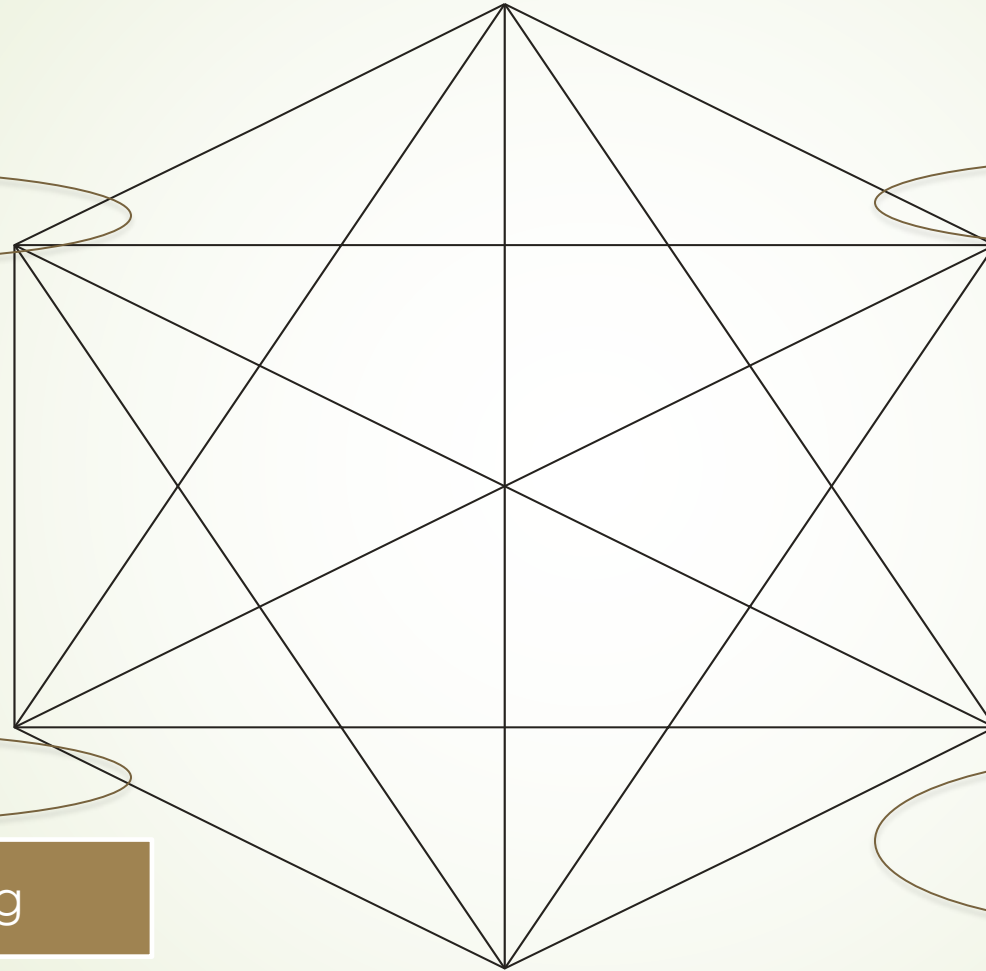
Defusion

Unhooking

Committed
Action

Self as
Context

Affirming Identity





Preliminary Support

COLLEGE STUDENTS

-- Williams, Kanter, Peña, Ching,
& Oshin, 2020, *Journal of
Contextual Behavioral Science*

MEDICAL STUDENTS

-- Kanter, Rosen, Manbeck, Branstetter,
Kuczynski, Corey, Maitland, & Williams,
2020, *BMC Medical Education*



Cultural Tailoring of ACT to Address Racial Trauma in African Americans

Jennifer Shepard Payne,
Ph.D., LCSW

Azusa Pacific University



ACT as an intervention for African-Americans

- ▶ ACT is an evidence-based intervention that shows potential in treating trauma because:
 - ▶ It is a non-pathologizing approach (McLean & Follette, 2016).
 - ▶ It promotes the understanding that suffering is part of the human condition (and not a dysfunctional, diagnosable condition).
 - ▶ It normalizes avoidance as a human response yet helps individuals move toward value-driven living.
- ▶ These attributes of ACT are noted in prior research as appealing to Blacks (Jones, Huey, & Rubenson, 2018; Mulvaney-Day, Earl, Diaz-Linhart, & Alegría, 2011).



Science says . . .

Factors influencing the experience of suffering
(in general):

<input type="checkbox"/>	Genetics	<input type="checkbox"/>	Gender
<input type="checkbox"/>	Lifestyle	<input type="checkbox"/>	Depression, anxiety
<input type="checkbox"/>	Life stress	<input type="checkbox"/>	Long-term health problems
<input type="checkbox"/>	Social factors	<input type="checkbox"/>	Fear of pain
<input type="checkbox"/>	Beliefs about pain	<input type="checkbox"/>	Past pain experiences

Science says . . .

Factors influencing suffering for African Americans (SDOH):

<input type="checkbox"/>	Access to care	<input type="checkbox"/>	Racism/ discrimination
<input type="checkbox"/>	Illness chronicity	<input type="checkbox"/>	Socio-economic status
<input type="checkbox"/>	Life stress	<input type="checkbox"/>	Police and prosecutor bias
<input type="checkbox"/>	Cultural competence	<input type="checkbox"/>	Stigma/ Cultural distrust
<input type="checkbox"/>	Cultural/ spiritual beliefs	<input type="checkbox"/>	Past pain experiences

Act Model of Psychopathology

Inhexaflex

Dominance of
Conceptualized
Past & Future

Lack of Values
Clarity/Contact

**Psychological
Inflexibility**

Inaction or
Unworkable
Action

Experiential
Avoidance

Cognitive Fusion

Attachment to the
Conceptualized
Self



Inhexaflex Applied to African Americans

Time Hopping
(Past and Future)

Living Like I'm Lost

On the Run

Psychological Inflexibility

Bone Dry and On Empty

Wrapped Up, Tied Up and Tangled Up

Damaged goods: I am what I have been through

ACT Hexaflex

Contact with the Present Moment

Acceptance

Values

Psychological Flexibility

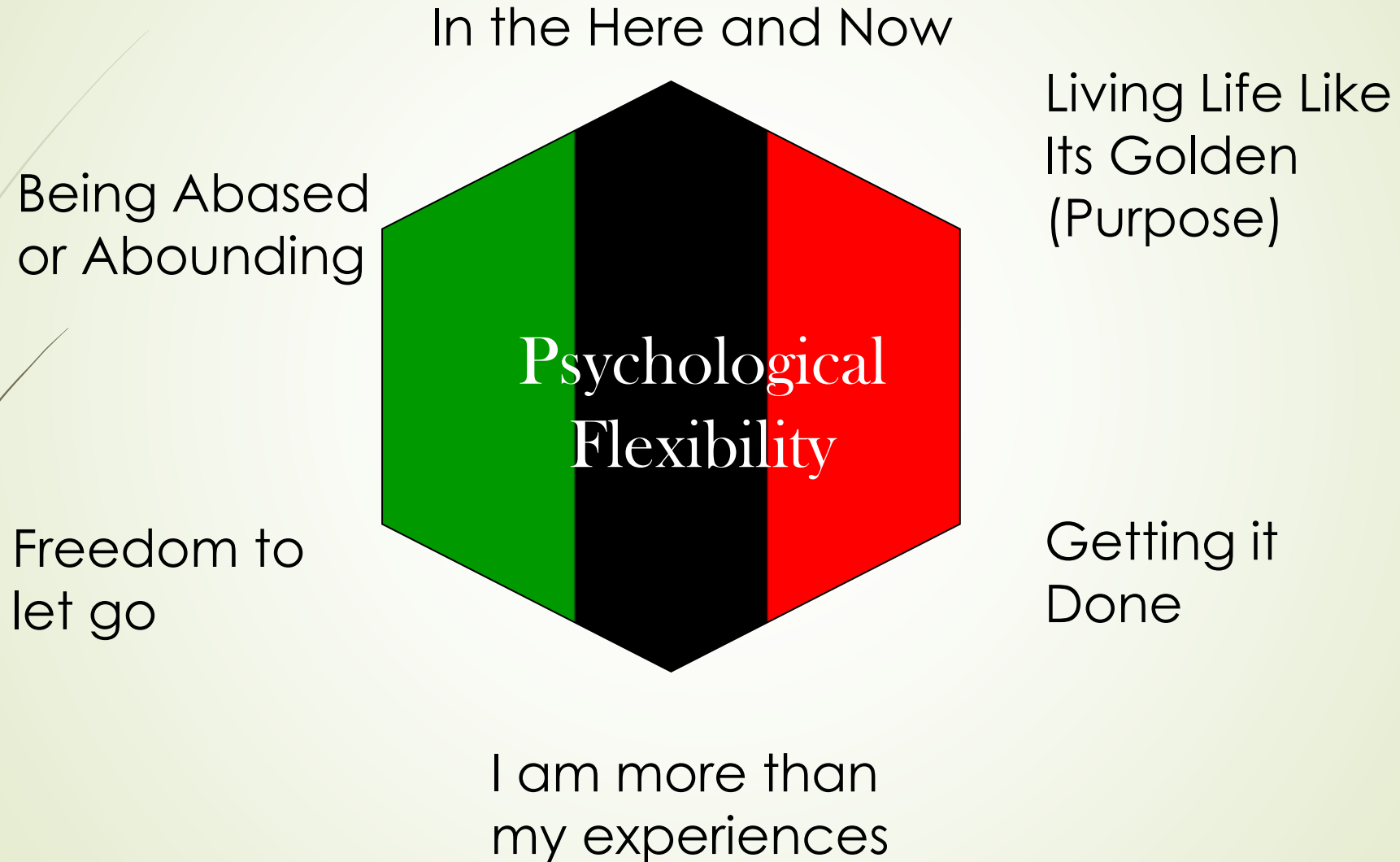
Defusion

Committed Action

Self-as-Context



ACT Hexaflex – Healing Model with African Americans



Culturally tailored act



Culturally Tailored Acceptance and Commitment Therapy provides:

- The use of culturally-relevant metaphors
- Experiential exercises
- Faith-based mindfulness
- Reality-based, role plays
- Biblical references and scriptures
- Addressing racism/ discrimination
- Addressing barriers to treatment
- Addressing stigma and cultural views about mental health treatment

Presenter contact information

Jennifer Shepard Payne,
Ph.D., LCSW

Website and contact info:
<https://www.drjspayne.com/>

**Specializing
in Mental
Health Service
Interventions
for African
Americans**

**RESEARCH
TEACHING
CLINICAL
PRACTICE**



ACT IN ARGENTINA

LUCIA LOUREIRO

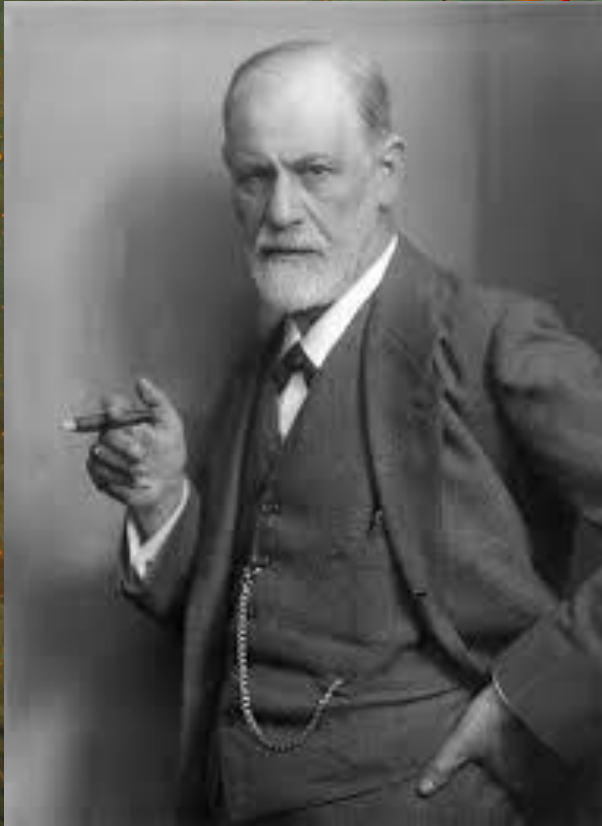
loureiolucia@hotmail.com

#ACBSWC

ACT IN ARGENTINA



Psychotherapy in Argentina



Psychotherapy in Argentina

The New York Times

Do Argentines Need Therapy? Pull Up a Couch



In therapy? In Argentina, it's the norm

By Elizabeth Landau, CNN
updated 11:40 AM EDT, Sun April 28, 2013



LIE BACK

Almost everyone in Buenos Aires is in therapy

July 12, 2016

By Olivia Goldhill
Science reporter



Psychotherapy in Argentina

- One of the countries with the highest number of psychologists per capita (ranked first in 2005, WHO, and in 2008, Modesto Alonso)
- Many people have been to therapy at least once
- Most patients have been in therapy for many years (psychoanalysis)
- People view therapy as a space of self reflection to talk about everyday problems they struggle with.
- Preference for open ended therapy as opposed to short term



Considerations to culturally adapt ACT to Argentina

- Big country, different realities. Private practice vs hospital settings.
- No research regarding ACT outcomes in Argentina
- Metaphors need to be adapted to the context.
- Language: e.g. tug of war/ bulls eye/quicksand
- Better to make therapy experiential in conversation with fewer formal exercises.
- Homework or practices outside therapy more difficult.

