

Encouraging young therapists to explore – Finding your own blueprint (REBT – ACT – CFT – integration)

Dario Lipovac, Psychologist M.A., ACT Therapist, Cognitive-Behavioral Therapist

Contact email: dario.lipovac@outlook.com

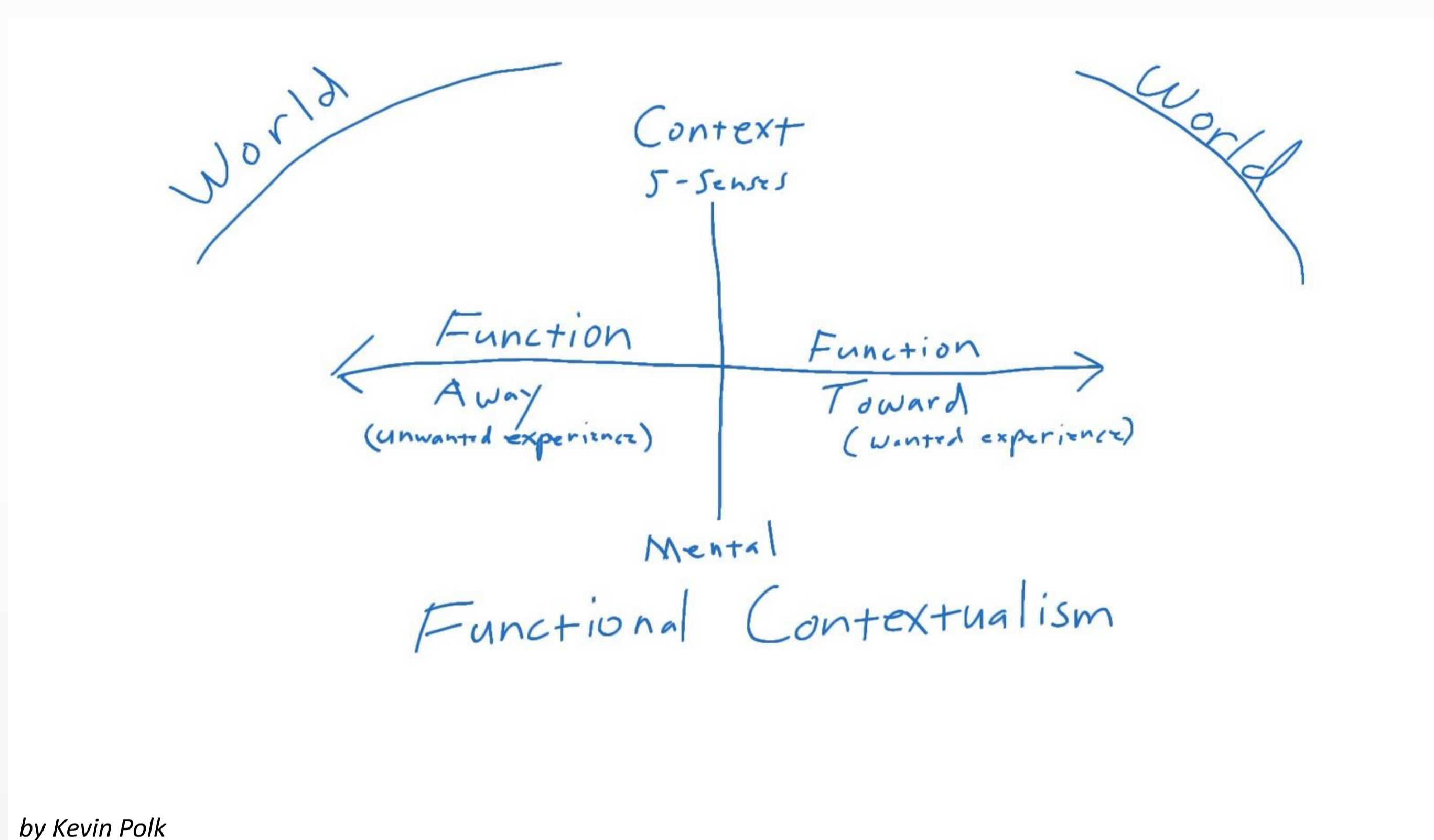
Association for psychological assessment, support and counseling „DOMINO,, / Sarajevo, Bosnia and Herzegovina

Many young and/or unexperienced therapists are having fears/doubts of not being effective enough in working with their clients. At the same time, they are trying to find their own professional identity and blueprint.

Often, they are not encouraged and being open to explore and combine different therapeutic modalities, which would bring them new perspectives, more tools, authenticity and more effectiveness in working with clients.

Let us bring fears/doubts/anxieties/our “monsters” with us and be open to exploring and finding our own authenticity. We are learning to push clients too many often to do this. Are we having willingness to go along the way with them?

Acceptance and Commitment Therapy ACT



by Kevin Polk

Rational Emotional Behavioral Therapy REBT

- G** (goals)
- A** (activating event – external/internal)
- ↓
- B** (beliefs – Helpful / Unhelpful)
- ↓
- C** (consequences – emotions, behaviors, physiological reactions)
- ↓
- D** (disputation – logical, empirical, functional)
- ↓
- E** (effective new beliefs / behaviors)

Compassion Focused Therapy (CFT) – how clients talk to themselves is extremely important – not just to learn „new beliefs“

PEER-TO-PEER CONSULTATION/SUPERVISION GROUP CALLED „ACTion in Sarajevo“

- **First** peer-to-peer consultation/supervision group called „ACTion in Sarajevo“ brings ACT practitioners from Sarajevo / Bosnia and Herzegovina
- Group inspired by the *Portland peer consultation model* (Thompson et al., 2015) and ACT practice in Bosnia and Herzegovina
- Face-to-face group meetings are organized once a month and online group meetings once in two months

Face-to-face meeting(s) agenda:

- Intro *mindfulness* exercise / activity led every time by other participants
- Case presentation in applying ACT with clients by 1 participant (2 participants are peer-to-peer supervisors while the rest of the group observing)
- Feedback by peer-to-peer supervisors and group feedback / group discussion
- Learning and live demonstration(s) of specific ACT techniques
- Wrap-up and final conclusions / leaving / sharing at the Facebook group *ACTion in Sarajevo*

