

The ACT of Self-Forgiveness and the adult experience of Adverse Childhood Events

A Workshop

Grant Dewar, Peter Strelan, Paul Delfabbro



THE UNIVERSITY
of ADELAIDE





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Disclosure

Grant Dewar has not received and will not receive any commercial support related to this presentation or the work presented in this presentation.



Welcome and lets take a moment

Taking a moment to
breathe and
bring your attention to
being, here, now.

Develop your intention to
be present within your
experience in this workshop

We will contact distress and
make room for it....



ACT of Self Forgiveness - Why?

Completing the Circle

Self Forgiveness Community and ACBS

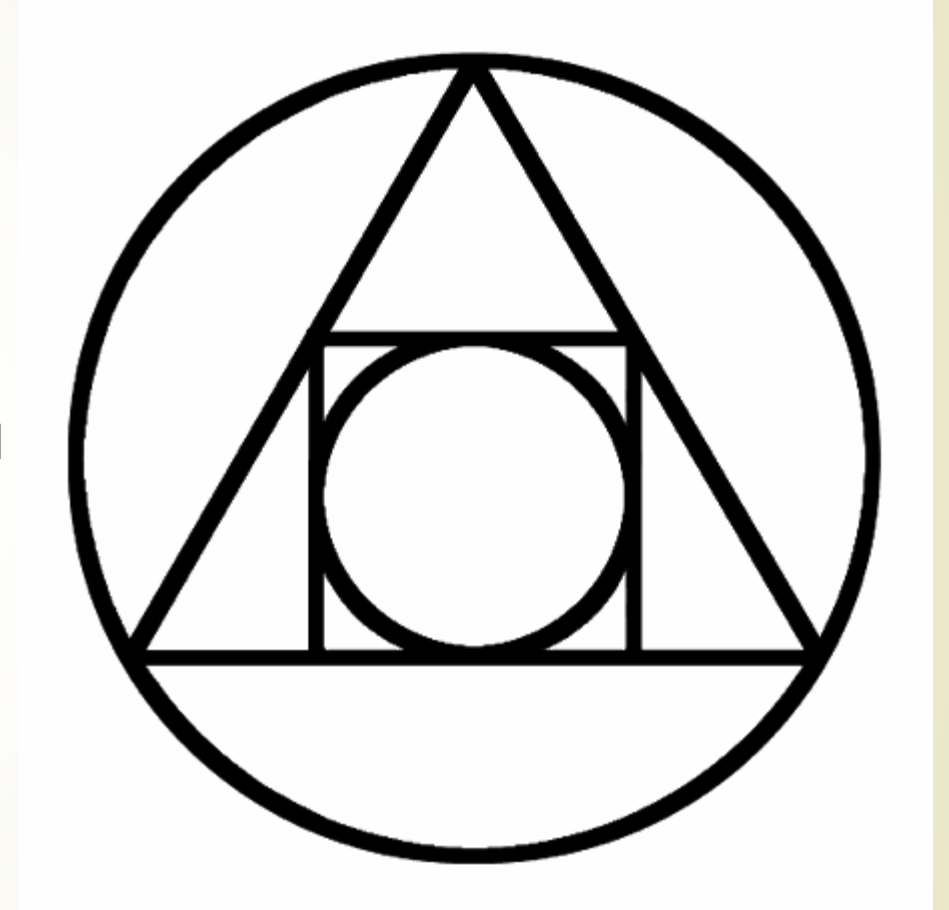
Building an evidence-based set of principles
for treatment of distress (ACE)

Providing useful therapeutic pathways based
on self-compassion, ACT/RFT

ACT with Self-forgiveness is the
lapis philosophorum

the philosophers stone

that turns base metal (Disgust ... etc) into
gold (a renewed life)



Aims

- ▶ To provide an introduction to:
 - ▶ Adverse Childhood Events (ACE) – International Questionnaire
 - ▶ Importance of ACE to Morbidity and Mortality
 - ▶ Self-forgiveness for intrapersonal offence and responses to Adult Experience of ACE
- ▶ Practical Exercises that can be readily applied in therapy

Outcomes

- ▶ We will identify how ACE may inform the way in which we frame a wide variety of responses
 - ▶ To the world
 - ▶ Our past
 - ▶ Our present
 - ▶ Our future
- ▶ We will be able to identify the flexible use of the ACT of Self-forgiveness as a principles based approach to forming viable and workable responses to ACE

Clinical Experience

In 34 cases of self disclosed Adverse Childhood Events these principles have been applied, responses include –

- ▶ An objective way to approach deep distress
- ▶ A sense of relief and normalisation of distress
- ▶ Ability to take new perspectives on their life experience
- ▶ Facilitation of more workable and flexible responses
- ▶ Application to recovery from Childhood experience
Abuse Physical/Sexual/Emotional , Traumatism, Social and Familial distress, Bullying.
- ▶ Greater flexibility to respond to adult experiences of ACE –
Ineffective and abusive relationships, substance abuse, Anxiety, Depression, OCD, Bipolar disorder
- ▶ Acknowledgement of and effective responses to
Remorse, Regret, Self-blame, Guilt, Shame, Self-loathing and Self-disgust



A Shift.....

From Symptomology to Causal Factors

Kaiser permanente research on weight loss

Weight loss could not be maintained in the face of reminders of life events

Leading to focus of World Health Organisation Public Health research into to Adverse Childhood Experiences – Violence and Injury Prevention Project

http://www.who.int/violence_injury_prevention/violence/activities/adverse_childhood_experiences/en/

(Hari, 2018)

Domains of the Adverse Childhood Events International Questionnaire ACE-IQ

- Abuse:** Physical, Emotional, Sexual abuse, Alcohol and/or drug abuser in the household, Incarcerated household member
- Mental Health:** Someone chronically depressed, mentally ill, institutionalized or suicidal/suicide
- Violence:** Within Household / Toward Self, with / without weapons
- Parental Structure:** One or no parents, parental separation or divorce
- Neglect:** Emotional, Physical/Nutritional, Educational, and neglect due to intoxication
- Bullied:**
- Community violence:**
- Collective violence:**

Experiences of ACE contribute to poor health outcomes and early death

World Health Organisation studies indicate:

- ▶ Strong, graded relationships between childhood traumatic stressors and numerous negative health behaviours and outcomes, healthcare utilization, and overall health experience
- ▶ People with six or more ACEs died nearly 20 years earlier on average than those without ACEs
- ▶ The increase in risk was only partly explained by documented ACE-related health and social problems, suggesting other possible mechanisms by which ACEs may contribute to premature death...
- ▶ *a cue for this presentation.....*

(Anda, Croft, Felitti, & et al., 1999; Anda et al., 2002; Brown et al., 2009; Felitti et al., 1998)

"self-blame restores order to a chaotic and random universe."



Decca Aitkenhead:
on the loss of her husband

Self-blame for Childhood Events

Children will blame themselves for things over which they have no objective responsibility

- ▶ Parental Divorce, Violence, and Family breakup
- ▶ Sexual Assault, Assault, Death
- ▶ Educational setbacks, Financial Loss and so on.....

(Fear et al., 2009; Filipas & Ullman, 2006;
Metzler, Merrick, Klevens, Ports, & Ford, 2017;
Powell, Overton, & Simpson, 2014)

'I'm sad I couldn't protect her' Prince William's guilt over Princess Diana

THE Duke of Cambridge has revealed his regret over the fact he could not do more to protect his mother in her "possibly a bit naive" dealing with the media, despite himself only being a child at the time.

By **SOPIA PETKAR**

PUBLISHED: 13:10, Thu, Jun 1, 2017 | UPDATED: 13:36, Thu, Jun 1, 2017



On the loss of a mother
“we were not able to
protect her....”



<https://www.telegraph.co.uk/news/2017/04/16/prince-harry-sought-counselling-death-mother-led-two-years-total/>

What are we responding to?

Remorse	I have done something that I need to respond to
Regret	I do not like an action/circumstance/experience
Self-blame	I shift responsibility for “X” to my “self”
Guilt	I have broken something
Shame	I am broken
Self-loathing	I intensely dislike or hate myself
Self-disgust	I find myself revolting and repulsive

Responsibility

We are not responsible for those events that happened however....

We are now responsible for how we respond to those events



Disgust is adaptive

Avoidance of, or, Control of exposure to:

- ▶ Moral - Social Norms, Ethics/Mores
- ▶ Sexual
- ▶ Pathogens - Infection
 - ▶ One Trial Learning –
Food poisoning /Taste Aversion
Automatic rejection
Driven autonomically/reflexively
a passive system of learning



(Curtis, 2011; O Olatunji et al., 2012)

Disgust – basic and universal (Ekman, 1992)



Disgust – basic and universal (Ekman, 1992)

Disgust

- ▶ Is the emotional response to the preparation to purge
- ▶ Part of the behavioural immune system
- ▶ Responses to Vomiting, Diarrhoea, Urination
- ▶ Often involuntary when associated with poisoning, illness, acute trauma
- ▶ A bodily response to shock – loss of oxygen to vital organs
- ▶ Successful purging associated with relief and catharsis

What happens when our disgust is self directed?

Self-blame and the roots of self-disgust

Life transformations

self-blame → self-disgust

- ▶ A common response to interparental conflict
- ▶ Self-blame Linked to evaluative processes that underpin self-disgust
- ▶ A maladaptive coping strategies in response to Childhood sexual abuse
- ▶ Associated with intergenerational continuity of child abuse and neglect and poverty

(Anda et al., 2002; Brown et al., 2009; Fear et al., 2009; Felitti et al., 1998; Hari, 2018; Merrick et al., 2017; Pennebaker & Chung, 2007)

Self-blame and the roots of self-disgust

Life transformations

self-disgust

- ▶ an antecedent of depressive experience.
- ▶ a source of much human suffering
- ▶ Informed by three broad domains – Pathogen avoidance , Sexual Distress, and Morality violations - Disgust that become internally directed
- ▶ a consuming negative psychological phenomenon, associated with depression, problems with eating, physical appearance, interpersonal relationships, and self-persecution.
- ▶ plays an underappreciated role in anxieties and phobias such as obsessive compulsive disorder, social phobia and post-traumatic stress syndromes

(Anda et al., 2002; Brown et al., 2009; Fear et al., 2009; Felitti et al., 1998; Hari, 2018; Merrick et al., 2017; O Olatunji et al., 2012; Pennebaker & Chung, 2007; Powell, Simpson, & Overton, 2013)

Facial forms – stimulate biological functions

Empathy involves experiencing emotion vicariously

These neural responses to facial forms help us to understand the reasons for those emotions through our own internal experiences

FMRI scans indicate accurate facial imitation creates congruent physical responses

Mirror neurons contribute to action plans that represent or simulate environmental signals

(Latchford, 2010)



The roots of self-disgust.... Life transformations

“No tree, it is said, can grow to heaven unless its roots reach down to hell.”

CG Jung



we are all architects of our own private hell
no one can hurt us like we hurt ourselves

The experience of Self - Disgust

"A lame creature, a cripple like myself, has no right to love. How should I, broken, shattered being that I am, be anything but a burden to you, when to myself I am an object of disgust, of loathing. A creature such as I, I know, has no right to love, and certainly no right to be loved. It is for such a creature to creep away into a corner and die and cease to make other people's lives a burden with [their] presence."

Self-forgiveness - A principles-based response (Dewar, 2017)

Identify our Burden
Take Perspective
Values and pathways
Get Unstuck
Grant ourselves Forgiveness
Values in Action
Make a commitment to
ongoing Self Forgiveness



Why a principles-based approach?

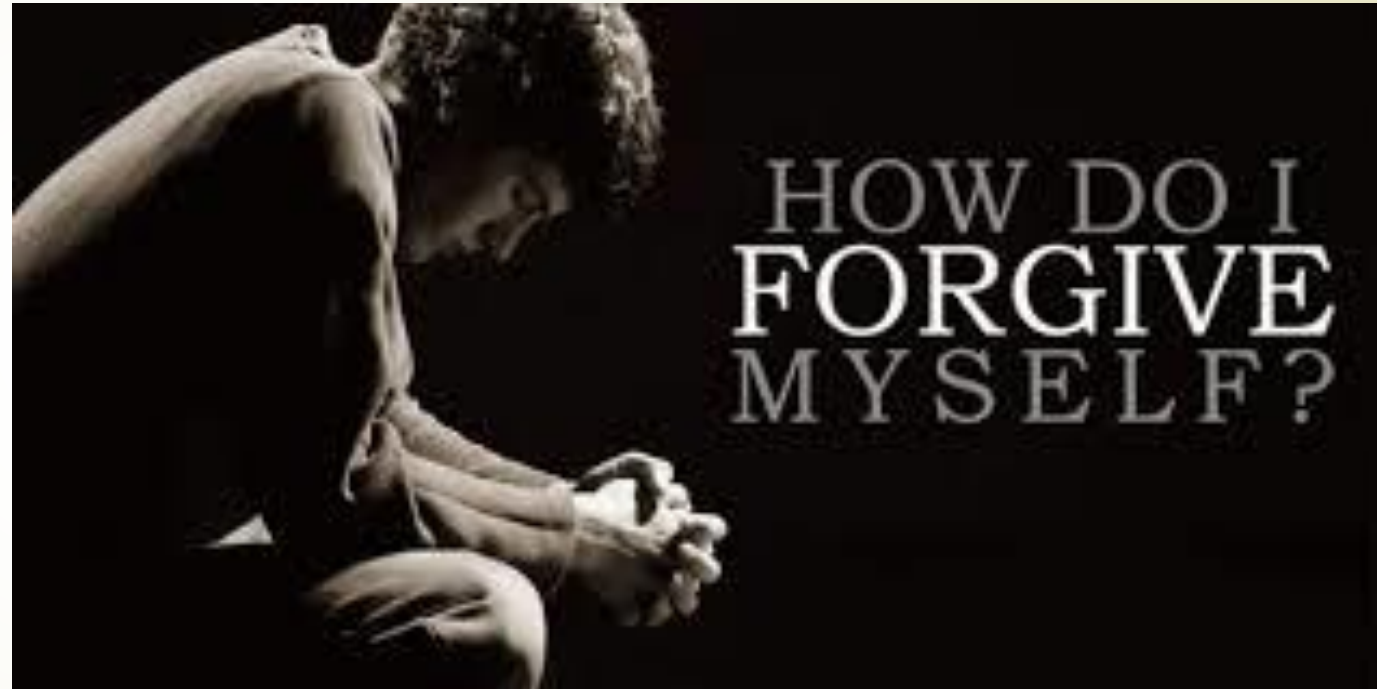
- ▶ Self-forgiveness is an action based response within the domain of self-acceptance and self-compassion
- ▶ It is ACT consistent
- ▶ Manuals may get in the way of the natural flow of self discovery
- ▶ Frequently, it may be 4-5 sessions before a person has established the genuine trust and rapport needed to reveal their deep experience of distress
- ▶ It may only be with time that a key stuck point is realized.
- ▶ Principles can then be applied rapidly and flexibly

Kathryn Schulz - On Regret

“The point is not living without regrets, the point is to not to hate ourselves for having them...”

We need to learn to love the flawed imperfect things we create and to forgive ourselves for creating them....

Regret [need not] remind us that we did badly... it reminds us that we can do better”



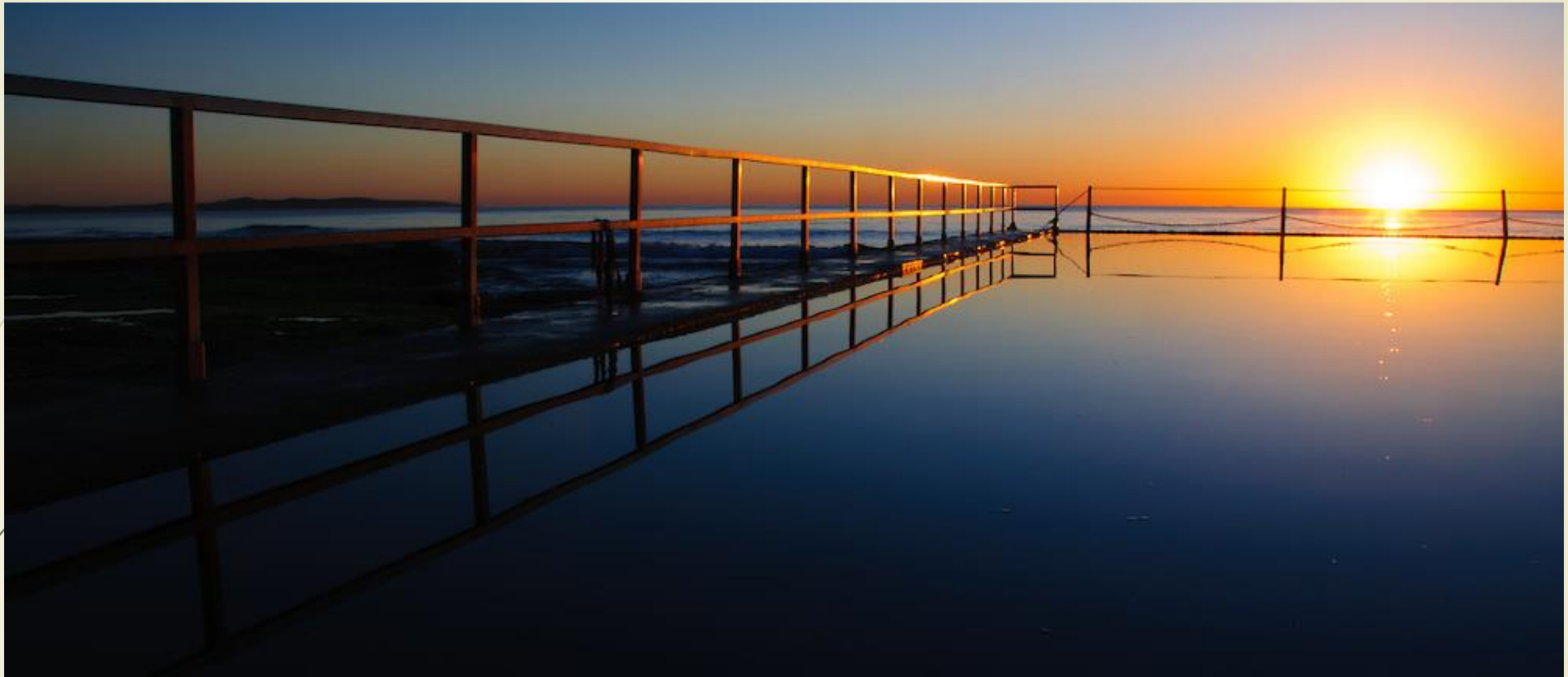
Understanding the splintered self

The self divided –
a myriad of ways for perspective taking (McHugh & Stewart, 2012)

Remembering vs experiencing (Kahneman, 2011; Kahneman & Tversky, 2000)

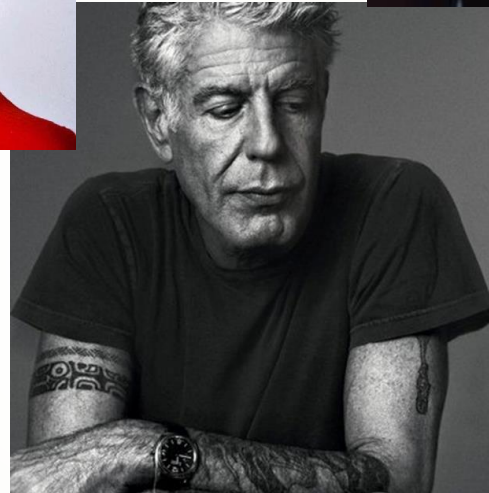
Organising vs meaning making (McGilchrist, 2009)

Self as Story vs Self as Context (Hayes, Luoma, Bond, Masuda, & Lillis, 2006;
Hayes, Strosahl, & Wilson, 1999)



We can never make peace in the outer world until
we make peace with ourselves

Dalai Lama



“ when you get what you want..
you find out that it is the end of something else...”

Colin Hays (Men at Work)

Responses to Darkness in our life

Remorse

Regret

Self-Blame

Guilt

Shame

Self Loathing

Self Disgust



Missing the Mark for our lives

Dealing with our loss of innocence

- ▶ hamartánō in ancient times - ***an archer missing the target*** the original meaning of sin - having no share in – or to miss the mark in a way that that brings forfeiture or loss
- ▶ The fall – where we lose our innocence and blame ourselves.....
- ▶ When we respond to ourselves in a way that persecutes ourselves – we miss the mark and transgress against ourselves (Peterson, 2011)

Strong's Concordance <http://biblehub.com/greek/264.htm>

Learning to lean into our responses and transform them

- ▶ To judge ourselves rather than accept ourselves maintains the process of missing the mark for our life
- ▶ This maintains ineffective responses at the heart of psychological inflexibility
- ▶ We transform our experience

By leaning into the heart of our own darkness
Being willing to turn our pain into purpose
Using our values to hit the mark for our life

(Hayes, Luoma, Bond, Masuda, & Lillis, 2006; Peterson, 2011; Törneke, 2009)



John Lennon: On life and chaos

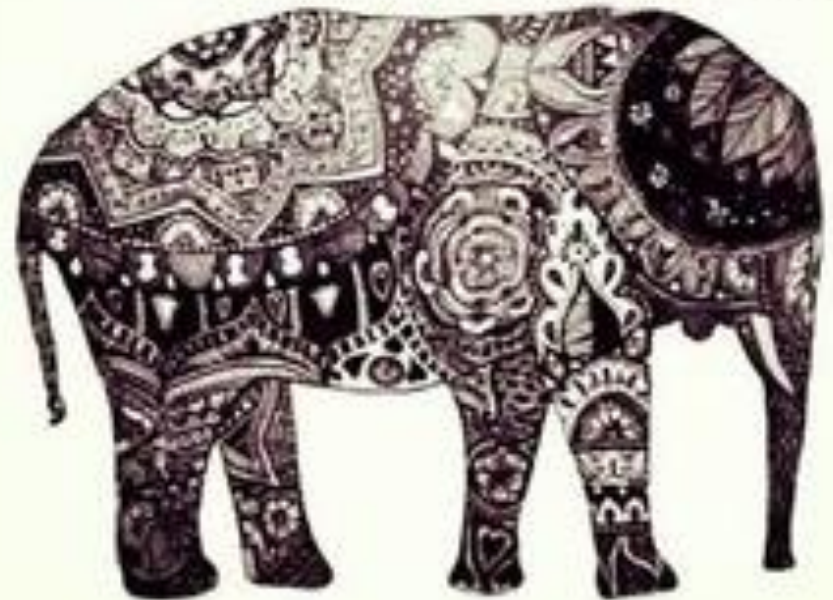
“Life is what happens when you’re busy making other plans”

Identify the Burden

Lean into distress and
discover the values
within....

"EVERY EXPERIENCE, NO MATTER HOW BAD
IT SEEMS, HOLDS WITHIN IT A BLESSING OF
SOME KIND. THE GOAL IS TO FIND IT."

- BUDDHA



Steve Hayes: on love pain and purpose



When Steve became present with his distress.....

my little boy mind gave me these words very clearly – I am going to do something... [but] I realized there was nothing for me to do... nothing safe...

[When I experienced panic as an adult]I was sitting watching the old bulls fight.... I just wanted to cry

but I did not have access to him – the 8 year old boy... He is why I am a psychologist but I did not even know it

“... we hurt where care and we care were we hurt..... These two pivots are the same thing.... bringing love to yourself even when it is hard, will help you bring love into the world”

Discovery

- ▶ Every action/reaction serves a need....
How did we continue to hurt ourselves?
What was the context and consequence?
- ▶ What are our common responses when we contact with this burden
avoidance, withdrawal, other unworkable action...
Drugs, sex, rock and roll, procrastination etc.
- ▶ To what extent do we now experience:
Remorse, regret, self blame, guilt ,shame
self-loathing, self disgust

Your Work – Take time to reflect

First lean into an important artefact of your life that is perhaps older than 18 months

If that artefact has emotional power - allow that experience and make room for it

Describe it to yourself - Describe its impact -

Thoughts, Images, Emotions, Bodily Sensations

Now take some time to write out this experience

Allow space for discomfort while you do this

OPAL – a response to darkness

Openness:

Bring curiosity and interest to our experience

Presence:

Lean into our experiences with compassion

Acceptance:

Give unconditional positive regard to ourselves

Light:

Shine a light in our darkness,

And

Lighten the burden





Take Perspective

Examining and taking perspective?

- ▶ I am here now
- ▶ A higher/transcendant experience
- ▶ Meaning and purpose
- ▶ Being compassionate toward varying experiences of our self

Order/Structure

Fact

Process

Quick thinking

Knowledge

Certainty

Possibility/Exploration/Chaos

Story

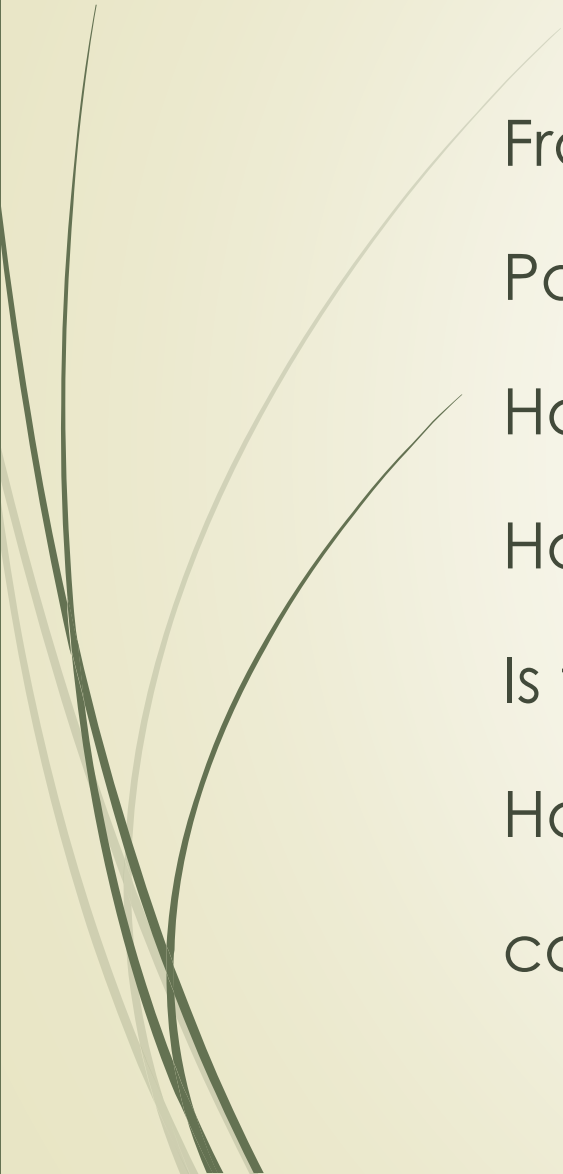
Context

Slow thinking

Imagination/Intuition

Mystery

Perspective Using Relational Frames



From where else can I view this?	Topographical
Past present future view?	Temporal
How is this like that?	Coordination
How does this cause that?	Contingency/Causality
Is this better or worse than that?	Evaluative
How does this fit contribute, build on that?	Hierarchical

ACT/RFT exploring self forgiveness

Engaging in a forgiving internal dialogue:

- ▶ How would you take a perspective that helps to understand:
 - who were you at the time of the experience
 - what your intentions/needs were, and,
 - the unintended effects of your actions/reactions
- ▶ What values are hidden in the struggle and pain
- ▶ How might perspective transform this experience

Your Work

Now reflect on the experience you have identified

Consider some alternate perspectives

Lean into and be present with thoughts, feeling bodily sensations that arise

Consider how these perspectives and experiences might reveal and inform your values



Values and Pathways



Values are the compass that assist us to find our way out of the swamp of unforgiveness toward ourselves

Values Inventory examples.....

Assertiveness	respectfully stand up for my rights and request what I want
Authenticity	be authentic, genuine, real; to be true to myself
Compassion	act with kindness towards those who are suffering
Courage	be courageous or brave; to persist in the face of fear, threat, or difficulty
Freedom	live freely; to choose how I live and behave, or help others do likewise
Friendliness	be friendly, companionable, or agreeable towards others
Honesty	be honest, truthful, and sincere with myself and others
Love	act lovingly or affectionately towards myself or others
Mindfulness	be conscious of, open to, and curious about my here-and-now experience
Trust	trustworthy; to be loyal, faithful, sincere, and reliable



A values perspective
provides a reference point to:

- ▶ Contacting painful experiences
- ▶ Explore the context of the transgression and responses
- ▶ Identify how we wrestled with our experiences and internal conflicts

All is disgust
when one leaves
ones own nature
and does things
that misfit it

Sophocles



Electra and Orestes

The problem with values

How might our context interact with our values?

How might that which disgusts us - indicate that which we need?

How might an excessive pursuit of that which we value somehow undo something else that is needed?

How might we use openness interest curiosity and a suspension of harsh critical judgement to open up new perspectives?



Leaning into the darkness

Discomfort	Emotion	Values based Need
I have done something that I need to respond to	Remorse	to respond to "X"
I do not like an action/circumstance/experience	Regret	to understand my regret
I shift responsibility for "X" to my "self"	Self-blame	to take appropriate responsibility
I have broken something	Guilt	to restore "X"
I am broken	Shame	to restore myself
I intensely dislike or hate myself	Self-loathing	to be Self Accepting Self Compassionate
I find myself revolting and repulsive	Self-disgust	to understand and heal what sickens me

Your Work

Consider your
discomfort and
what it reveals
about your values



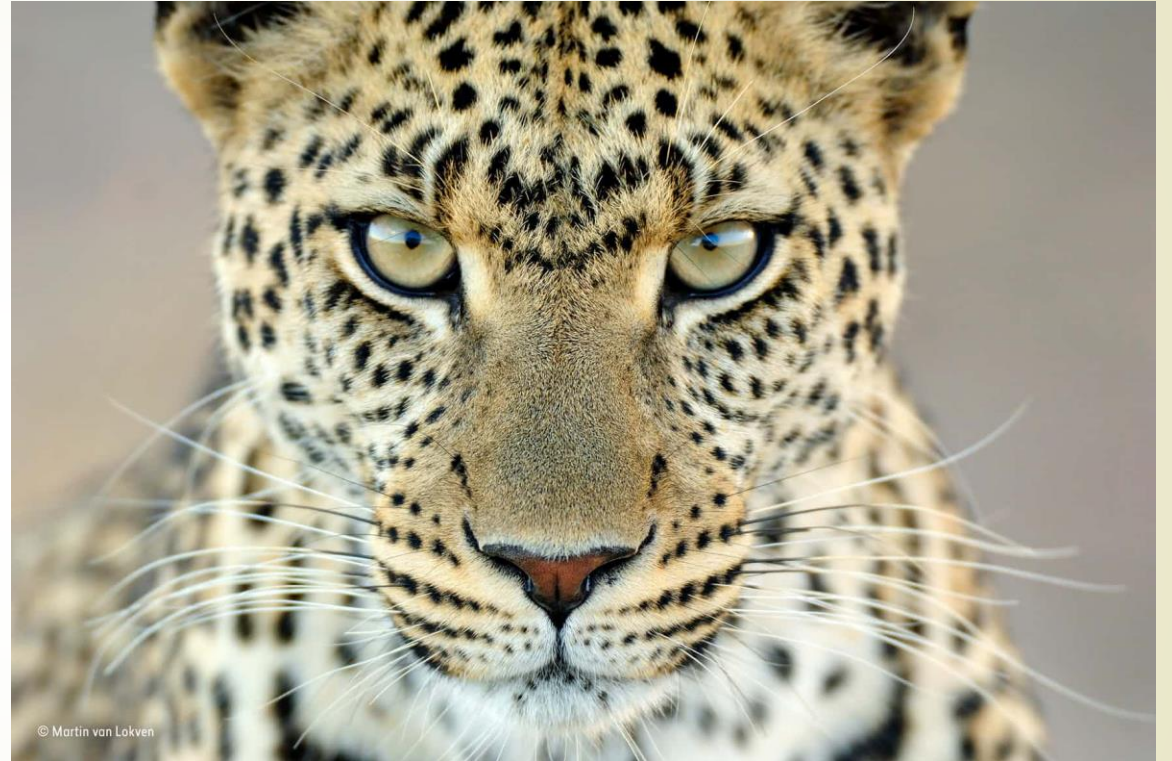
Getting Unstuck

The curious paradox is
this....

It is only when I
accept myself
just as I am....

then I can change.....

Carl Rogers



Getting unstuck

True belonging only happens when we present our authentic, imperfect selves to the world

Our sense of belonging can never be greater than our level of self-acceptance.”

Brené Brown, *Daring Greatly*



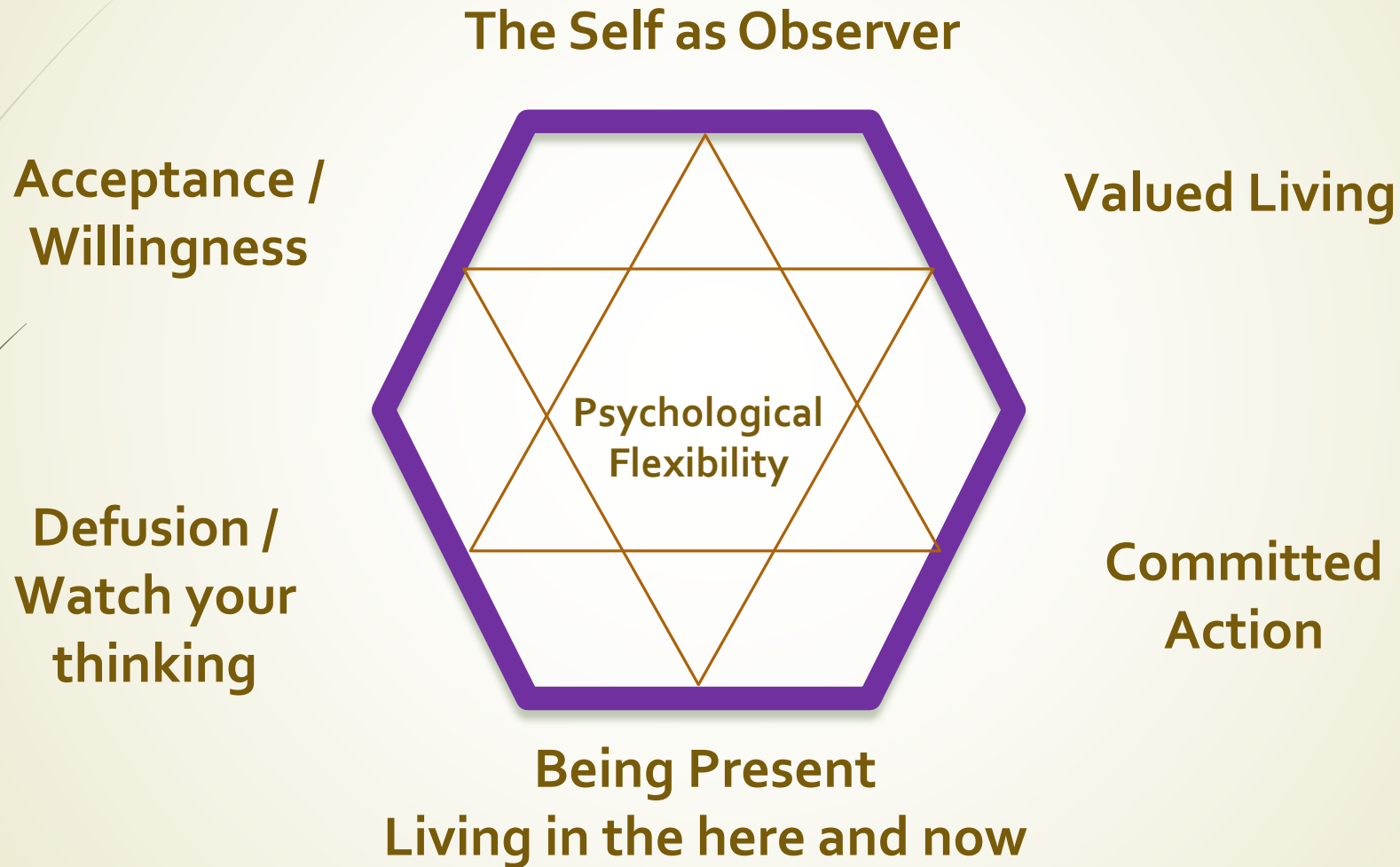


“we can't accept others
when our acceptance of
ourselves is conditional...
realize that its ok to focus on
what you want ...

find your limiting beliefs and
instead of running away from
them delve into them...”

Michelle Charfen: on self-acceptance

Getting Unstuck: Psychological Flexibility



ACT and Clinically focused RFT

Present Moment

Take time to get in touch with what is going on right here and now

Take notice of your breath for 3-5 minutes

Values

Identify your key values, How could you live more in line with them

Have you neglected anything that is important for things that are not important?

Defusion on your stories/hot thought

As you go about your day be mindful of those thoughts which are unworkable

Practice transforming those things that capture you

The Observant Self

Meditate on observing your internal experience without getting bound up

Transcendent Perspective exercises –

How is this like or not like that? How would another person view this?

How would you see this in five years? How does this build on or subtract from your values?

Acceptance/Willingness

Make room for uncomfortable thoughts feelings sensations

Committed action

Take action to live out your values in one key area today



The benefits of my failure..... meant the stripping away of the inessential.... I stopped pretending to myself that I was anything other than what I was.... and began to direct all my energy into finishing the only work that mattered to me... I was set free as my greatest fear had been realized and I was still alive... and I had a big idea....

J.K. Rowling: on failing

Getting unstuck Utilizing the ACT Matrix...

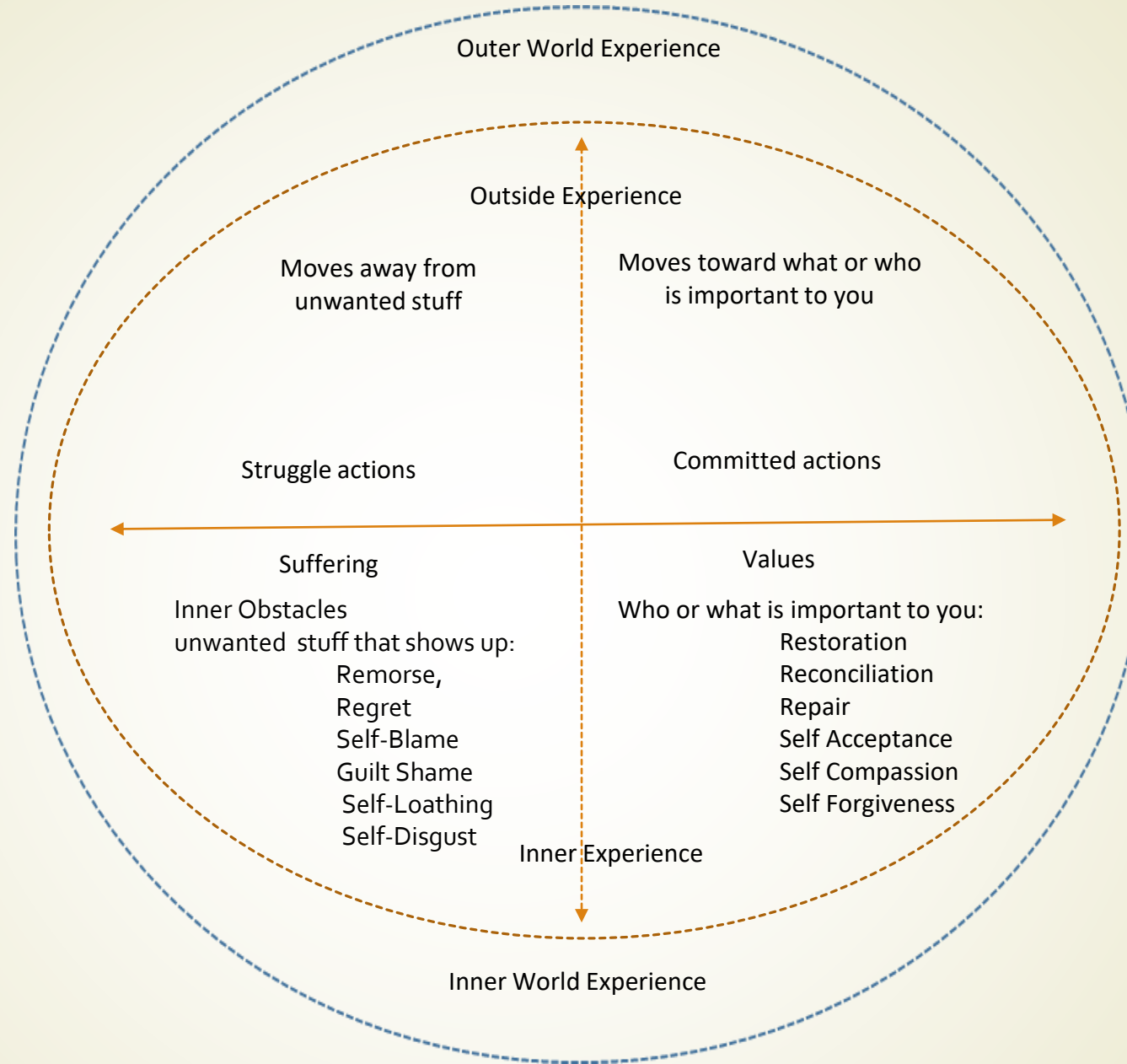
- ▶ Notice how inner world experiences relate to outer world behaviors
- ▶ Describe moves away and moves towards
- ▶ Identify Values vs Stuff that gets in the way
- ▶ Explore how painful experiences (moves away) can also be used to highlight and clarify values
- ▶ Reveal pathways for valued and committed action (moves toward)
- ▶ Use Relational frames to understand experiences within oneself

Aversive Control

Appetitive Control

Away Moves

Toward Moves



- Examples of Value domains
- Intimate Relationships
 - Family
 - Parenting
 - Leisure
 - Work
 - Social Relationships
 - Education Training
 - Culture Citizenship Community
 - Self-Care Health
 - Spirituality
 - Work

Your own work:

Identify something that you move away from

Does that reflect something you may need to move toward?

Use ACT or RFT move to defuse the darkness and bring in light



Granting Self-Forgiveness



How would you speak to a child who was hurt and who needed support and guidance?

How do you speak to yourself ?

Consider why you have punished yourself.....

Consider the usefulness of forgiving yourself.....

Your work

Identify the critic – allow them to speak

Identify the person being criticised - allow them to speak

What do both really want?

Allow room for understanding mediation and reconciliation

Make room for Self-Forgiveness



children are creative
because they are
prepared to get it wrong
"if you're not prepared to
be wrong... you will never
come up with anything
original..."



Sir Ken Robinson: on being wrong



“we need to forgive ourselves for not making mistakes...
we need to embrace our regrets ... and to rediscover wonder ...
we need to step out of the tiny terrified space of rightness”

65

Kathryn Schulz: on mistakes, regret and being right

You are strong because you are
imperfect....

You are wise because you have
doubts....



Clementine Churchill 1940



Your Work

How might you bring self-forgiveness to
the context of your life experience?

Granting Self-Forgiveness

Having compassionately:

- ▶ Identified our responses to our experiences
- ▶ Taken perspective on experiences of Remorse Regret Guilt Shame Self Loathing Self Disgust
- ▶ Acknowledged effects and harms
- ▶ Taken responsibility for behaviours that don't work
- ▶ Reviewed our values
- ▶ Developed and made room for workable perspectives

We then start the journey of values-based self-forgiveness

- ▶ confirmed by active responses to our distress and our goals

Creating an Action plan

Respond to discoveries...

Develop and explore plans for:

Renewal

Restitution

Recovery

Reconciliation



Self-forgiveness that lasts requires committed action

Expressive writing is a useful response to challenges from where-ever they arise. It assists:

- Self affirmation through exploration of ones values

- Promoting a stance of self-compassion, self-acceptance and self-worth

- To acknowledge and affirm self-discovery

- To informs consistent steps that move towards values

- Applying the ACT Matrix for self-forgiveness to daily experience

(Pennebaker & Chung, 2007; Pennebaker & Smyth, 2016)

Expressive writing as part of committed action to self-forgiveness

- ▶ Secrets have drawbacks
 - Keeping secrets is physical work,
an emotional burden
 - hurts our thinking abilities
 - can produce short-term biological changes and influence long-term health.
- ▶ Describe, and make room for responses to adverse events
- ▶ Put aside for a while
- ▶ Then come back and take a values based perspective



“Even in our sleep,
pain which cannot
forget, falls drop by
drop upon our hearts,
until, in our own
despair - against our
will - comes wisdom
to us through the
awful grace of God.”

Aeschylus

Developing wisdom

Self-forgiveness that lasts requires action

- ▶ Develop SMART goals for values based action for Restitution, restoration, repair and renewal.....
 - ▶ What can I **s**pecifically do?
 - ▶ How do I **m**easure it?
 - ▶ Is it **a**chievable?
 - ▶ How is it **r**elevant?
 - ▶ By what **t**ime?

Your Work

Reflecting on the work you have done:

What is something you can focus on from today's work that you can take into your valued future ?

Dropping a burden?

Transforming an experience?

Bringing light to darkness?

Doing what you value?



An ongoing commitment to self-forgiveness



“I know there is huge merit in talking about your issues

and

the only thing about keeping it quiet is that it's only ever going to make it worse,”

Prince Harry

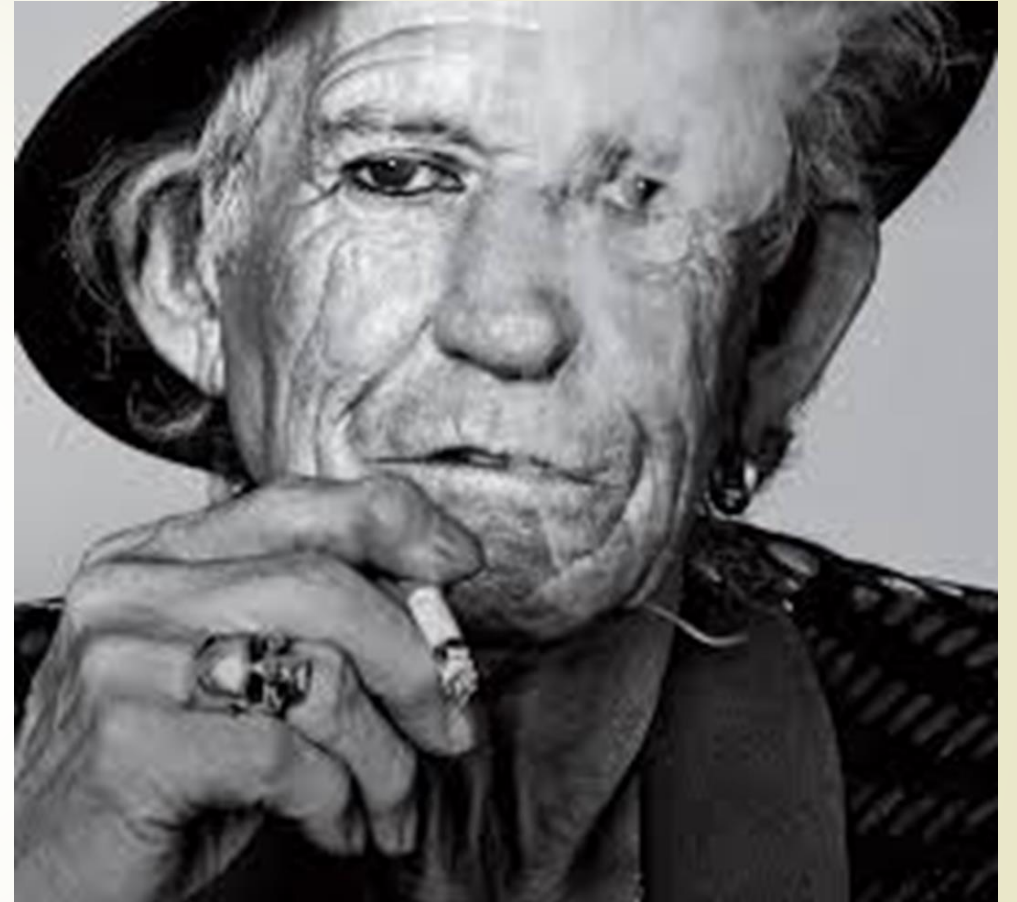
Life continues to happen

Cultivating an ongoing forgiving internal dialogue

- ▶ Continue to develop a compassionate presence, self-acceptance and self-respect
- ▶ Accepting that things are what they are and being willing to find a way through
- ▶ Coach yourself to respond to yourself with values-based self forgiveness that helps you live a flexible and responsive life

Keith Richards: On dreams

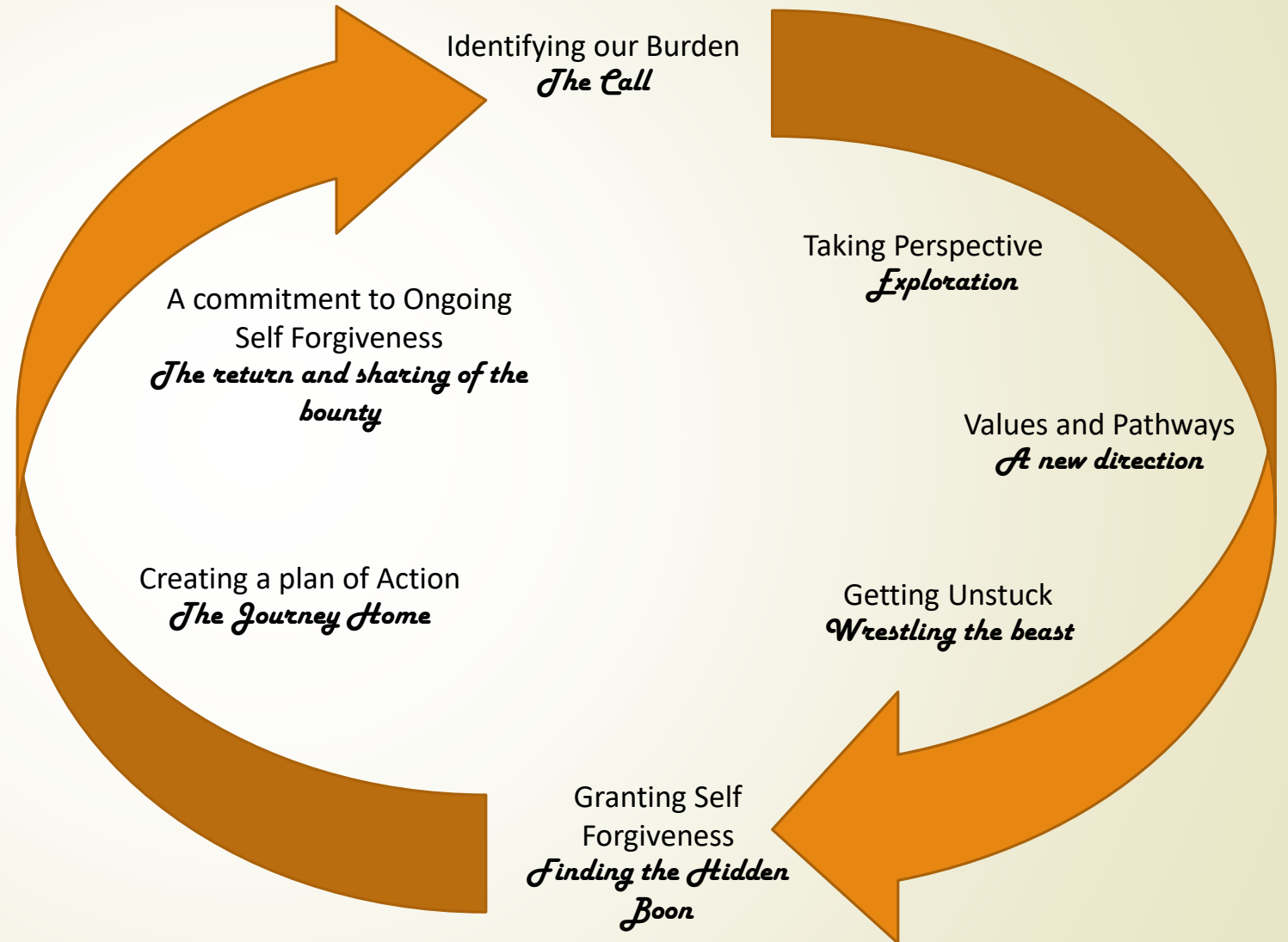
“for years you want your dreams to become true, and all that happens is that your dreams become real”



As we free ourselves we find new territory within...

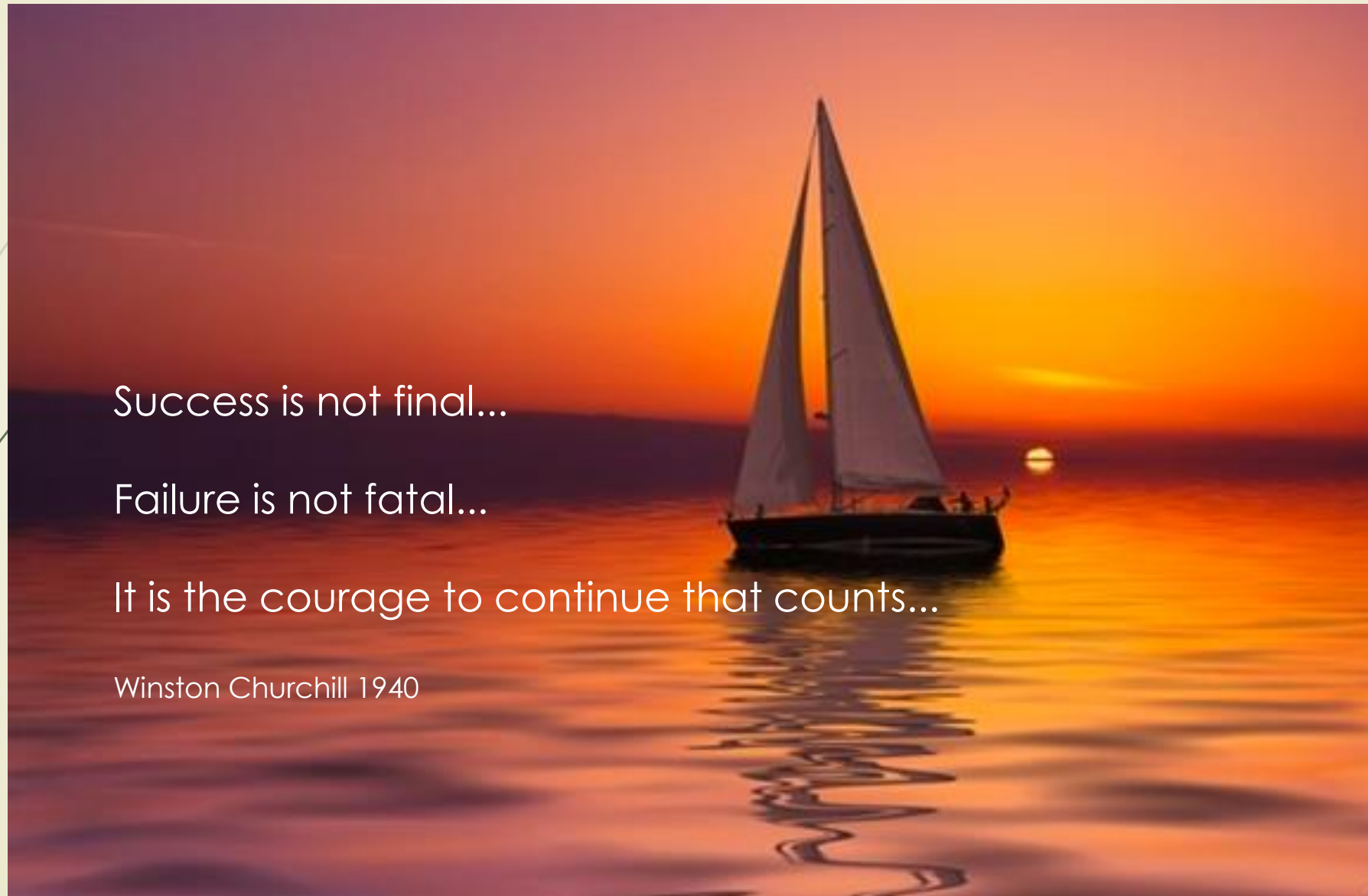
- ▶ A new sense of ourselves can bring a danger of overwhelming regret ...
why did I not do this years ago ... ?
- ▶ New challenges, new responsibilities, new discoveries will require new responses ...
- ▶ Then we need to continue to revisit values and put the principles into action ...

Self Forgiveness: *The Hero's Journey*



Peterson, J. (2002)

Revisit and review the principles of Self-Forgiveness



Success is not final...

Failure is not fatal...

It is the courage to continue that counts...

Winston Churchill 1940

Your Work - Action for ongoing Self Forgiveness:

Review your life goals

Journal your expressive writing to create a space to develop wisdom

Continue to develop choice points for future situations which involve the same contexts or experiences

Establish alternate pathways to respond to your burdens and challenges





On the wonder of self-forgiveness Your Work

I accept myself just as I am, perfect
in my imperfection,

I am now willing to take action in this
state of self acceptance and

I am willing to go through what I
need to do ...

so that I can be what I value



When you are *comfortable* with both your strengths and weaknesses,
you radiate simple unaffected humanity.

Self acceptance - total self acceptance - means self forgiveness.

When you forgive yourself and stop judging yourself -
then you won't judge others and there will be less conflict in the world.

@feelgoodtribe.com

Youtube Resources

Unconditional positive regard -- the power of self acceptance | Michelle Charfen

<https://www.youtube.com/watch?v=4tkkL9w2pw8>

Kelly McGonigal How to make Stress Your Friend

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Dan Ariely Self Control <https://www.youtube.com/watch?v=PPQhj6ktYSo>

Kathryn Schulz: On being wrong | TED Talk | TED.com

https://www.ted.com/talks/kathryn_schulz_on_being_wrong

Kathryn Schulz: Don't regret regret https://www.ted.com/talks/kathryn_schulz_don_t_regret_regret

Jonathan Haidt: Religion, evolution, and the ecstasy of self-transcendence

Http://www.ted.com/talks/jonathan_haidt_humanity_s_stairway_to_self_transcendence?language=en

J.K. Rowling Speaks at Harvard Commencement <https://www.youtube.com/watch?v=wHGq8lz36c>

Natalie Portman Harvard Commencement Speech | Harvard Commencement 2015

https://www.youtube.comv=jDaZu_KEMCY/watch?

Ken Robinson: Do schools kill creativity?

https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity?language=en

Youtube Resources

Brene Brown: The power of vulnerability www.youtube.com/watch?v=iCvmsMzIF7o

Brené Brown: Listening to shame <https://www.youtube.com/watch?v=psN1DORYYV0>

Brene Brown: The price of invulnerability: https://www.youtube.com/watch?v=_UoMXF73j0c

Brené Brown: Why Your Critics Aren't The Ones who count www.youtube.com/watch?v=8-JXOnFOXQk

Bravery & Authenticity in a Digital World /w Brené Brown | Chase Jarvis LIVE | ChaseJarvis <https://www.youtube.com/watch?v=cUuXDZERxrk>

Daring Greatly to Unlock Your Creativity with Brené Brown – YouTube <https://www.youtube.com/watch?v=kAk4cwjvJ0A>

How To Skip the Small Talk and Connect With Anyone | Kalina Silverman | TEDxWestminsterCollege <https://www.youtube.com/watch?v=WDbxqM4Oy1Y>

Neil Pasricha TEDxToronto - "The 3 A's of Awesome"
<https://www.youtube.com/watch?v=ajKMkIXN1eg>

Youtube Resources

Russ Harris ACT Mindfully https://www.actmindfully.com.au/free_resources_video

Embracing your Demons https://www.actmindfully.com.au/upimages/Dr_Russ_Harris_-_A_Non-technical_Overview_of_ACT.pdf

Brian Johnson Guide to ACT - Happiness Trap <https://www.youtube.com/watch?v=IAe0hPsv2XY>

Steve Hayes Founder of Acceptance and Commitment Therapy Psychological flexibility: How love turns pain into purpose TEDx University of Nevada
https://www.youtube.com/watch?v=o79_gmO5ppg

Mental Brakes to Avoid Mental Breaks | Steven Hayes – YouTube
<https://www.youtube.com/watch?v=GnSHpBRLJrQ>

The secret to self-control | Jonathan Bricker | TEDxRainier <https://www.youtube.com/watch?v=tTb3d5cjSFI>

What is the ACT Matrix? (Life Map Adaptation) <https://www.youtube.com/watch?v=BrcMyaSgy9A>

The Zen Social Worker Timothy Gordon, MSW Registered Social Worker <https://www.thezensocialworker.ca>

Timothy Gordon Youtube Channel - your self-help guide to a life well lived

The Truly Experiential Therapist: Russ Harris Interviews Matt Villatte - Part 1, 2, 3.

https://www.youtube.com/watch?v=aCmL_HHBbJg

<https://www.youtube.com/watch?v=E8bpECxbdNk>

<https://www.youtube.com/watch?v=CbbXhTomGu4>

Jordan B Peterson 12 Rules for Life <https://jordanbpeterson.com>

Lost Connections Johan Hari <https://thelostconnections.com>

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Grant Dewar

grantdewarpsychologist@gmail.com

Peter Strelan

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The University of Adelaide