



HELLO!

- **Connect** – tell us something about yourself in the chat
- **Post** – who or what do you wish to compassionately change?
- **Get comfortable**


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Compassionate Change: A Skill Building Workshop

Nancy Lee, MA, LPC

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**Thank you
Asian Culture
and CBS SIG!**

Association for Contextual
Behavioral Science (ACBS)


- Acceptance and Commitment
Therapy (ACT)
- Contextual Behavioral Science
(CBS)
- Functional Analytic
Psychotherapy (FAP)
- Functional Contextualism
- Relational Frame Theory (RFT)

World Conference – June 2021

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Overview

- Opening Remarks
- Breakout Room #1
- Hexaflex & Systems
- Breakout Room #2
- Tips & Tools
- Q&A / Closing Remarks



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Nancy Lee

My Background and Credentials:

- Korean-American
- Licensed Professional Counselor
- Private practice
- ACT, DBT, CFT & Compassion, ERP, EMDR
- B.A. Psychology – Chicago
- M.A. Counseling Psychology – Denver
- Guest lecturer and conference presenter
- Former nonprofit professional
- Parent, volunteer, advocate/activist

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Welcome

Educational content only

No financial conflicts of interest

Use the chat to post resources, requests,
respectful comments, questions

I am here as an ally and facilitator – I can't
tell you what prosocial change looks like for
you, in your context

Diversity and identity affirming space

Reminder – some of us have minority or
minoritized traits, identities and experiences.

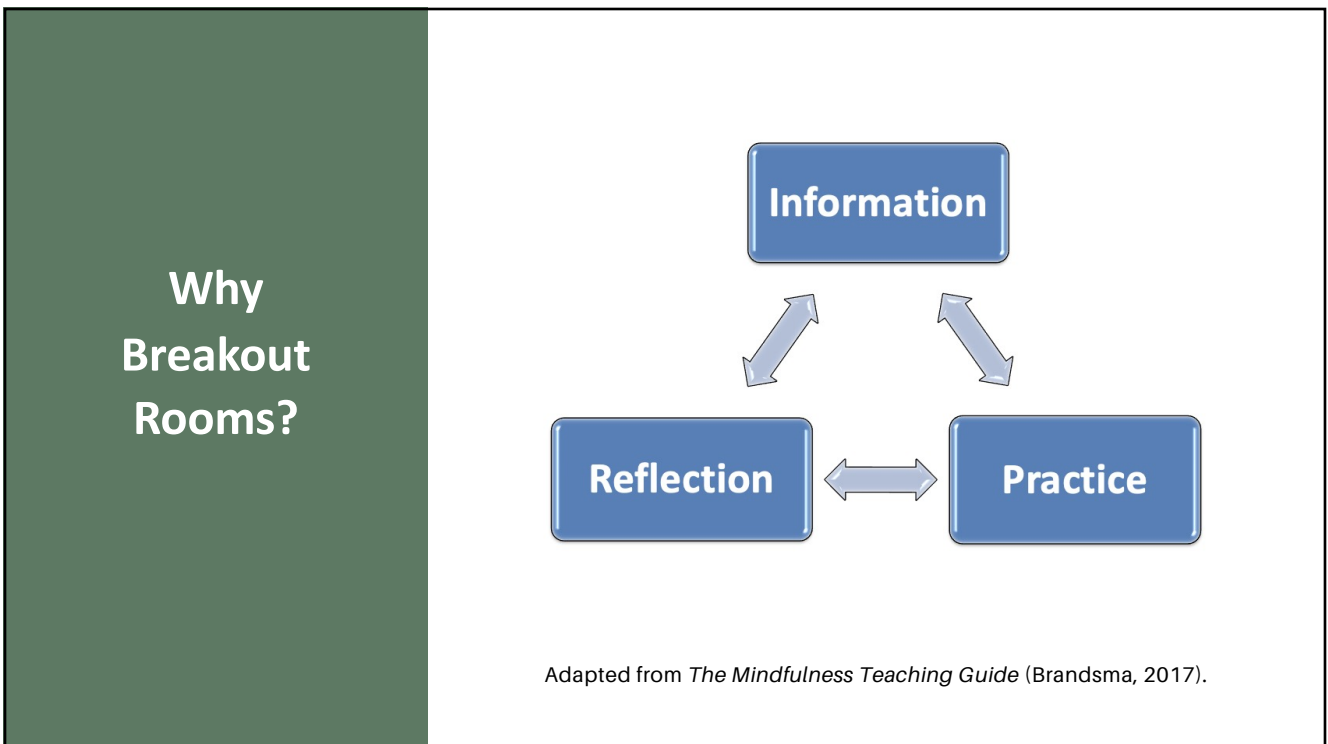
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**Prosocial
+
Compassion**

“[altruistic]
behavior that
benefits one or
more other
people”
(APA, 2020)

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**Why
Breakout
Rooms?**

Adapted from *The Mindfulness Teaching Guide* (Brandsma, 2017).

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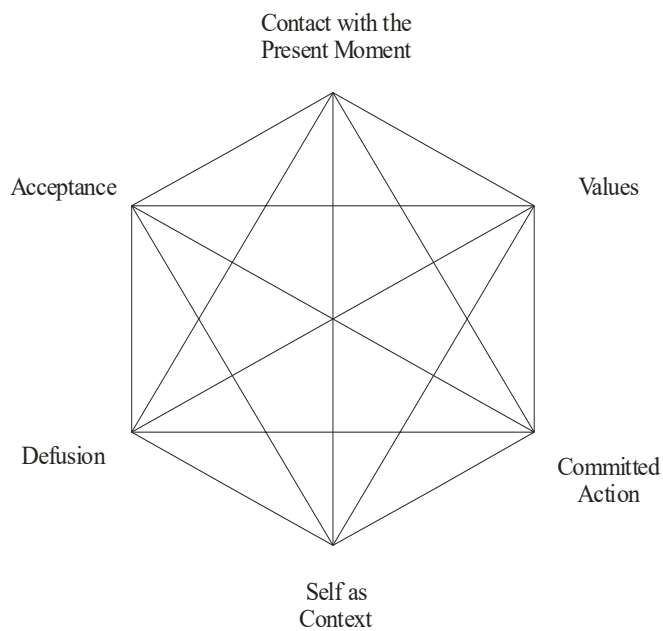
Breakout Room #1

10-MINUTE CONVERSATION

1. Brief Introductions (name, location, role)
2. Share one reason you're here today
 - I've been working on...
 - I'm trying to figure out...
 - I'm curious about...
3. Share a recent challenge or obstacle you've encountered while trying to be a change agent

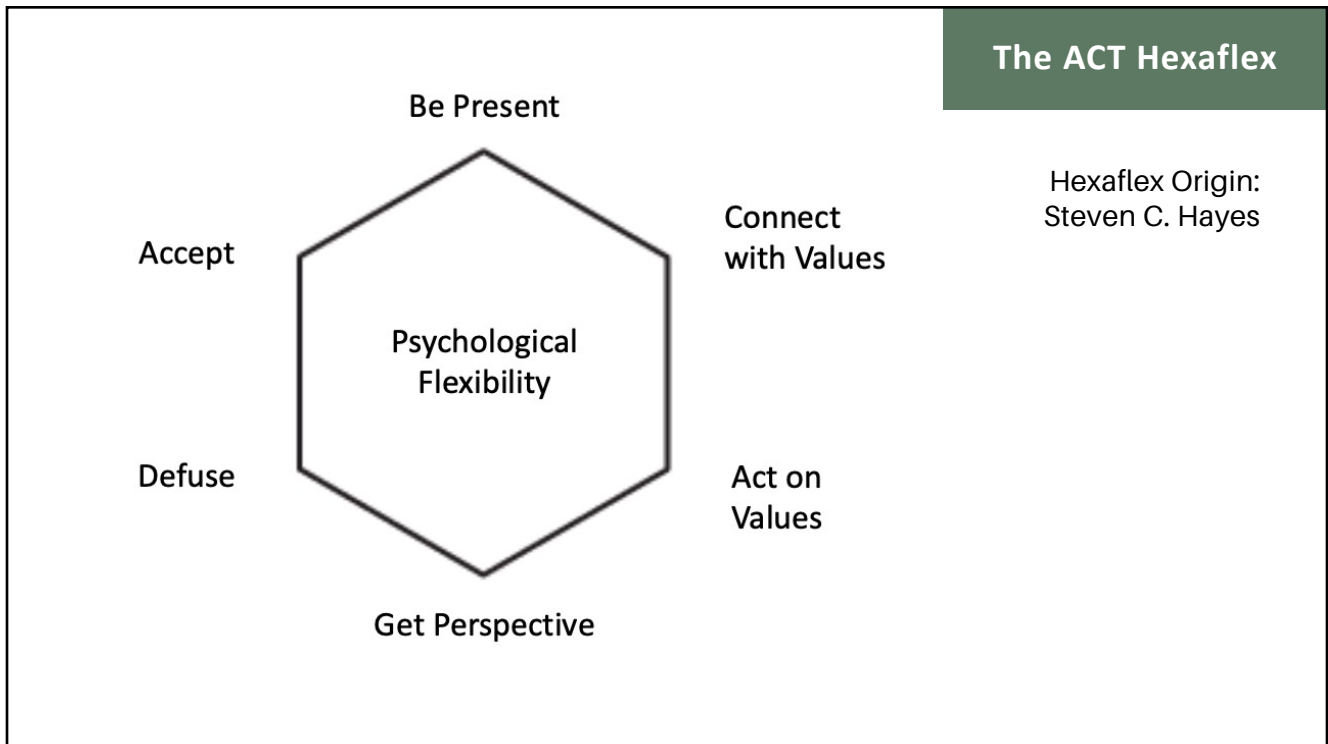
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The ACT Hexaflex

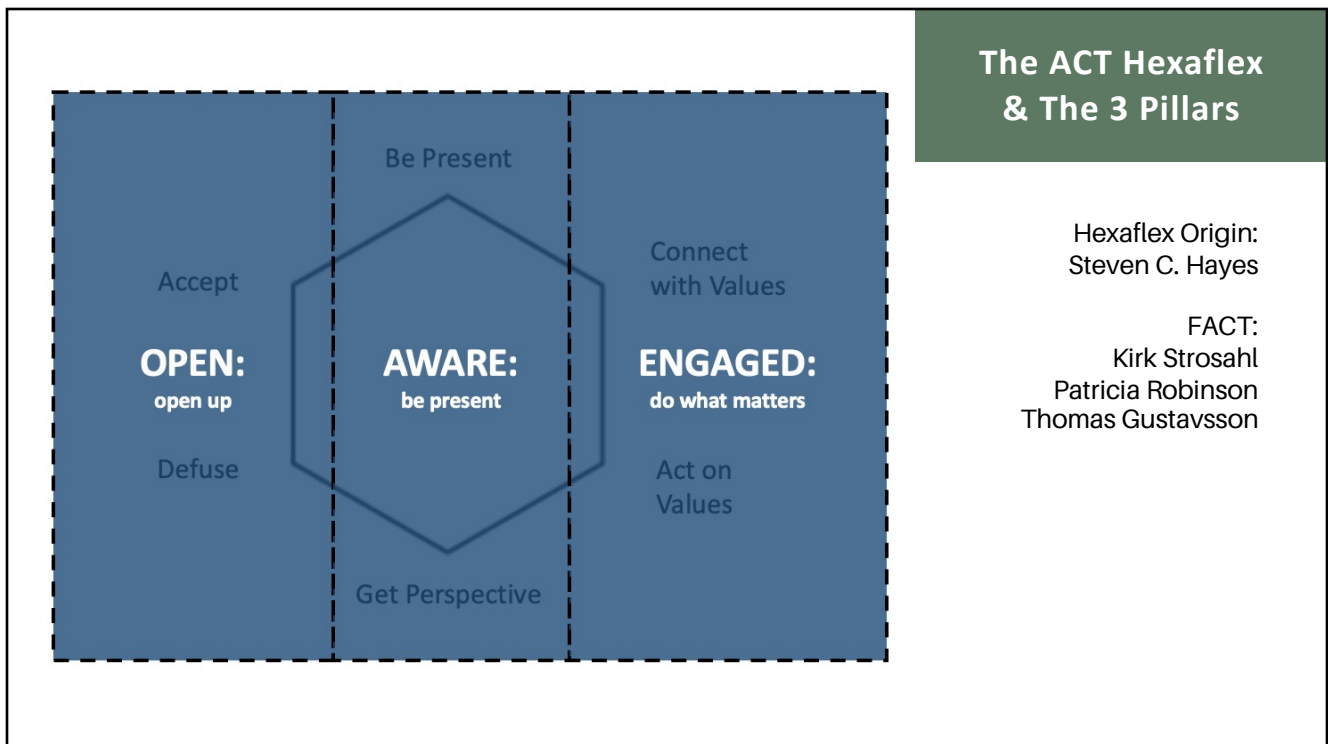


Hexaflex Origin:
Steven C. Hayes

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SYSTEMS THINKING MODEL (GOODMAN, 2002)

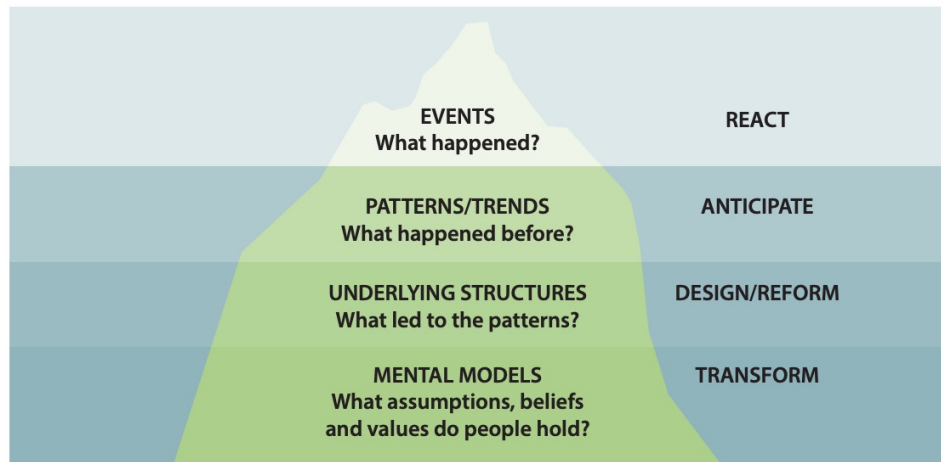


Image Source: <https://katherinesandersphd.com/systems-thinking/>

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Why Anti-Oppression?

“Oppression plays a leading role in creating and maintaining systems that perpetuate suffering and trauma for all sentient beings, as well as the planet we share....Oppression can be defined as the negative outcome experienced by people...being kept down by unjust use of authority, force, or social norms.”

- Laura van Dernoot Lipsky, *Trauma Stewardship*

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 A slide titled "Breakout Room #2" with a background image of white flowers. The title is in a dark green box.

Breakout Room #2

15-MINUTE CONVERSATION

Four I's of Oppression (Liberation / Change):

- Internal
- Interpersonal
- Institutional
- Ideological

1. Brief Introductions (name, location, role)
2. Pick one "I" and share how you've felt limited or liberated due to cultural factors
3. What is one thing you wish to change, and how can you get started or keep going?

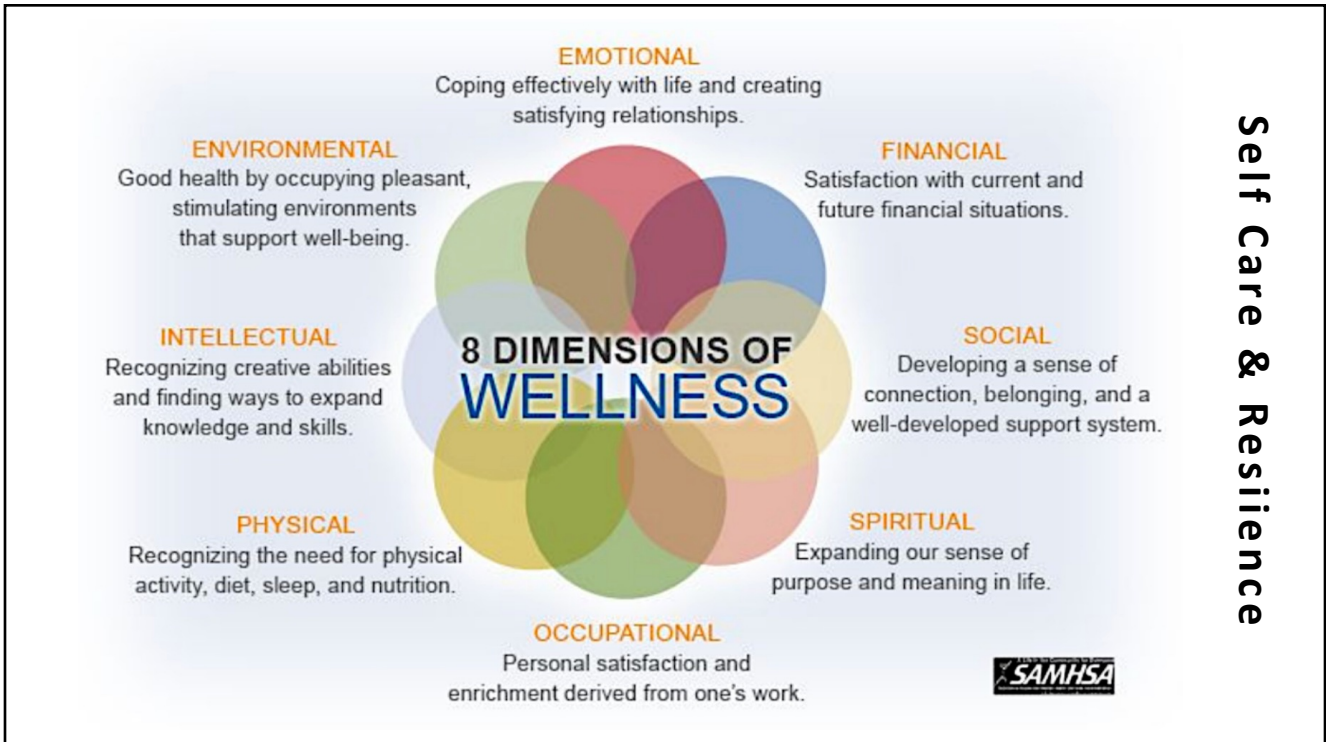
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 A slide titled "5 Tips" with a background image of green leaves. The title is in a dark green box.

5 Tips

1. Self care and productivity can and must go together. We can do good AND be well!
2. Stay in community with people with similar values and goals.
3. Leverage your interests, strengths, skills, and time as much as possible.
4. Prioritize and strategize. EQ & SQ over IQ.
5. Maintain good boundaries. Understand your rights, risks, resources, rewards, and responsibilities.

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We are experiencing and witnessing a lot of crises, loss, stressors, and emotions

Trauma can increase empathetic distress and inhibit compassion

For trauma, burnout, and stress - focus on recovery and resilience

Trauma Stewardship by Laura van Dernoot Lipsky

Trauma Informed

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The diagram features a background of green leaves. On the left, a dark green box contains the text "Professional Quality of Life (ProQOL)". On the right, a lighter green box contains three terms: "Compassion Satisfaction", "Burnout", and "Secondary Traumatic Stress".

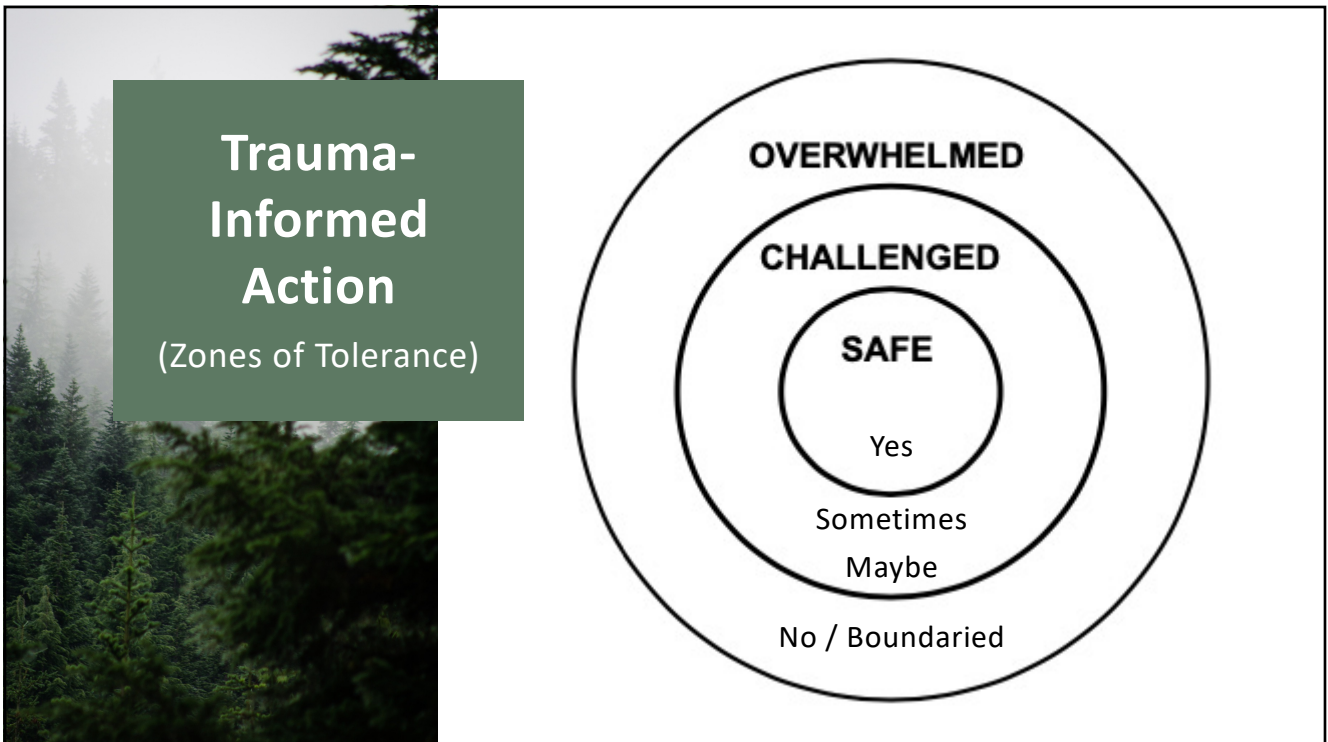
Professional Quality of Life (ProQOL)

Compassion Satisfaction

Burnout

Secondary Traumatic Stress

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The diagram features a background of a misty forest. On the left, a dark green box contains the text "Trauma-Informed Action (Zones of Tolerance)". On the right, a diagram of three concentric circles is shown. The innermost circle is labeled "SAFE" with "Yes" below it. The middle circle is labeled "CHALLENGED" with "Sometimes" and "Maybe" below it. The outermost circle is labeled "OVERWHELMED" with "No / Boundaried" below it.

Trauma-Informed Action
(Zones of Tolerance)

OVERWHELMED

CHALLENGED

SAFE

Yes

Sometimes

Maybe

No / Boundaried

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Compassion Resources

- **Self-Compassion – Dr. Kristin Neff** (self-compassion.org)
- **Center for Mindful Self Compassion** (centerformsc.org)
- **Center for Compassionate Leadership** (centerforcompassionateleadership.org)
- **Stanford CCARE – Center for Compassion and Altruism Research and Education**
- **VIA Institute on Character** (viacharacter.org)

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