

CREATIVE HOPELESSNESS EXERCISES AND METAPHORS: A Review of ACT English Language Books

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INTRODUCTION











In order to foster an engagement in willingness, ACT therapists nurture a sense of creative hopelessness (Hayes et al., 2012). The purpose of the present study is to offer a general overview of creative hopelessness process on ACT books (1999-2018) in order to outline a clear and user-friendly profile of the use of creative hopelessness metaphors, exercises and worksheets within them.

METHOD

Books analyzed were 25 and were chosen on the basis of an availability criteria. In order to realize the profile, books were divided into two main groups: (1) ACT Books for professionals and (2) ACT Books for clients. After a preliminary reading of the books, researchers examined all experiential contents provided and tried to derive meaningful and workable categories. The researchers found close agreement on these general overarching categories: metaphors; exercises; worksheets; key questions. Each category was encoded and represented by a graphic symbol. Researchers also highlight the ways in which the content was presented: full script; instruction list; clinical dialogue; concise description; quote. In addition researchers reported the occurrence of a mindfulness practice. All these elements together with the corresponding graphic symbols are summarized in the table below. Original titles and page references have also been reported for each content.

Encoding work was divided in different phases: 1) an encoding process; 2) a reviewing process; 3) an approval process.

GRAPHIC SYMBOL SUMMARY

	METAPHORS		SCRIPT
	EXERCISES		INSTRUCTIONS (instruction list, procedures)
	WORKSHEET		DIALOGUE (clinical vignettes, dialogue transcripts)
	KEY QUESTIONS		CONCISE DESCRIPTION (summary)
	MINDFULNESS		QUOTE

RESULTS

Results showed the presence of 27 contents in relation to creative hopelessness. Table below shows the quantity of contents according to their presence on books.

CREATIVE HOPELESSNESS CONTENTS PRESENT IN		
1 BOOK	2 BOOKS	3 OR MORE BOOKS
13	6	8

Researchers chose a cut-off of at least 2 books for the contents related to creative hopelessness, with the purpose of augmenting specificity and reducing the presence of contents primary related to other processes, and creating more compact summary tables.

The following easy-to-read summary tables provide a quick overview of creative hopelessness metaphors, exercises and worksheets. This review was conducted with the purpose of offering an universally accessible, clear and intuitive cataloging tool of practical and experiential resources for ACT learners and practitioners. For each metaphor, exercise or worksheet the summary tables also provide a brief description of how it is presented and a reference to page numbers and external resources.

DISCUSSION

This study offers a preliminary overview. Further researches on a larger sample of books are needed with more extensive and universal methods of encoding and checking. The poster is part of a more general pilot project that also involved other processes of psychological flexibility and could be further extended in the future.

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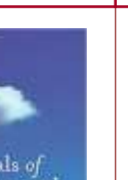



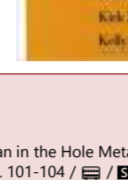
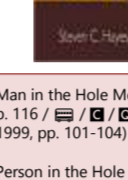
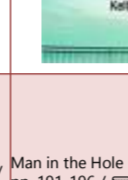





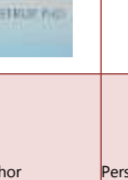

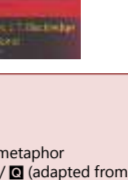


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CREATIVE HOPELESSNESS SUMMARY TABLE

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Polygraph Metaphor	 Hayes et al., 1999, pp. 110-111	 Hayes et al., 2004, pp. 110-111	 Hayes et al., 2012, pp. 110-111	 Luoma et al., 2017, pp. 110-111	 Harris, 2009, pp. 110-111	 Harris, 2013, pp. 110-111	 Strosahl et al., 2012, pp. 110-111	 Westrup, 2014, pp. 110-111	 Batten, 2011, pp. 110-111	 Flaxman et al., 2011, pp. 110-111	 Hayes et al., 2004, pp. 110-111	 Gordon & Borushok, 2017, pp. 110-111	 Greco & Hayes, 2008, pp. 110-111

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Personhood in the Metaphor	 Strosahl & Hayes, 2002, pp. 107-109	 Blackledge et al., 2009, pp. 107-109	 Hayes et al., 2012, pp. 107-109	 Hayes & Hofmann, 2018, pp. 107-109	 Polk & Schoendorff, 2014, pp. 107-109	 Polk et al., 2016, pp. 107-109	 Hayes & Ciarrochi, 2015, pp. 107-109	 Hayes, 2005, pp. 107-109	 Hayes, 2016, pp. 107-109	 Harris, 2009, pp. 107-109	 Harris, 2013, pp. 107-109	 Hayes et al., 2004, pp. 107-109	 Hayes & Ciarrochi, 2015, pp. 107-109
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