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.

CREATIVE HOPELESSNESS SUMMARY TABLE



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

GRAPHIC SYMBOL SUMMARY

	METAPHORS	S	SCRIPT
B	EXERCISES	Ι	ISTRUCTIONS (instruction list, procedures)
Ż	WORKSHEET	D	DIALOGUE (clinical vignettes, dialogue transcripts)
\Box	KEY QUESTIONS	С	CONCISE DESCRIPTION (summary)
		Q	QUOTE
٨	MINDFULLNESS		

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

13

		124)										
Two Scales Metaphor					Tug of war with a monster metaphor p. 92 / 🚍 / 🖸		Two Scales pp. 212-213 / 拱 / 🖬		Two Scales metaphor pp. 90-91 / 🛱 / 🖸 / 🖸 (Hayes et al., 1999)			
Tug-of-War with a Monster Metaphor	Tug-of-War with a Monster Metapho pp. 109-110/ 🚍 / 🗳	Tug of War with a Monster or metaphor p. 145 / ☴ / 聲 / ◙ (Hayes et al., 1999, p. 109)		Tug-of-War with a Monster p. 59 / ☴ / ⓓ / ◙ (Hayes et al., 2012 p. 276)				Tug of War with a Monster p. 21 / 🚍 / 🖸 (see Hayes et al., 1999)	Tug-of-War with a Monster metaphor p. 92 / झ / ब / ब (Hayes et al., 1999, p. 109)			Tug-of-War with a Monster Metaph pp. 106-108 / 🚍 / 🖬 / 🖬 (Hayes et al., 1999)
The Quicksand Metaphor					Struggling in quicksand metaphor p. 92 / 🚍 / 🖸 / 🖸 (Hayes et al., 1999)			The metaphor of struggling in quicksand pp. 20 -21 / 🚍 / 🖸				
Don't think about					Don't think about p. 94 / 🕑 / 🛐				Thought suppression exercise pp. 86-87 / ြ / ြ / ြ (see Hayes et al., 1999, pp. 124-125)	l don't want you to think about p. 19 / ☴ / 🖬		
Chinese Finger Traps	Chinese Handcuffs Metaphor pp.104-105 / 🚍 / 🗹	Chinese Handcuffs pp. 194-195 / 齿 / / I (Hayes et al., 1999, pp. 104-105)		Chinese Finger Trap metaphor p. 60 / ☴ / ◙ (Eifert & Forsyth, 2005, pp. 146–149)								
Feeding the Anxiety Tiger				Feeding the Tiger metaphor p. 60 / ☴ / ◙ (Eifert & Forsyth, 2005a, pp. 138–139)								
Avoidance and control	Drawing out the system pp. 92-98 / 🖵 / 🖬 / 🖬		What Have You Tried? How Has It Worked? What Has It Cost You? pp. 166-176 / 디 / 더 / 더		Attempted solutions and Their long-term effects p. 87 / 🛐 / 🛐 Question 1: What have you tried? Question 2: How Has It Worked? Question 3: What Has It Cost? pp. 88- 91 / 🗔 / 🛐	Focusing Questions pp. 70-80 / 🖵 / 🖬 pp. 182-187 / 🖵 / 🗊			What do you want from therapy? What have you previously tried? How has that worked? pp. 79-80 / 🖵 / 🖸		Escape Avoidance & Control Strategies worksheet op. 61- 62 / 📝 / 😭	Core Questions and Their Purpose pp. 103-108 🖵 / 🖪
The Swamp Metaphor								The swamp metaphor pp. 26-27 / झ / G p. 31 / झ / S / G				
Beach Ball												
Feedback Screech Metaphor	Feedback screech metaphor pp. 108-109 / 🕽 / 🖪	Feedback screech metaphor p. 145 / 🚍 / 🖸 (Hayes et al., 1999, p. 108)										
Falling in Love					Falling in love p. 95 / උ / D							

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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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						Polk, K. L., Schoendorff, B., Webster,	Hayes, L. & Ciarrochi, J. (2015). The	2				
	Stoddard, J. A., & Afari, N. (2014). The big book of ACT metaphors: A practitioner's guide to experiential exercises and metaphors in acceptance and commitment therapy. Oakland, CA: New Harbinger.	Blackledge, J. T., Ciarrochi, J., & Deane, F. (Eds.). (2009). Acceptance and Commitment Therapy: Contemporary Theory Research and Practice. Bowen Hills, Australia Australian Academic Press.	context: The canonical papers of	S. C. Hayes & S. Hofmann (Eds.). (2018). Process-based CBT: Core clinical competencies in evidence- based treatment. Oakland, CA: New Harbinger Publications.	Polk, K. L., & Schoendorff, B. (Eds.). (2014). The ACT matrix: A new approach to building psychological flexibility across settings and populations. Oakland, CA: New Harbinger.	Poix, K. L., Schöendorft, B., Webster, M., & Olaz, F. O. (2016). The essential guide to the ACT matrix: A step-by-step approach to using the ACT matrix model in clinical practice. Oakland, CA: New Harbinger.	thriving adolescent: Using acceptance and commitment	Turrell, S. L. & Bell, M. (2016). ACT for adolescents: Treating teens and adolescents in individual and grou therapy. Oakland, CA: Context Press.	Acceptance and mindfulness	mind and into your life: The new acceptance and commitment	Harris, R. (2008). The happiness trap: How to stop struggling and start living. Boston, MA: Trumpeter Books.	Ciarrochi, J., Hayes, L., & Bailey, A. (2012). Get out of your mind and into your life for teens: A guide to living an extraordinary life. Instant help books. Oakland, CA: New Harbinger.
	THE BIG BOOK of ACT METAPHORS	Acceptance and Commitment Therapy Creater and Practice	Add and informer	PROCESS BASED CBT Process BaseD CBT Process Based CBT Process CBT	The ACT TA A Car Agreement A One Advancement Provide and the Advancement Provide and the Advancement A comparison of the Advan	The ESSENT FINIL CALIDS A Cry Tr A Cry Tr			Acceptance & Mindfulness Treatments for Children & Adolescents & Presidence & Guide Market & Children & Adolescents	Get Out of Your Mind Your Life Accession STEVEN C. HAVES, PH D. STEVEN C. HAVES, PH D.	Hard and a second secon	get out of your nind & into your life for teens downt irrol odos the no enable to e doub a set of the set of the set of the set
Person (man) in the Hole Metaphor			The "Person in the Hole" metaphor p. 224 / 🖨 / 🖪									
Polygraph Metaphor		Polygraph metaphor p. 184 / 🚍 / 🖸 (Eifert & Forsyth, 2005a, pp. 167–169)	The Polygraph Metaphor p. 225 / 🚍 / 🖪									
Two Scales Metaphor		Two Scales p. 319 / 🚍 / 🖪										
Tug-of-War with a Monster Metaphor		Tug-of-war with a monster' metapho p. 168 / \blacksquare / \blacksquare (Hayes et al., 1999, p. 109) Tug of War with an Anxiety Monster p. 184 / \blacksquare / \blacksquare (Eifert & Forsyth, 2005a, pp. 149–151) Tug-of-War with a Monster p. 319 / \blacksquare / \blacksquare Tug of war with a monster' exercise p. 195 / \textcircled{B} / \blacksquare										
The Quicksand Metaphor	Life's a Beach: Struggling in the Rip pp. 41-44 / 🚍 / 🖬 / 🗹 (Ken Davis, 2013)							Quicksand Metaphor pp. 76-77 / 🚍 / 🖸 / 🚺 / 🖸 (Hayes; 2005)				
Don't think about	Don't Think About a Puppy pp. 36-37 / 🕑 / 🖪 / 🖸 (Niloofar Afari 2012)							Purple Gorilla p. 73 / & / 1 I Want Candy p. 73 / 🖨 / 🕻			Try not to think about ice cream p. 14 / 侈 / 国	
Chinese Finger Traps		The Chinese Finger Trap exercise p. 184 / 윤 / @ (Eifert & Forsyth, 2005a, p. 147)								The Chinese Finger Trap p. 37 / 윤 / 🕻		
Feeding the Anxiety Tiger		'Feeding the Anxiety Tiger' metaphor p. 184 / 戻 / ◙ (Eifert & Forsyth, 2005a, pp. 138–139)										
Avoidance and control												
The Swamp Metaphor									Swamp Metaphor p. 195 / ☴ / ◙ / ◙ (Hayes et al., 1999)			
Beach Ball	Ball in a Pool p. 39 / ☴ / ☑ / ☑ (Matthew Jepsen, 2012)							Beach Ball p. 74 / 🚍 / 🖪				
Feedback Screech Metaphor												
Falling in Love								Falling in Love pp. 74-75 / 🚍 / 🖬				
Numb your Leg								Cutting Off Your Leg pp. 73-74 / 🚍 / 🖪				

Numb your leg p. 94 / 💪 / 🖻

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