**ACBS World Conference 2022**

**San Francisco, California, USA**

**June 18, 2022**

**Maximizing the Achievement of Children and Adolescents in Their Performance Endeavors Using the ACT Matrix**



**David Udelf, Psy.D.**

***Becker, Udelf & Associates***

**216-595-3175, x2**

**david.udelf@prodigy.net**

**www.docudelf.com**

**Maximizing the Achievement of Children and Adolescents in Their Performance Endeavors Using the ACT Matrix**

**David Udelf, Psy.D.**

**Psychologist**

**San Francisco, CA**

**June 18, 2022**

**References**

Carraca, B., Serpa, S., Palma, J., & Rosado, A. (2018). Enhance sport performance of elite athletes: The

 mindfulness-based interventions. *Cuadernos de Psicologia del Deporte*, *18*(2), 79-109.

Hegarty, J., & Huelsmann, C. (2020). *ACT In sport: Improve performance through mindfulness,*

 *Acceptance and Commitment.*  Dark River/Bennion Keamy: Oakamoor, UK.

Henriksen, K., Hansen, J., & Larsen, C. H. (2020). *Mindfulness and acceptance in sport: How to help*

 *athletes perform and thrive under pressure.* New York, NY: Routledge.

Holiday, R. (2016). *The daily stoic: 366 meditations on wisdom, perseverance, and the art of living.* New

 New York, NY: Penguin Random House.

Kaufman, K. A., Glass, C. R., & Pineau, T. R. (2018). *Mindful sport performance enhancement: Mental*

 *training for athletes and coaches*. Washington, DC: American Psychological Association.

Little, L. M., & Simpson, T. L. (2000). An acceptance-based performance enhancement intervention for

 collegiate athletes. In M. J. Dougher (Ed.), Clinical Behavior Analysis (pp. 2311-244). Reno, NV:

 Context Press.

Lundgren, T. (2015, July). Evaluation of the effects of an ACT based intervention for ice hockey players: A

 randomized controlled trial. In B. Carraca (chair), *ACT in sports: Enhancing performance and*

 *measuring sport-related psychological flexibility.* Berlin, Germany: Association for Contextual

 Behavioral Science.

Nestor, J. (2020). *Breath*. New York, NY: Riverhead Books/Penguin Random House LLC

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.

Polk, K. L., Schoendorff, 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: Context Press.

Ramaci, T., Bellini, D., Presti, G., Santisi, G. (2019). Psychological Flexibility and Mindfulness as Predictors

 of Individual Outcomes in Hospital Health Workers.  *Frontiers in Psychology:  Organizational*

 *Psychology.*

Udelf, D. (2022, March 13). How ACT is revolutionizing sport psychology. *Psychology Today.*

[https://www.psychologytoday.com/blog/sport-between-the-ears/202203/how-act-is-](https://www.psychologytoday.com/blog/sport-between-the-ears/202203/how-act-is-revolutionizing-sport-psychology?eml)

 [revolutionizing-sport-psychology?eml](https://www.psychologytoday.com/blog/sport-between-the-ears/202203/how-act-is-revolutionizing-sport-psychology?eml)

Wegesin, D. (2021). *Breathe in the Calm: Yogic breathing & mindfulness tool for instant anxiety relief.*

 New Harbinger: Oakland, CA

**Control the Controllable**

***…and let go of the rest***

 ******

 ***Eeyore Brady***

**What I *DON’T* Control What I *DO* Control**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 

**Is this *YOU* focused on the wrong thing????**

**The *ACT Matrix***

**Six-Sense Experiencing/Awareness**

 **(In the Moment)**

**ACT MATRIX**

 **The *“Zone”***

**Actions that Move Us Away**

 (Some are Avoidant)

**Committed, Purposeful Actions**

 *Control the Controllable (A.C.E.)*

* + Actions
	+ Concentration (Focus)
	+ Effort

 **Away**

**Toward**

 **Me Noticing**

**Me Noticing**

**What’s Important to Me**

 **Dwelling/Obsessing (the uncontrollable)**



 

**Commitment**

**Willingness**

**Acceptance**

 **Mental/Inner Experiencing**

 **(In Your Head)**

**ACT Matrix Worksheet**

 **Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Six-Sense Awareness**

 **(In-the-Moment)**

Away

**Me Noticing**

**(Awareness)**

**Acceptance and Willingness**

**The “Zone”**

**Committed Actions (The Controllable)**

**Important Stuff**

**Internal Distractions (The Uncontrollable)**

**Detrimental Actions (Including Avoidance)**

 **Commitment**

**Inside Experiencing**

 **(in your head)**

**Toward**