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*Ceci n'est pas un atelier ACT*

# Need CE credit for this session?

Please don't forget to scan in to have your attendance tracked.





# Our aims for these 2 days

- Introduce you to RFT principles and concepts
- Demonstrate the relevance and utility in clinical work
- Give you a taste for clinical strategies and how they may fit with your work
- Learn from and inspire each other to end suffering and promote human flourishing

But not....

- ACT processes or model
- RFT research, technical terms or definitions
- Everything in the book

# Our plan for these 2 days

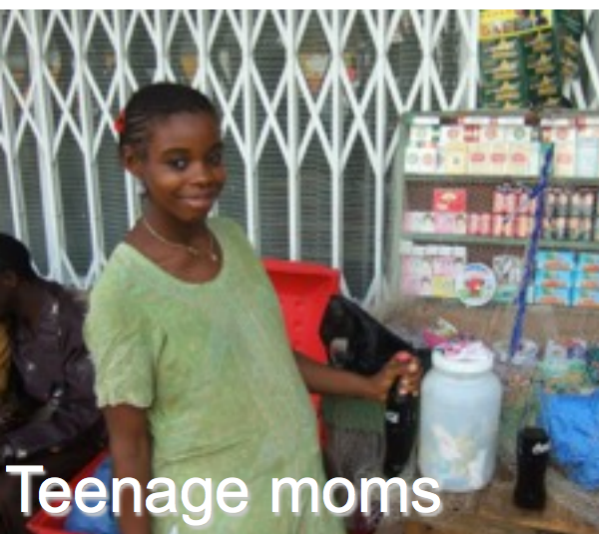
- A CBS approach to language
- Framework for clinical RFT
- Activating behavior change
- Fostering meaning and motivation
- Building metaphors and experiential language



Before We Begin We Want you to  
Know that This is Where our  
Honorarium is Going:  
Commit and Act in Sierra Leone

- 6 M people in Sierra Leone: 1 psychologist; 1 retired psychiatrist
- ABCS brought 5 health workers to World Con (2010, 2012)
- ACT trainers flew into Sierra Leone (2011-present)

# Desperate Level of Need





# In 2014 Opened a Clinic in Bo





# New Clinic in Bo



# An example of Why it Matters: Here Comes Ebola

- The country is isolated; the aid workers leave;
- 1,500 have died; 3,000 infected
- Hannah Bockarie, the Director of the clinic, is named director for Ebola prevention in her district by the Ministry of Health and Sanitation



# Using the ACT / PROSOCIAL



Hannah Bockarie

# With An Entire Community



# Solutions From People Themselves

- Example of a solution:
- You must kiss the body of the dead before burial.
- What to do?
- Kiss and bury a
- Bo infection  
infection increase





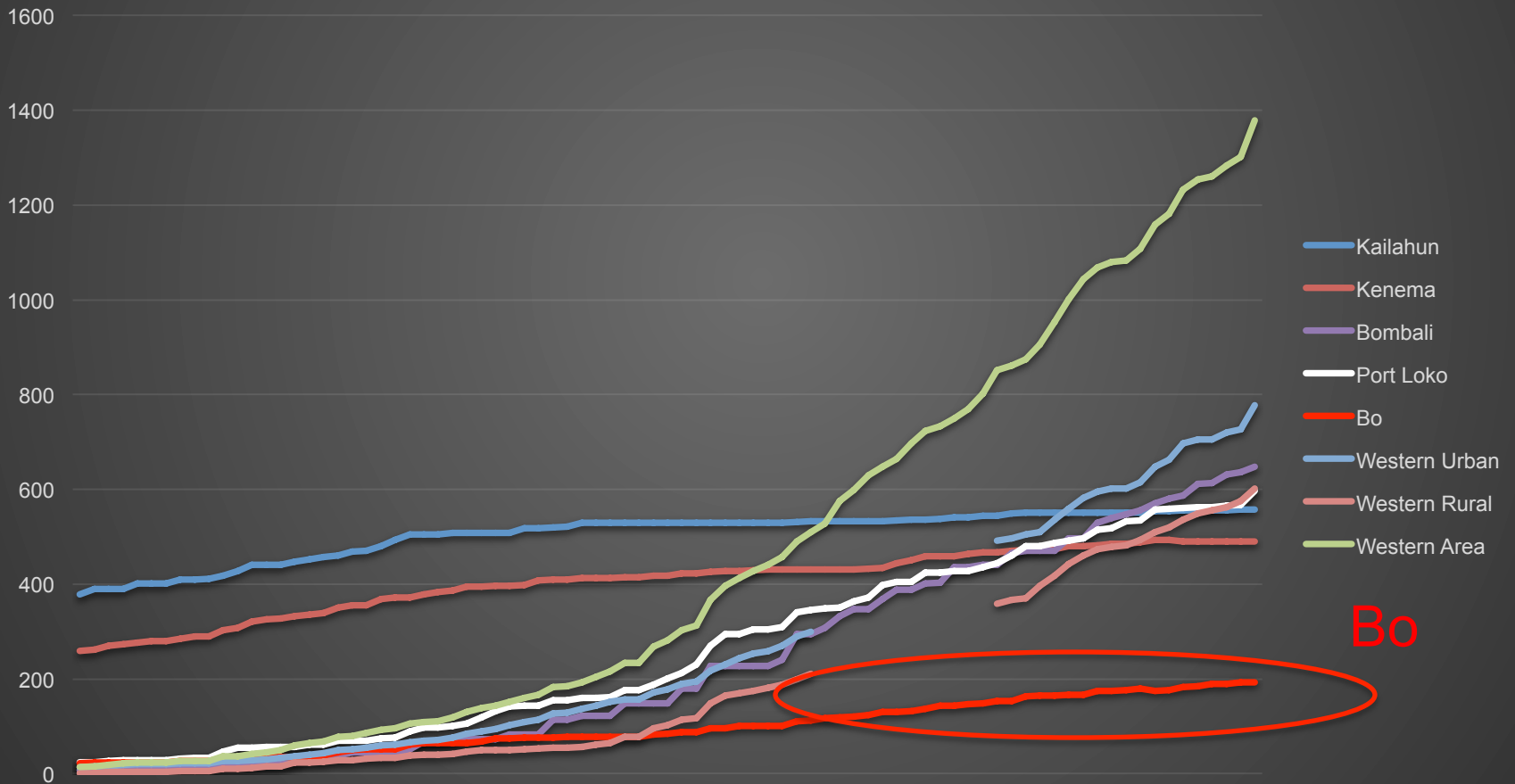
# Performing the Ritual



# A Woman Who Has Lost Her Husband and Children to Ebola



# Eight Worst Districts at the Height of the Infection



# Commit and Act in Sierra Leone

- We will email you after the workshop to see if you are willing to help

**1 low point in your clinical work  
– what was it like when you were  
being pulled in the wrong  
direction?**

**1 high point in your clinical work  
-what was it like when you were  
moving toward what matters?**

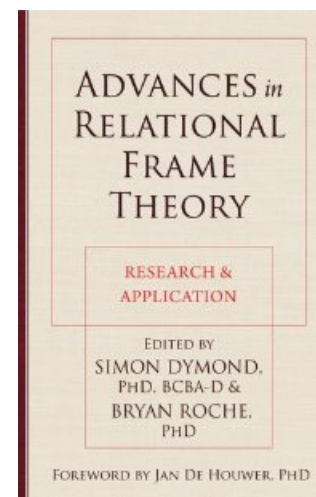
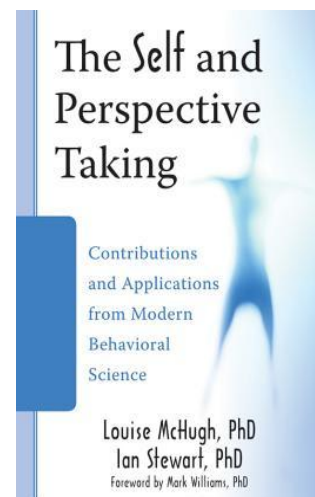
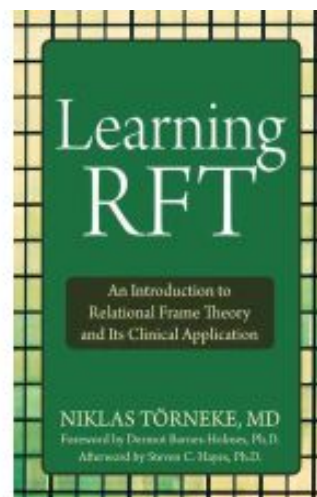
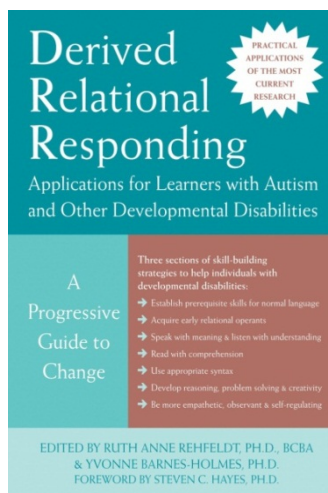
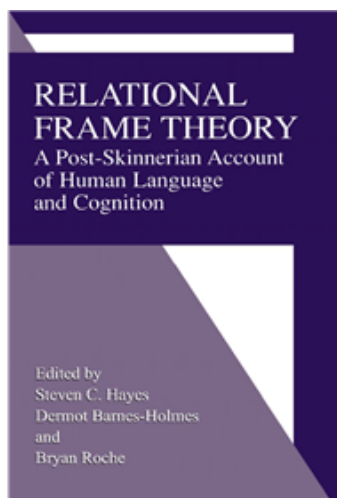


Language is power.

**Psychotherapy is the practice of language to empower well-being.**

**Merging the art and science of psychotherapy requires theory.**





## Research:

- psychopathology
- theory of mind
- implicit cognition
- Intelligence
- rule-following
- problem solving
- sense of self

## Applications

- education
- developmental disabilities
- health and safety behaviors
- performance enhancement
- relationship intimacy
- organizational management
- community and cultural change

**Language** is the learned behavior of building and responding to symbolic relationships.



**When we relate objects and events,  
we learn something about them.**



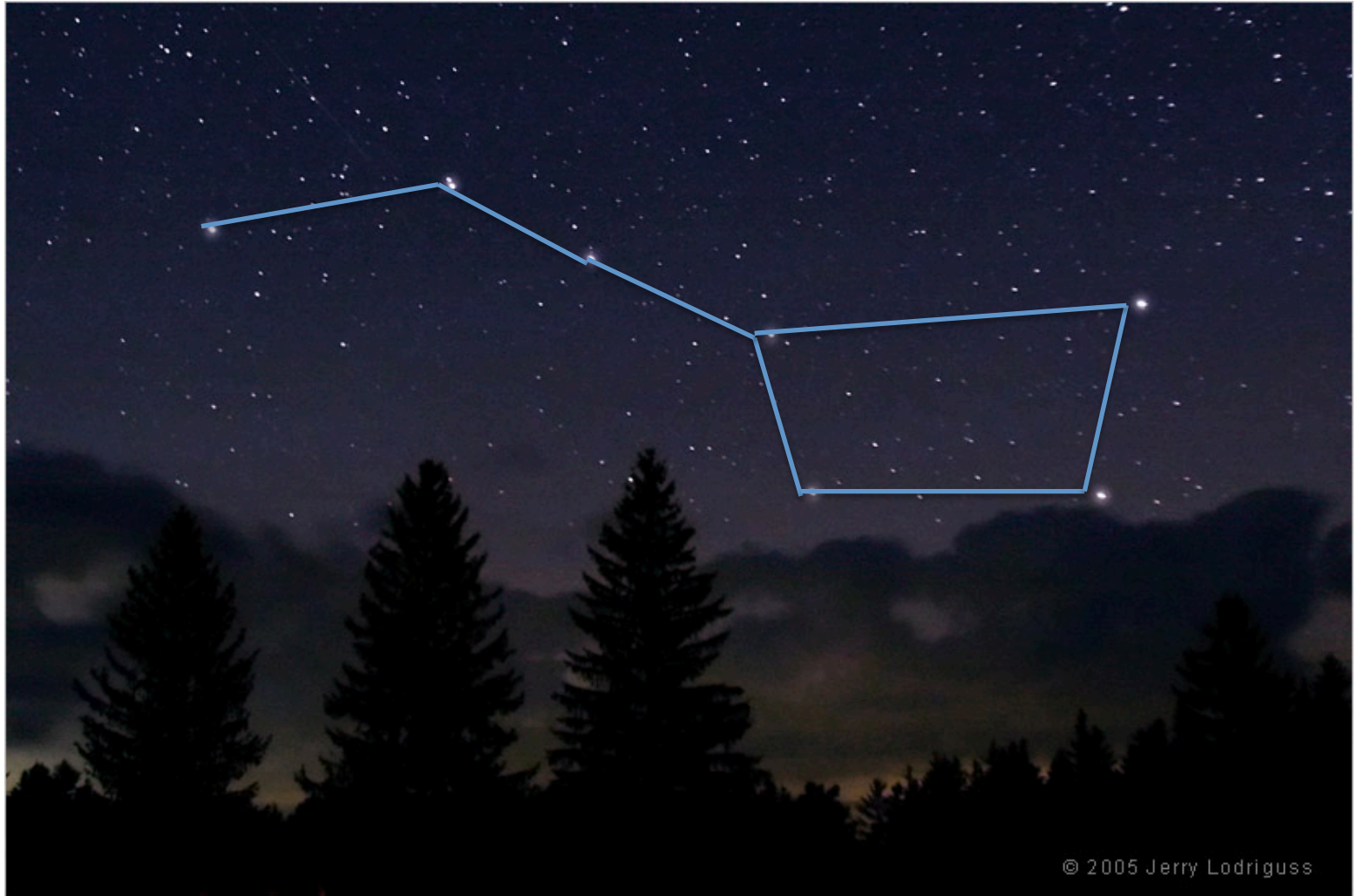
**Symbolic relationships transform  
our experience of the world.**



**Symbolic relationships even cause us to respond to stimuli that aren't present.**



**Symbolic relationships organize our experiences into networks of meaning.**





# The way we make sense of our experiences influences how we respond to them

*My heart is racing.  
I'm really **excited** to share my ideas.  
I will give this lecture*

*My heart is racing.  
I'm **anxious** – I must not  
be prepared.  
I should cancel.*

*My heart is racing,  
I think I'm having a **heart attack**.  
I've got to get to the hospital.*



# A contextual behavioral approach to language as intervention

- 1) Language is an ever-present context that can be easily altered by clients and therapists
- 2) Context determines whether a behavior occurs and how effective it is
- 3) Altering the context alters behavior



# A contextual behavioral approach to language as intervention

- 1) Identify features of the context that could influence clinically relevant behaviors
- 2) Use language to alter the meaning and influence of those variables
- 3) Use language to create a context that supports adaptive responses





# The overarching strategy of therapy based on CBS/RFT



**Altering the context to transform functions**

# Transforming symbolic functions in therapy

I won't be able to see my kids

What will you miss if you don't go there?



# Altering the context in therapy

It's too scary.  
I think it's better  
that I don't go  
there.

What do you  
notice in  
body as  
having  
thought?

If you  
What happens  
when you have  
this kind of  
thought and you  
avoid activities  
you care about?





# The CBS-RFT routine in therapy

1. Alter the context
2. Assess transformation of function moment by moment and over time
3. If no transformation or inadequate function is dominant, repeat step 1.



# Observe alteration of context to transform functions in session

What aspects of the context is the client attending to? What functions are dominant?

What does the therapist do to alter the context?  
How does this alteration impact functions?

**Relational frames are symbolic tools  
for altering the context**



# Different kinds of framing

“I am so lonely”

➤ **Coordination**: “What does it feel **like** to be lonely?”

“I don’t want to feel this way”

➤ **Distinction/opposition**: “What would your life look like if you **didn’t** feel this way?”

“I cut myself”

➤ **Conditional/temporal**: “How do you feel **before/after**?”

“I am a horrible person”

➤ **Deictic**: “What would **you** tell your best friend if **she** said that?”

“I need to get a job”

➤ **Hierarchy**: “What would getting a job **contribute to**?”

“I don’t know how to describe this feeling”

➤ **Analogy**: “**If this was a picture**, what would you see on this picture?”



# Video

Observe therapist's framing

# Pick something annoying



## Practice altering the context with relational frames



# The overarching goals of therapy based on CBS/RFT



**Flexible  
context sensitivity**



**Functional coherence**

# clinical RFT

## FRAMEWORK

- **Overarching goals**
  - **Functional coherence**
  - **Flexible sensitivity to the context**
- **Overarching strategy**
  - **Altering the context**  
→ **to transform functions**

## TOOLS

- **Coordination & Distinction**
- **Opposition**
- **Comparison**
- **Condition**
- **Deictic**
- **Hierarchy**
- **Relations of relations**