

## ACBS 2019 WORKSHOP

Live with Awareness, Courage and Love Meetups  
Bringing Functional Analytic Psychotherapy to the General Public

# Live with Awareness, Courage & Love

[www.livewithacl.org](http://www.livewithacl.org)



Self	Other
<b>Awareness</b> <ul style="list-style-type: none"><li>• Open-hearted presence--Be aware of and allow whatever feelings you are having, positive or negative.</li><li>• With curiosity and tenderness, agree deeply with whatever is in your body and heart.</li><li>• Understand your history which has shaped your reactions.</li></ul>	<b>Awareness</b> <ul style="list-style-type: none"><li>• Be aware of, with curiosity and tenderness whatever feelings another is having, positive or negative.</li><li>• Understand another's history which has shaped his/her reactions.</li></ul>
<b>Courage</b> <ul style="list-style-type: none"><li>• Create possibility in this moment.</li><li>• How do you make today and all future moments the best, most poignant and most beautiful?</li><li>• Envision the boldest version of yourself and live true to your passions.</li></ul>	<b>Courage</b> <ul style="list-style-type: none"><li>• Encourage others to envision the boldest version of themselves and to live true to their passions.</li></ul>
<b>Love</b> <ul style="list-style-type: none"><li>• Pause to take in what's beautiful about yourself, what you appreciate about yourself.</li><li>• Self-care: any activity that soothes, calms, rejuvenates, recharges or gives you pleasure.</li><li>• Let another's love in.</li></ul>	<b>Love</b> <ul style="list-style-type: none"><li>• Communicate to another your appreciation. Recognize their improvements.</li><li>• Acknowledge and validate another's experience, connection and joy.</li></ul>

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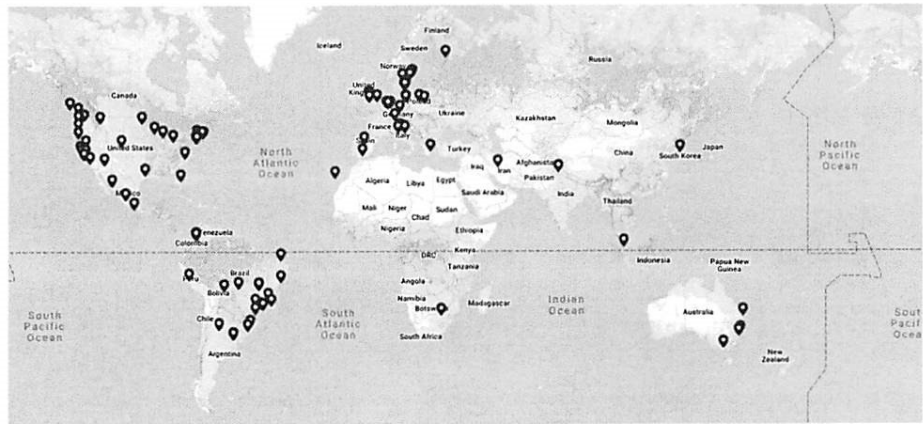
**Mavis Tsai, Ph.D.**

1. Who are the people you really want to invest in?
  - Make a list of people in your life who: raise your spirits, bring out the best of who you are, challenge you positively, support you in becoming who you want to be, cherish you. If you have a long list, narrow it to the most important 5 to 10 people.
  - Your assignment is to make an agreement with them about how often you want to connect (once a week, month, quarter), and what you'd like to do. Some ideas include: weekly coffee dates or walks, taking an exercise class together or going to the gym twice a week, monthly dinners, going on a road trip once a quarter, trying something new once a month.
2. In order to live a life most true to yourself, to the deepest expression of your heart, your radiance, your gifts, and your freedom, please answer these questions in the form of a checklist below
  - What do you want to experience, create, accomplish, give and receive?
  - Imagine that you have lived to a ripe old age—what impact would you have wanted to have made before you die?
  - If it's something important you've already experienced or accomplished, list it and check it off. Please share this with those who are close to you and invite them to create their own list. An important part of increasing connection with someone is knowing what's important to them and supporting them in their passions and pursuits.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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### Live with Awareness, Courage and Love Meetups Bringing Functional Analytic Psychotherapy to the General Public



#### Live with Awareness, Courage & Love Meetups

We are a global network of open-hearted individuals who strive to meet life's challenges through deepening interpersonal connection and rising to live more true to ourselves.

- Are you warm, empathic and compassionate?
- Do you want to enhance your leadership skills and collaborate in a global project to decrease loneliness and increase connection?
- Do you want to live more passionately and boldly, and help others do the same?

**What are Awareness, Courage and Love (ACL) Meetups?** Live with ACL Meetups address the major public health issue of social connection problems, which increase the risk of death as much as excessive smoking, and more than excessive drinking, air pollution, and obesity. Live with ACL brings to the general public the concepts of Functional Analytical Psychotherapy (FAP, co-created by Robert Kohlenberg and Mavis Tsai at University of Washington), a treatment using empirically supported principles that focuses on the healing power of present-moment authentic interactions. Mavis now trains ACL leaders online all over the world and we now have chapters in 92 cities, 26 countries and 6 continents. We would love your involvement to bring ACL to your hometown! A program evaluation component is included to assess interventions so that they can be improved to address the needs of participants. For more information, please visit [www.LivewithACL.org](http://www.LivewithACL.org).

#### When do leadership trainings take place?

Leadership trainings online (Zoom.us) take place monthly on first or second Sundays at 1-2:30pm Pacific Time with June and August off. The trainings are experiential, focusing on exercises that increase connection with self and others, open-hearted presence, embracing vulnerability, self-expression, deep listening, and self-care. Once participants experience a particular protocol, they then use it to lead their own ACL Meetup.

#### What fees are involved?

The trainings are free for leaders of ACL meetups. As a leader you can request a small donation from your attendees which you can keep, but it's important that no one will be turned away due to inability to pay. There is a small quarterly fee for leaders of meetup chapters which can be waived if it is a financial hardship. If you'd like to lead an informal chapter with people you already know, it would be free.

**How do I get members?** It helps for leaders to personally recruit members, but Meetup.com typically does a good job of promoting new groups to potential new members.

**How can I get more information?** For more information on how to join the worldwide Live with Awareness, Courage & Love movement as a global leader in your hometown, email Mavis Tsai, Ph.D. at [mavist@gmail.com](mailto:mavist@gmail.com)