



ACBS Annual World Conference 13

BERLIN, GERMANY

— 14-19 July, 2015 —

#ACBSWC

ACBS board member transitions

Past President: Sonja Batten

Secretary/Treasurer: DJ Moran

Members at Large: Ian Stewart, and Louise
Hayes

Student Representative: Rosaura E. Orengo-
Aguayo



ACBS Board 2015-2016

- President: Michael P. Twohig
- President Elect: Daniel “D.J.” Moran
- Past President: Jason Luoma
- Secretary Treasurer: Andrew Gloster
- Members at Large: Giovambattista (Nanni) Presti,
Louise McHugh, Niloo Afari, Nic Hooper
- Student Representative: Jessica Borushok



Big heart, open wide

**Moving from shame and fear
to empathy, compassion, & connection
in our clinical work and communities**

1974

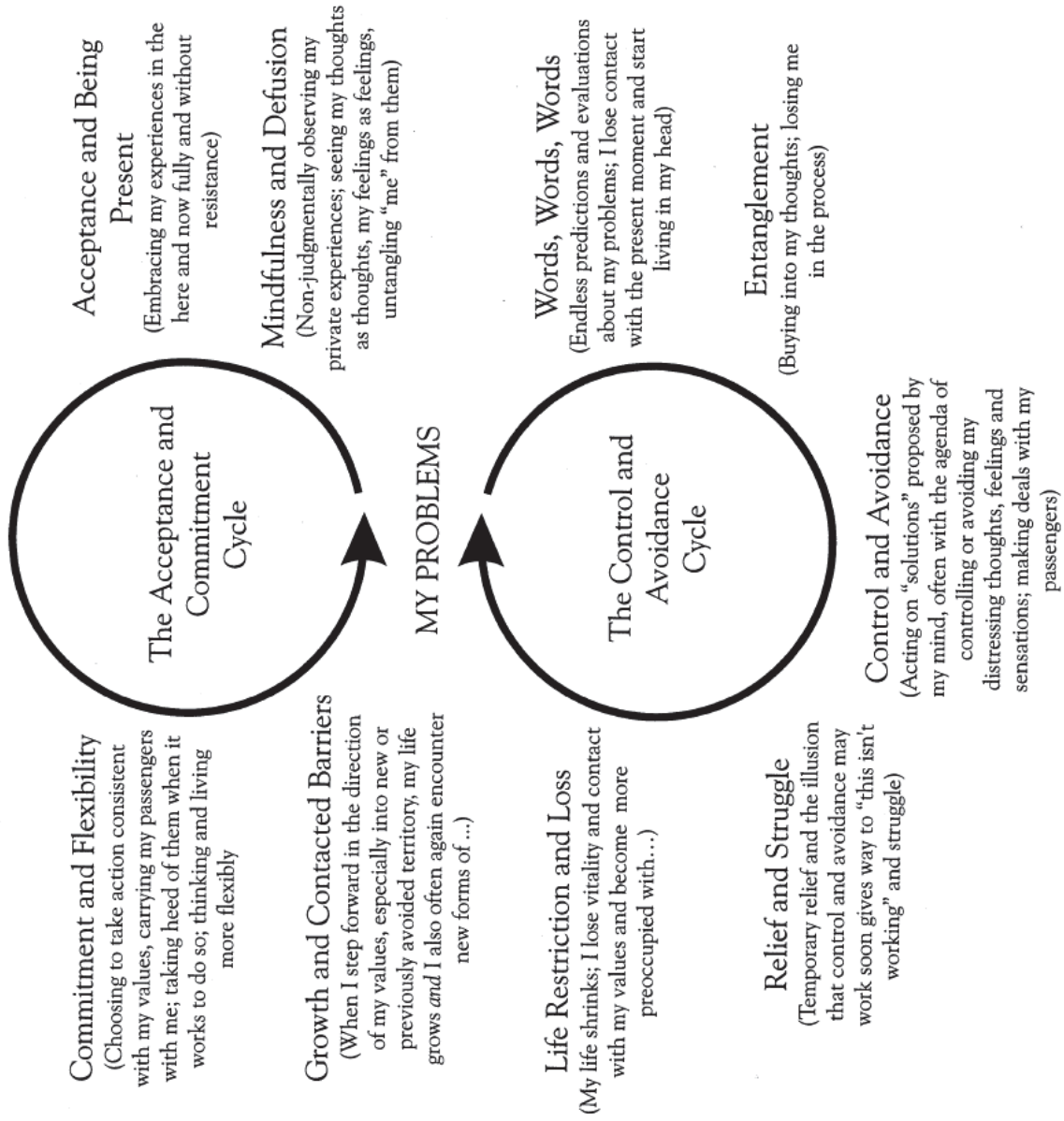


2014



“Even if someone dies...their story can continue to unfold. You just have to pay attention.” -- Alfonso Gomez-Rejon

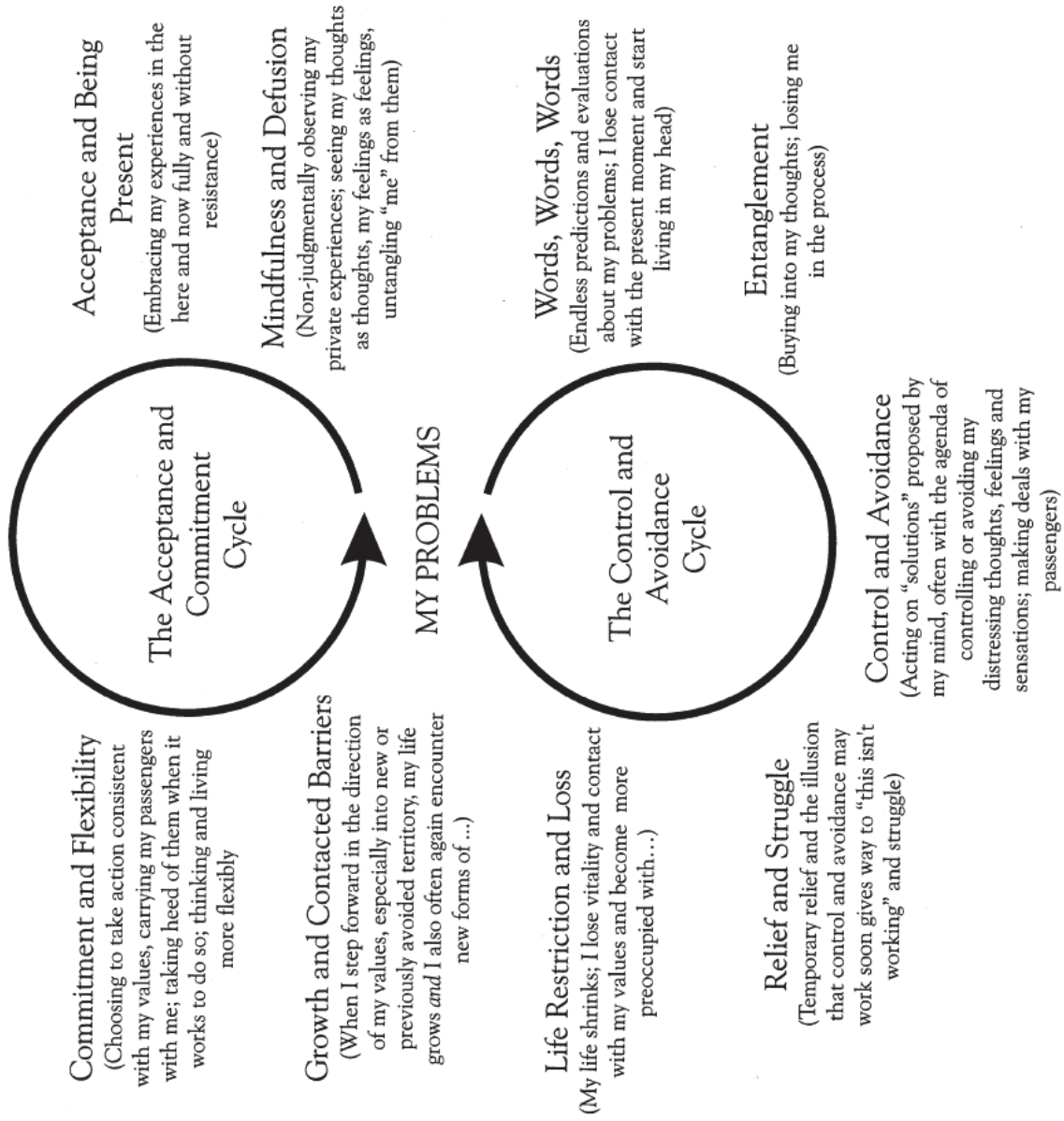
Values
 (The life direction I choose; what I want my life to be about)



The Acceptance Cycle and the Avoidance Cycle

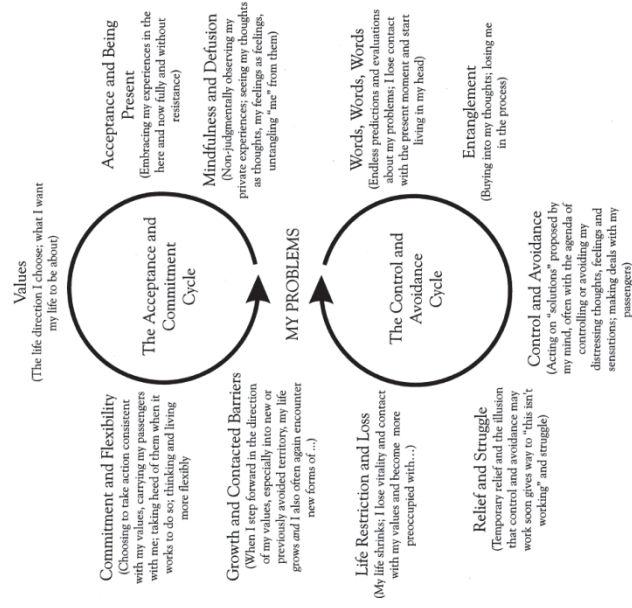


Values
 (The life direction I choose; what I want my life to be about)



The Acceptance Cycle and the Avoidance Cycle

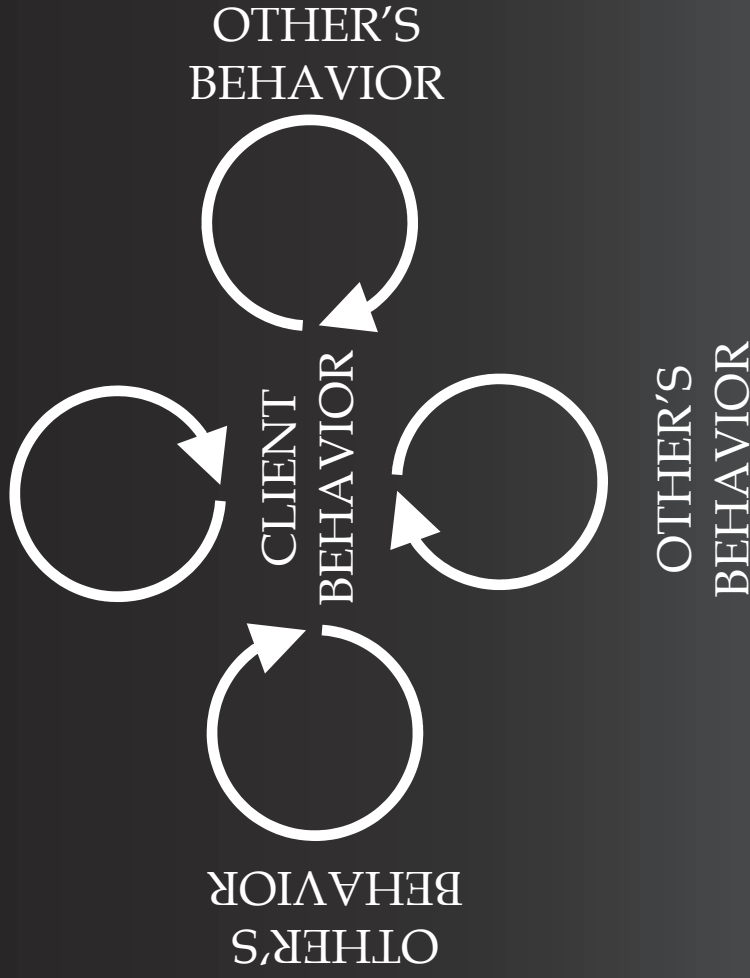
Intrapersonal



The Acceptance Cycle and the Avoidance Cycle

Interpersonal

THERAPIST'S
BEHAVIOR



What I want to talk about today

How research on the social functions of emotions can inform efforts to increase belongingness



Emotions evolved because they were adaptive



There are no good or bad emotions



Emotions
motivate

Emotions
communicate





e. Sons: Aaron (10), Jason (3)

1. Aaron: good looking, makes friends easily, quiet, interested in athletics. He is a very thoughtful child.
2. Jason; a delight to be around, loving, expressive. idolizes his brother. As one might expect of a second child, a lot more independent and quicker to learn.



1. Aaron: good looking, makes friends easily, quiet, interested in athletics. He is a very thoughtful child.



2. Jason; a delight to be around, loving, expressive. idolizes his brother.



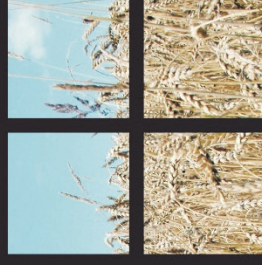
Highly self-critical and
shame prone people

Shame Motivates

Primary action
tendency:
protect the seemingly
damaged/flawed self



Shame Motivates



Secondary action
tendency:
repair positive
self views

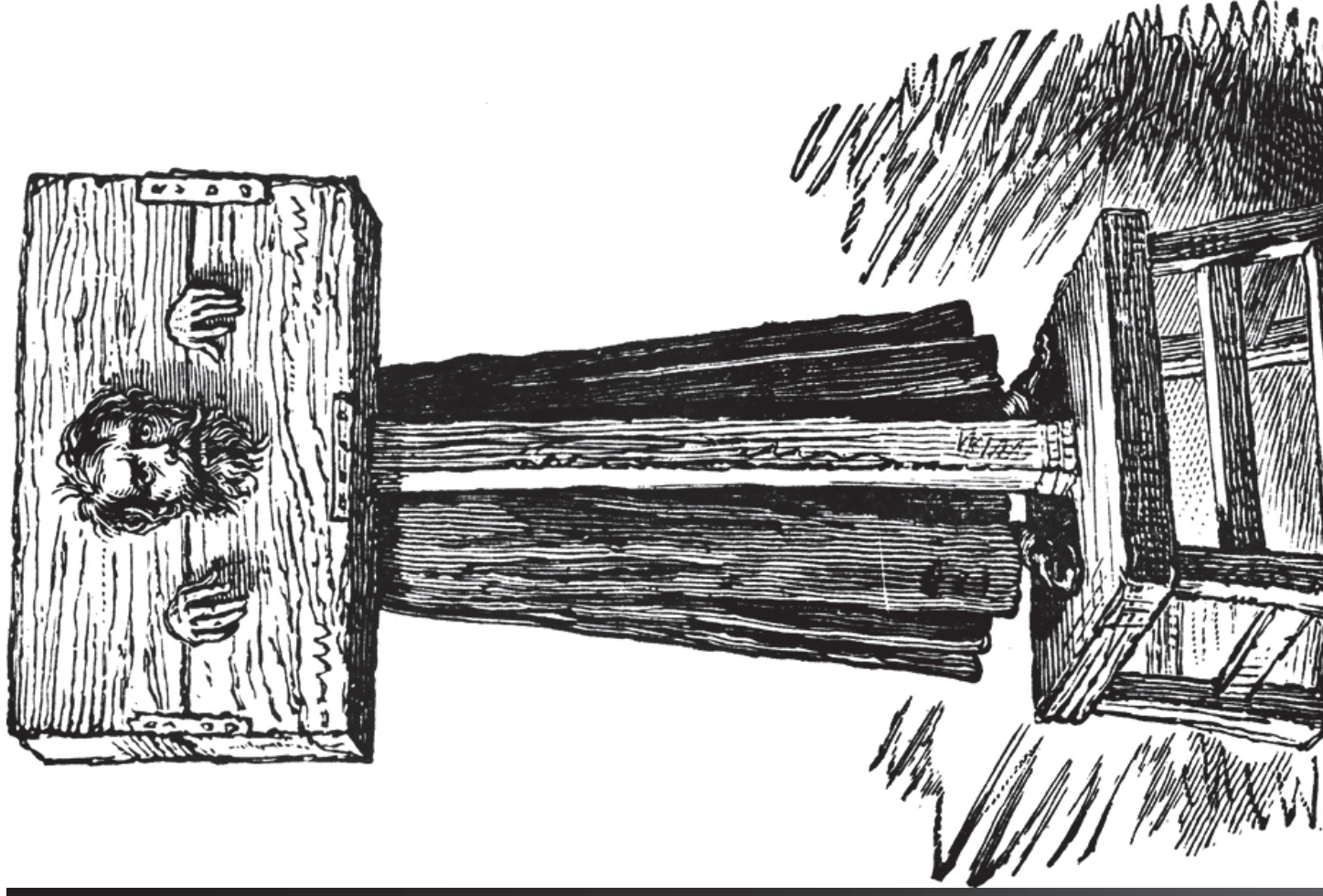
Shame communicates

Shame can serve as a signal that you know you have damaged your reputation or done something wrong

The expression of shame tends to evoke sympathy, cooperation, and prosocial responding in others (Beer & Keltner, 2004; Martens, 2012) and serves to repair strained social roles

“An instrument of discipline, so fashioned as to confine the human head in it’s tight grasp, and thus hold it up to public gaze....There can be no outrage....more flagrant than to forbid the culprit to hide his face in shame.”

-The Scarlet Letter
by Nathaniel
Hawthorne



Culture matters: Individualistic vs collectivistic cultures and shame

Individualistic Cultures	Collectivistic Cultures
Shame is bad	Shame is good
Shame is hidden	Shame displayed more openly
Shame predicts problem behavior	Shame predicts more adaptive behavior
Pride is displayed openly	Pride is hidden

Olympic Athletes and shame displays

- ▣ After failure, athletes from collectivistic cultures were more likely to display signs of shame compared to individualistic cultures



Tracy & Matsumoto (2008)

Blind Paralympic athletes and shame displays

- ▣ Among blind athletes, there were no differences between cultures in display of shame following failure



Targeting shame in people entering residential addictions treatment

Typically, people entering residential treatment:

- ▣ Are isolated and marginalized, with few connections to family, friends, or coworkers
- ▣ Are viewed as untrustworthy and unreliable by employers and families

Thus, early recovery often includes:

1. The establishment of non-drug using social networks
2. The repair of damage to existing social networks

Effects of avoiding or suppressing shame

- ▣ People can continue to violate important social norms or personal values (e.g., through continued drug use) without feeling the shame that might ordinarily accompany those actions
- ▣ Appropriate expression of shame could be part of repairing disrupted relationships, increasing social inclusion, and building social support. This is lost.

Our Target

- ▣ Help people learn to experience shame in a more open and mindful fashion, so that shame can perform its regulatory function of warning against or punishing violations of personal values or social norms and of *helping to repair strained social roles*

Group ACT for Self-Stigma and Shame

- ▣ 134 participants in a 28 day inpatient drug program
- ▣ Randomly assigned in waves to receive treatment as usual vs a 6-hour ACT group, over one week, focused particularly on self-stigma and shame
- ▣ Thus the total difference in the program is small – about 3-5% of the treatment hours
- ▣ 71% available in whole or in part at follow up

Reference: Luoma, J. B., & Kohlenberg, B.S., Hayes, S. C., & Fletcher, L. (2012). Slow and steady wins the race: A randomized clinical trial of acceptance and commitment therapy targeting shame in substance use disorders. Journal of Consulting and Clinical Psychology, 80, 43-53.

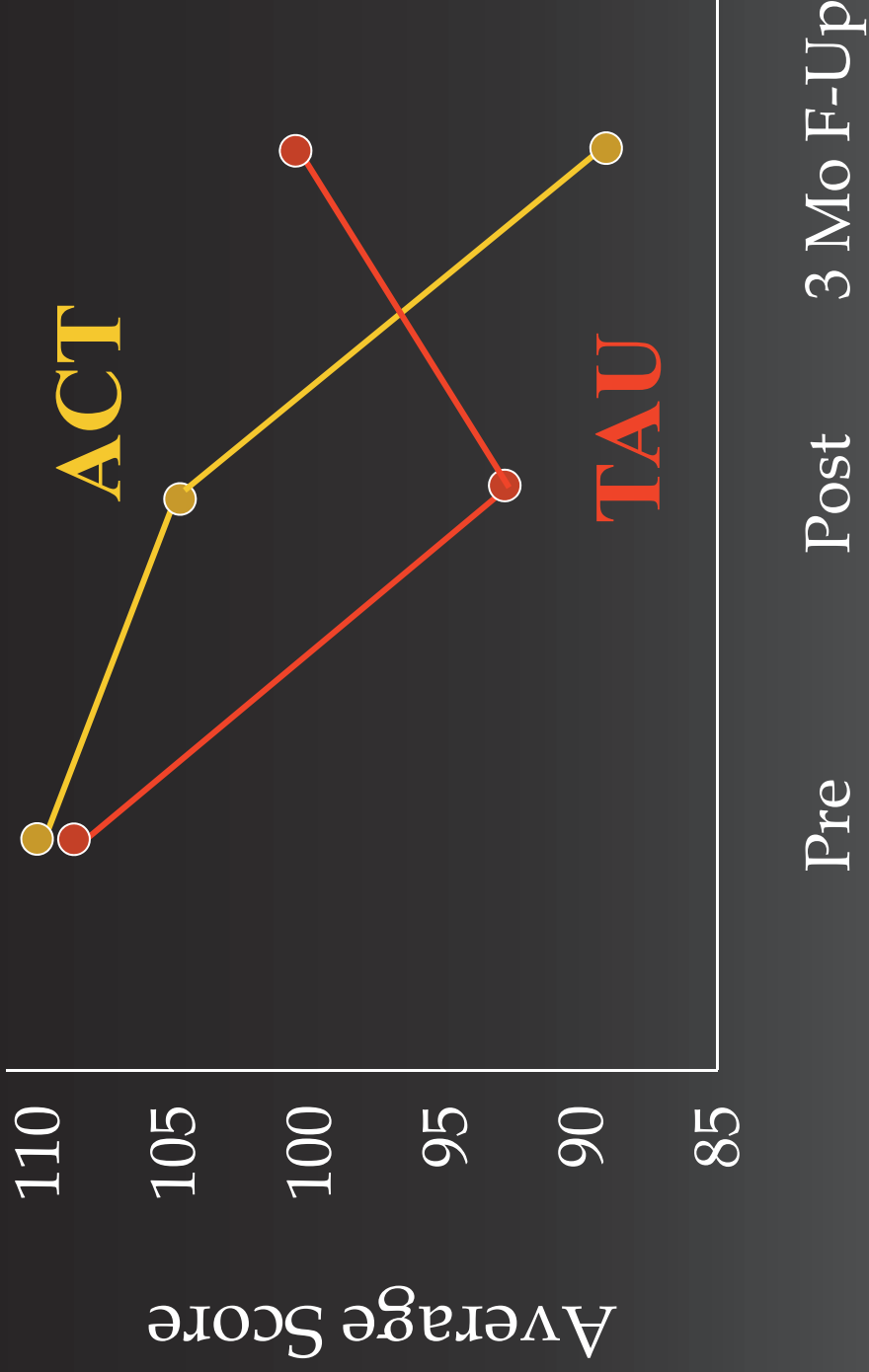
ACT Condition



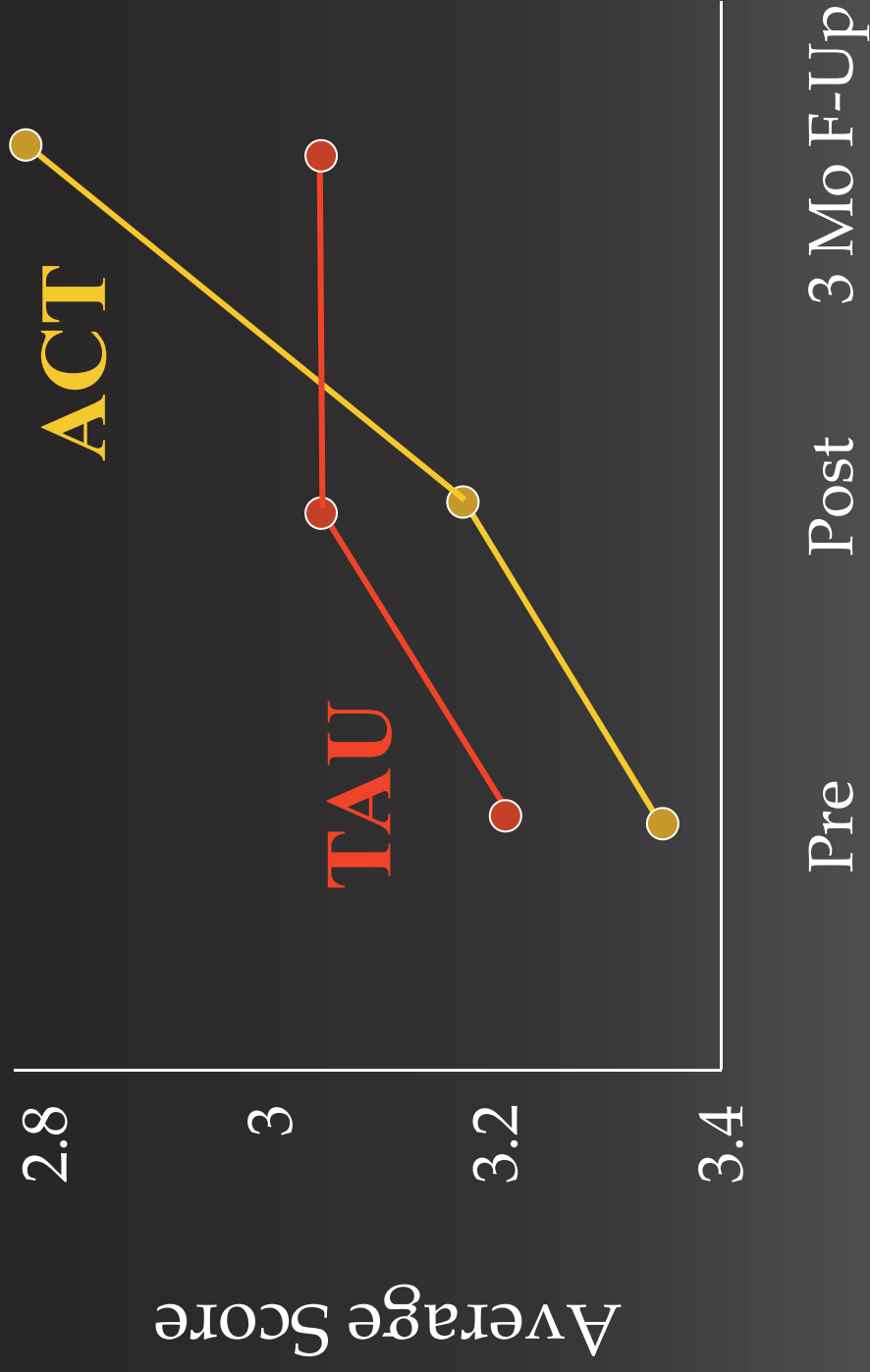
Treatment as Usual Condition



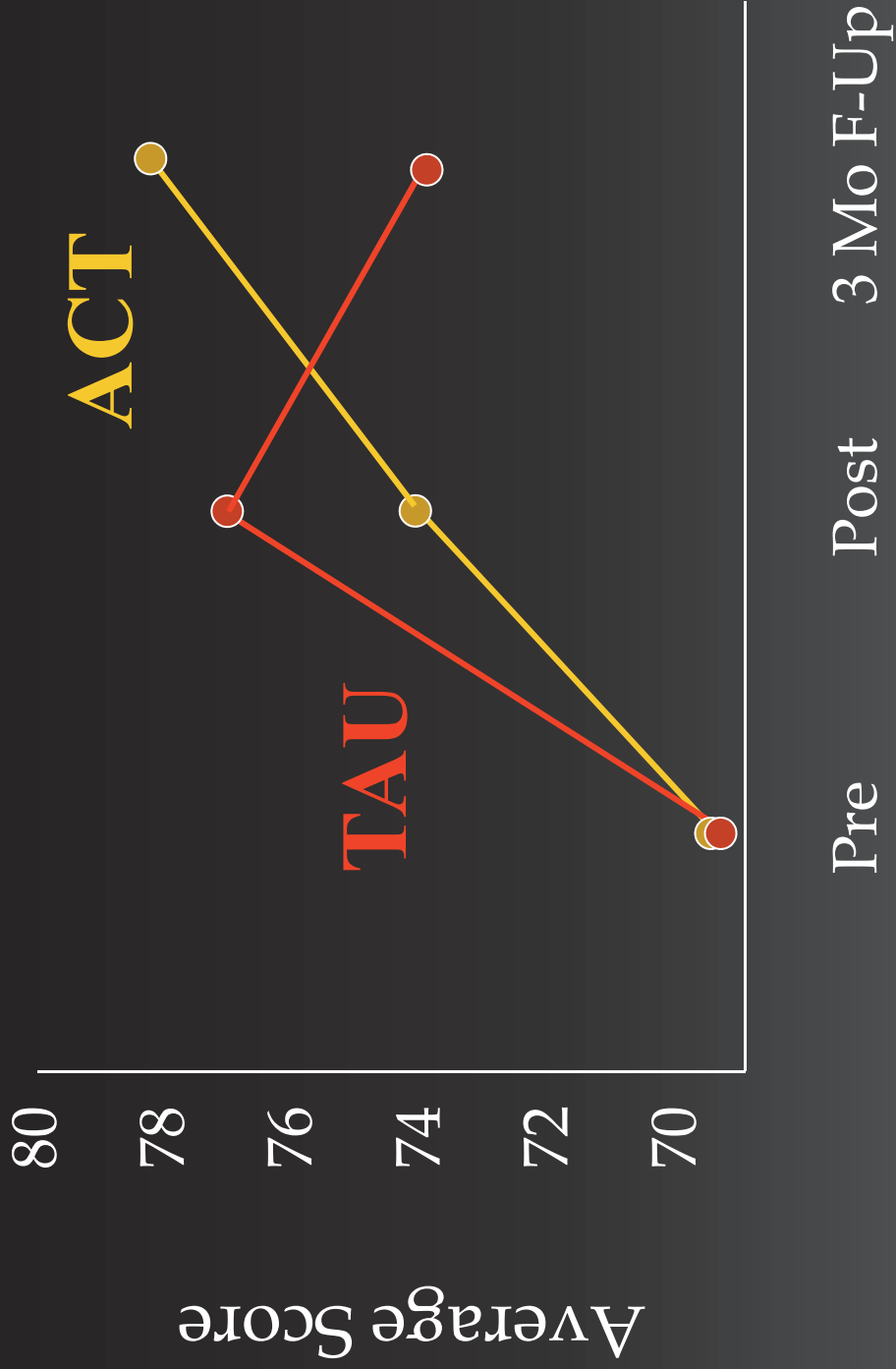
Shame Outcomes



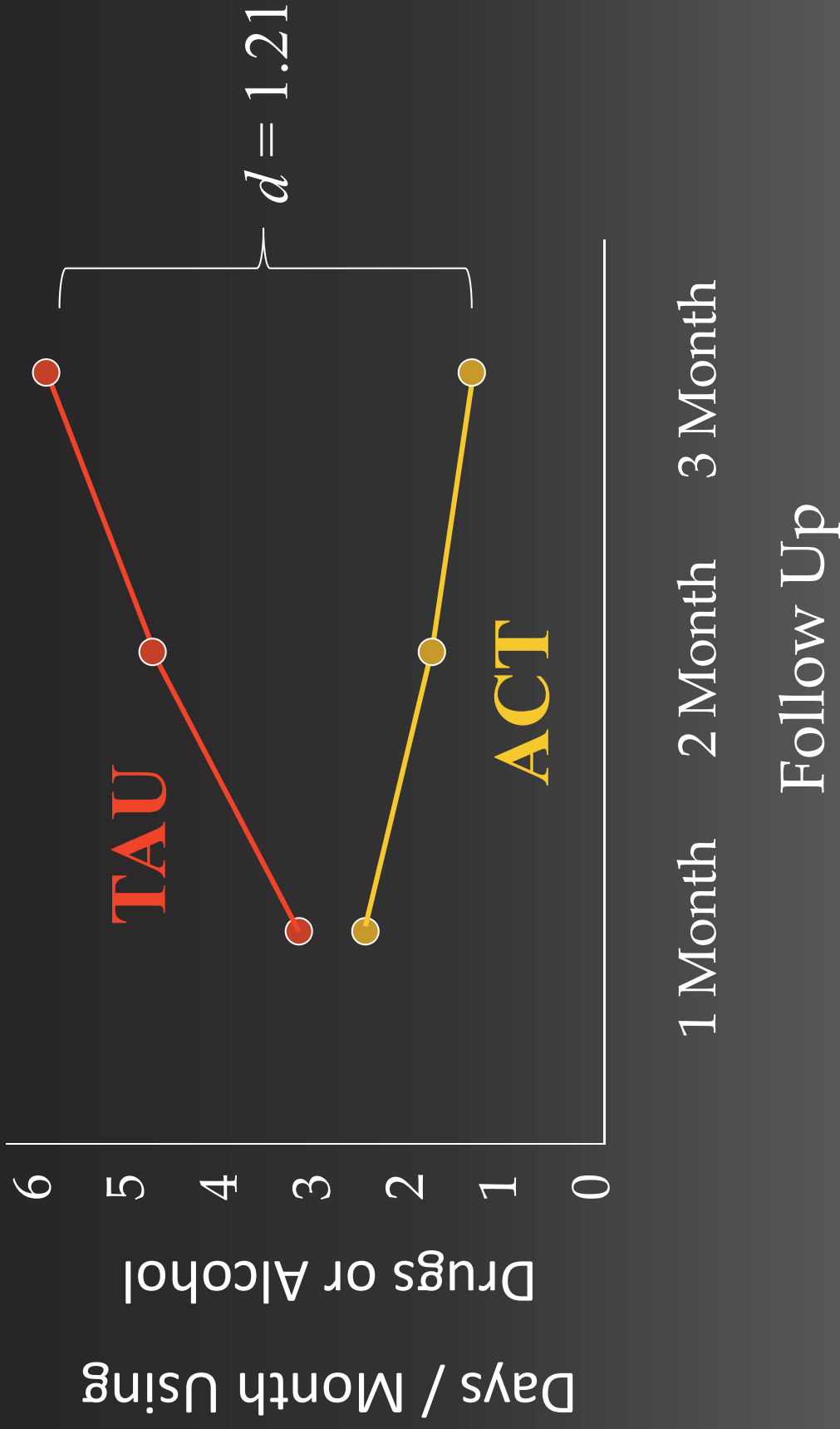
Social Support Outcomes



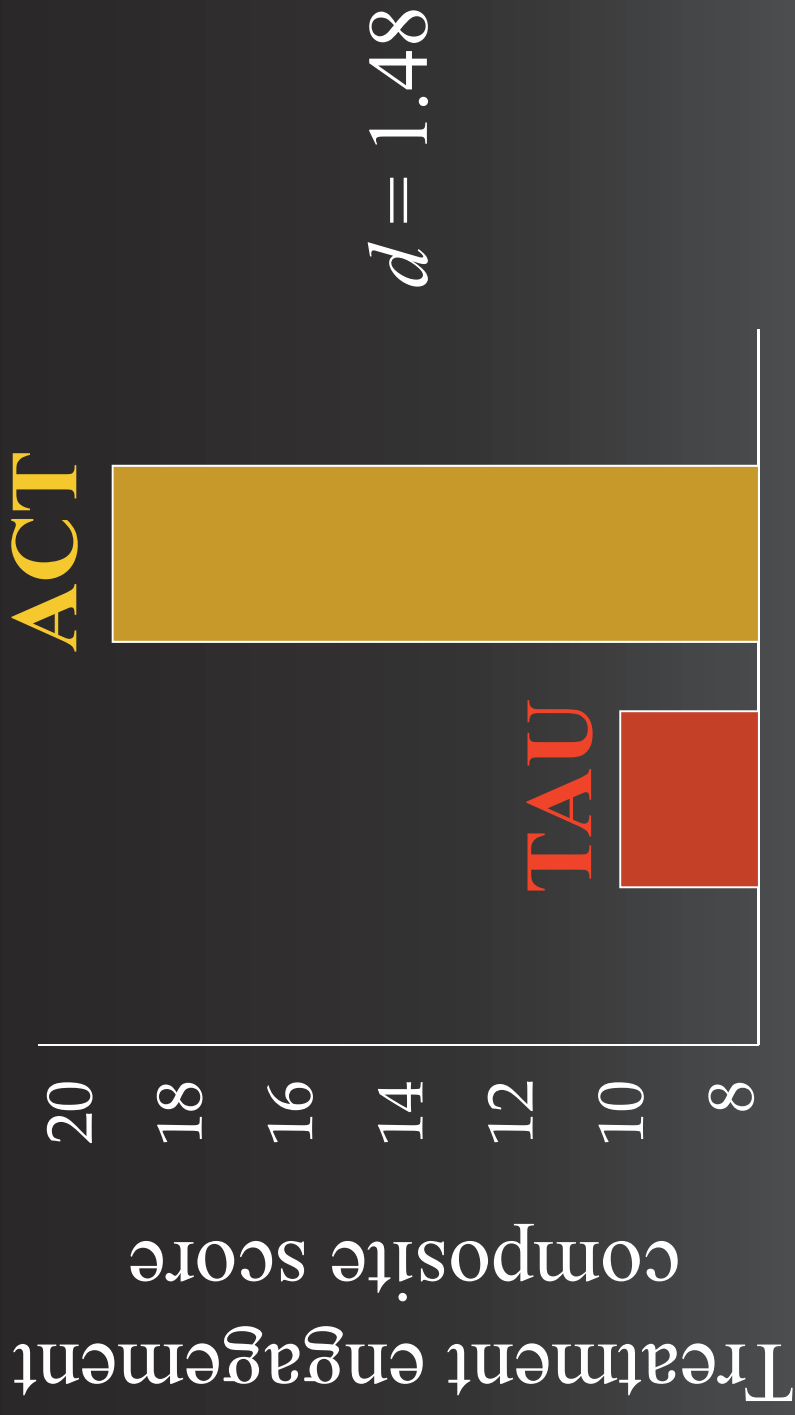
Quality of Life Outcomes



Group ACT for Shame: Substance Use Outcomes



Group ACT for Shame: Treatment Engagement Outcomes at Follow up



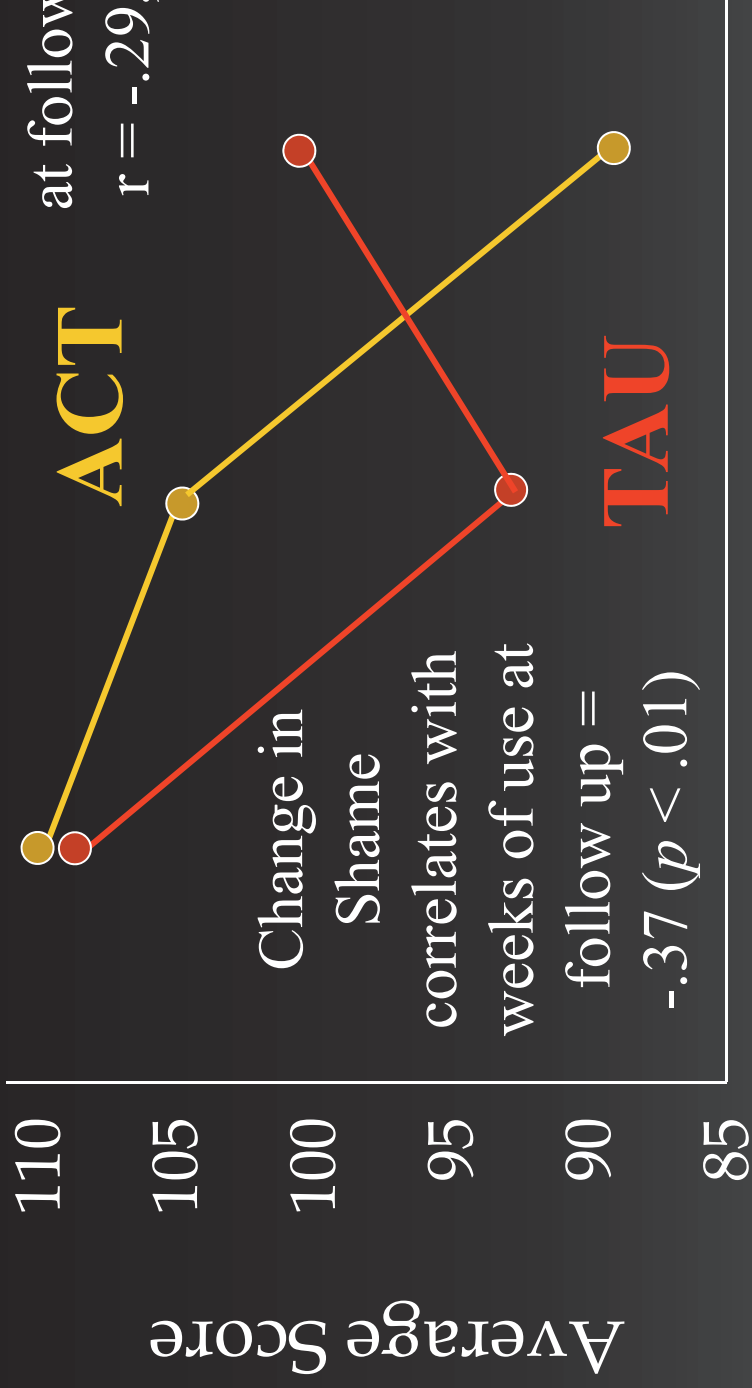
Shame Outcomes

Change in shame

with use

at follow up

$r = -.29, ns$

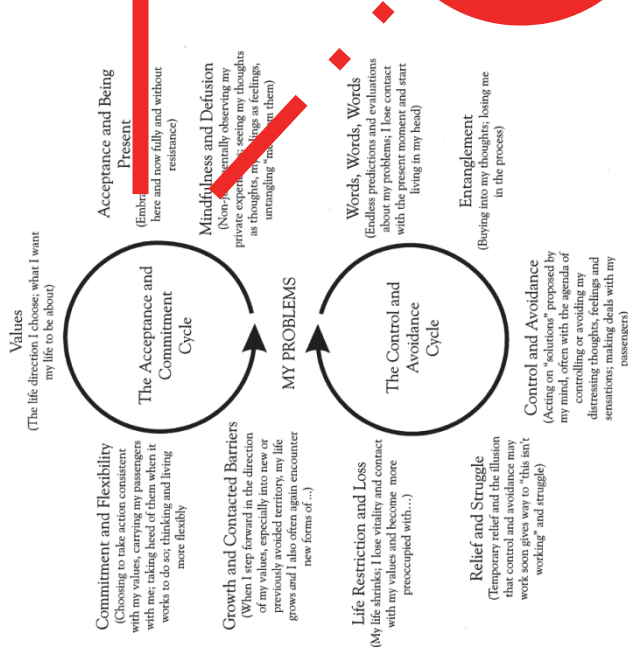


Pre Post

ACT for Shame

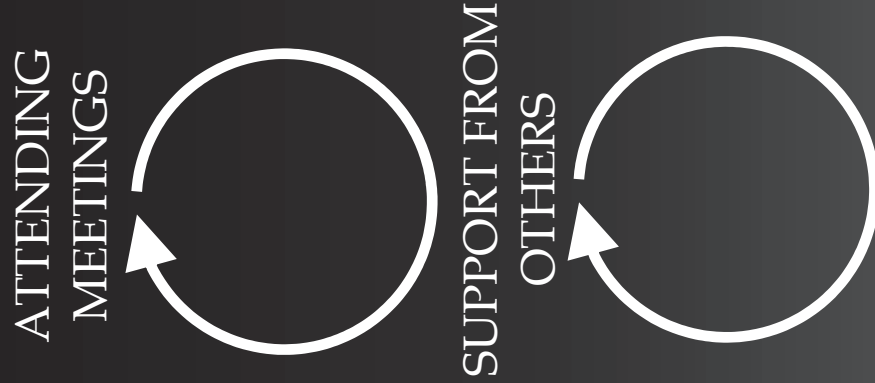
- ▣ Higher levels of shame at post treatment led to higher treatment attendance at follow up
- ▣ Higher attendance at follow up was related to better drug/alcohol outcomes

Intrapersonal



The Acceptance Cycle and the Avoidance Cycle

Interpersonal



LESS
DRUG/ALCOHOL
USE

**Moving beyond shame to other social
signaling**

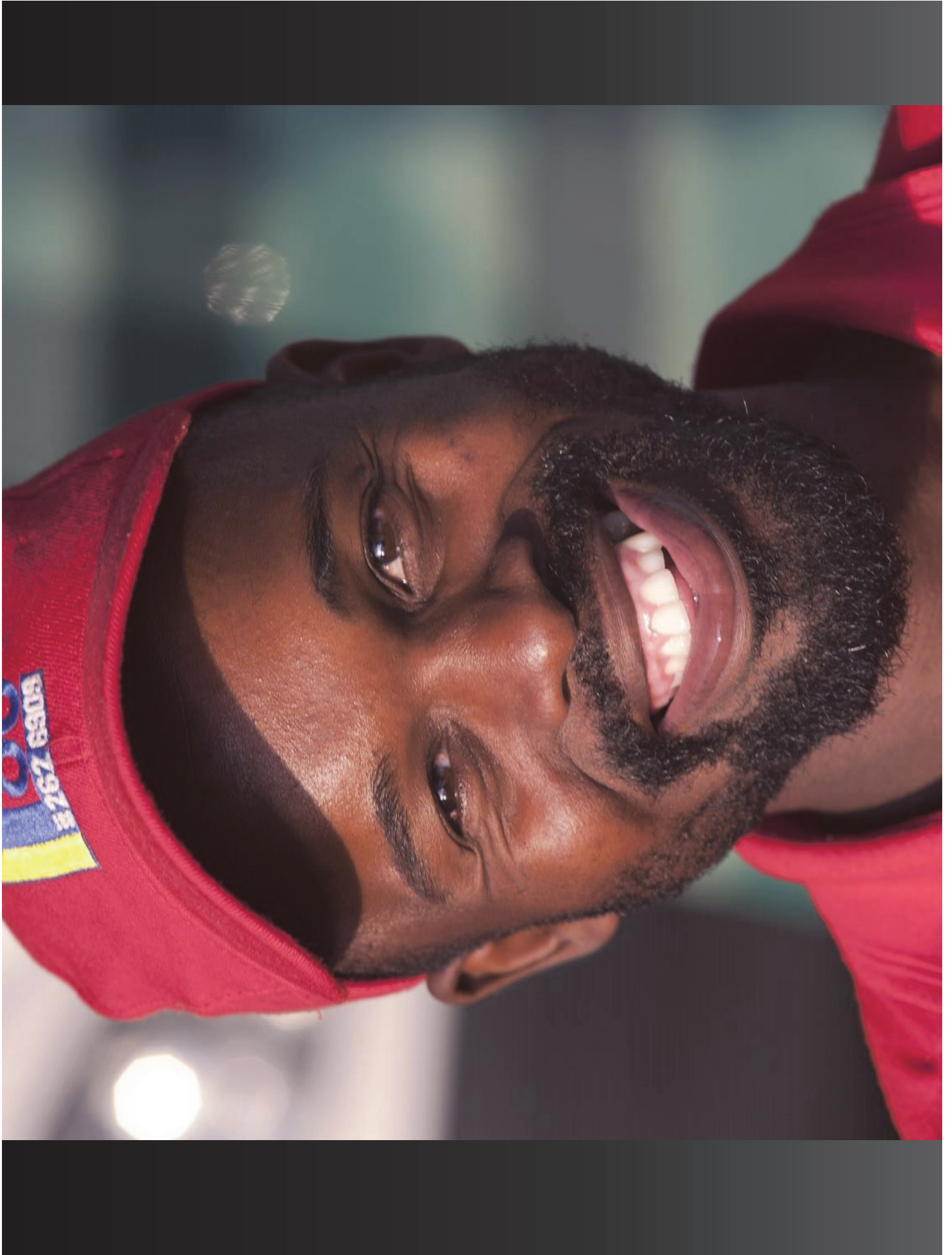
**Other emotion displays involved in
highly shame prone and self-critical**

Frozen/disingenuous



Contempt





Other emotion displays involved in highly shame prone and self-critical

Frozen/disingenuous



Contempt





Figure 2. *Prototypical shame expression (reprinted from Tracy, Robins, & Schrier, 2009).*

Other emotion displays involved in highly shame prone and self-critical

Frozen/disingenuous



Contempt





Changing emotion displays in chronically shame prone and self-critical individuals

If we can reduce avoidance of shame and encourage displays of shame (and other vulnerable emotion that connects), we can allow shame to serve it's repair function and increase belongingness

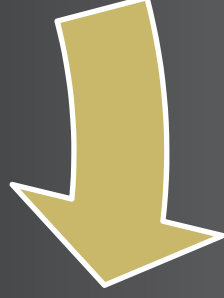
As a side effect, we may be able to reduce displays of emotions that can harm relationships, like contempt or frozen/disingenuous expressions

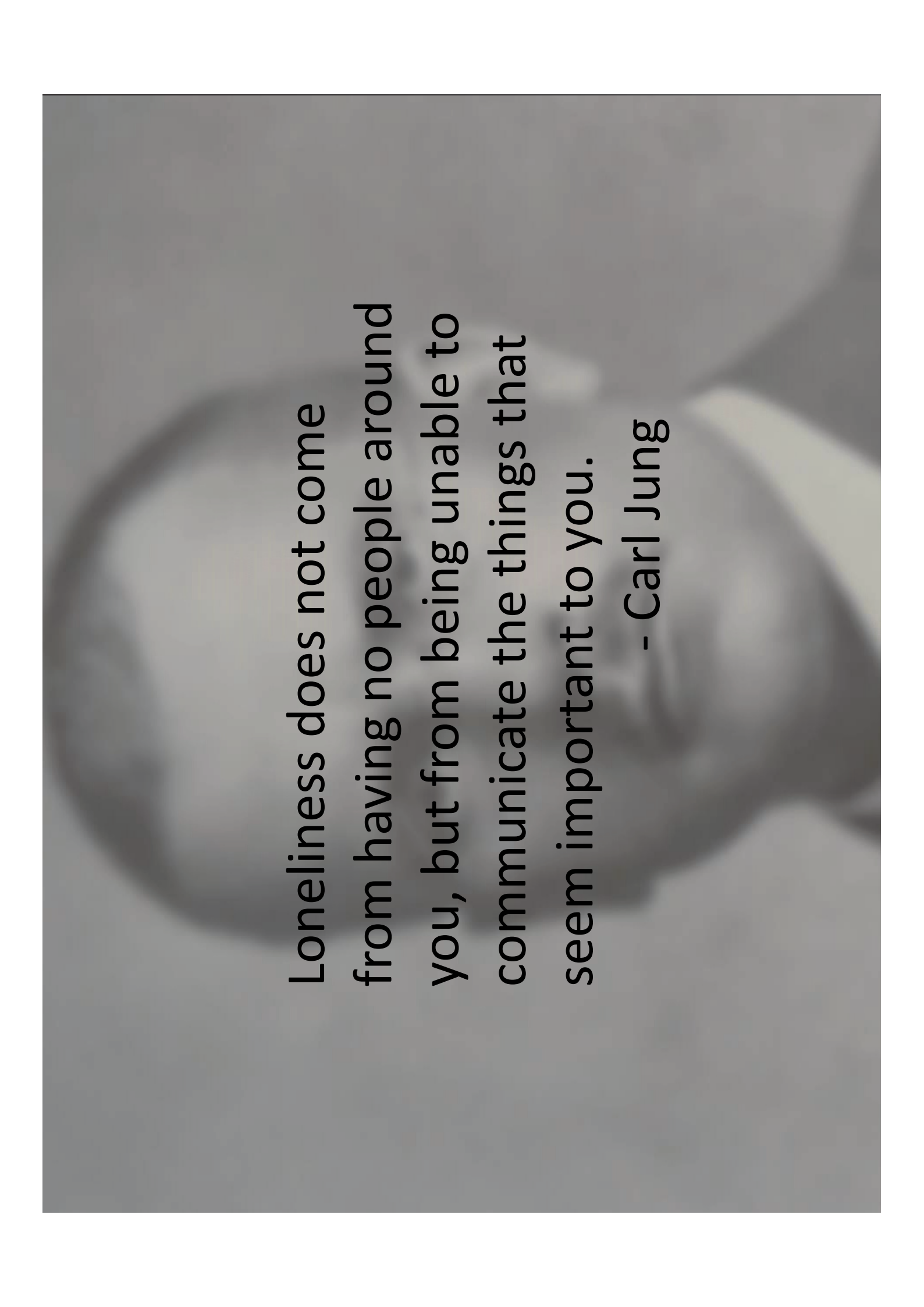
Rejection,
ostracism

Shame/
Loneliness/Fear

Perceived as
uncomfortable to
be around,
unsafe,
uninteresting

Low self-disclosure,
disingenuous/frozen
expression, contempt





Loneliness does not come
from having no people around
you, but from being unable to
communicate the things that
seem important to you.

- Carl Jung





Social
connection,
inclusion,
intimacy



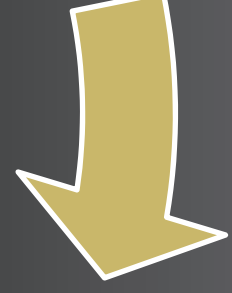
Belongingness,
acceptance of
shame/
loneliness/fear



Perceived as
authentic,
trustworthy,
likable



Self-disclosure, open
expression of
vulnerable emotion
(including shame)





Part 2: Change the culture

People need nurturing, just and kind individuals and communities with whom to interact

Shame at a societal level

Mostly beneficial functions:

- ▣ Promote harmony and social order
- ▣ Facilitate repair when a person damages their reputation/rank

Less beneficial functions:

- ▣ Reinforce hierarchy, privilege, and power structures
- ▣ Suppress behavior that deviates from social norms and moral guidelines



Relating with cooperation and care

Shame is closely tied to hierarchy, privilege, and power structures

We need to build cultures of cooperation, rather than competition. Care, rather than hierarchy/power.

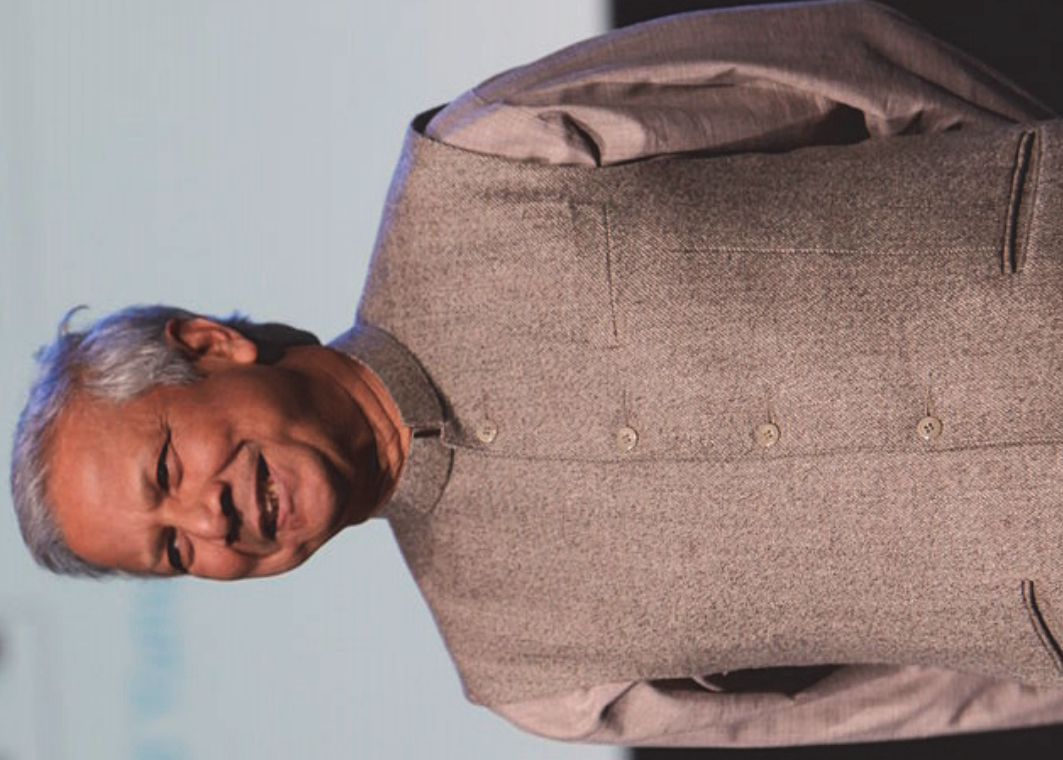
These cultures allow people to repair their self image, be forgiven for transgressions, recommit to values, and be welcomed back into the tribe.

My experiences building cooperation and care inside groups

Using business to support research

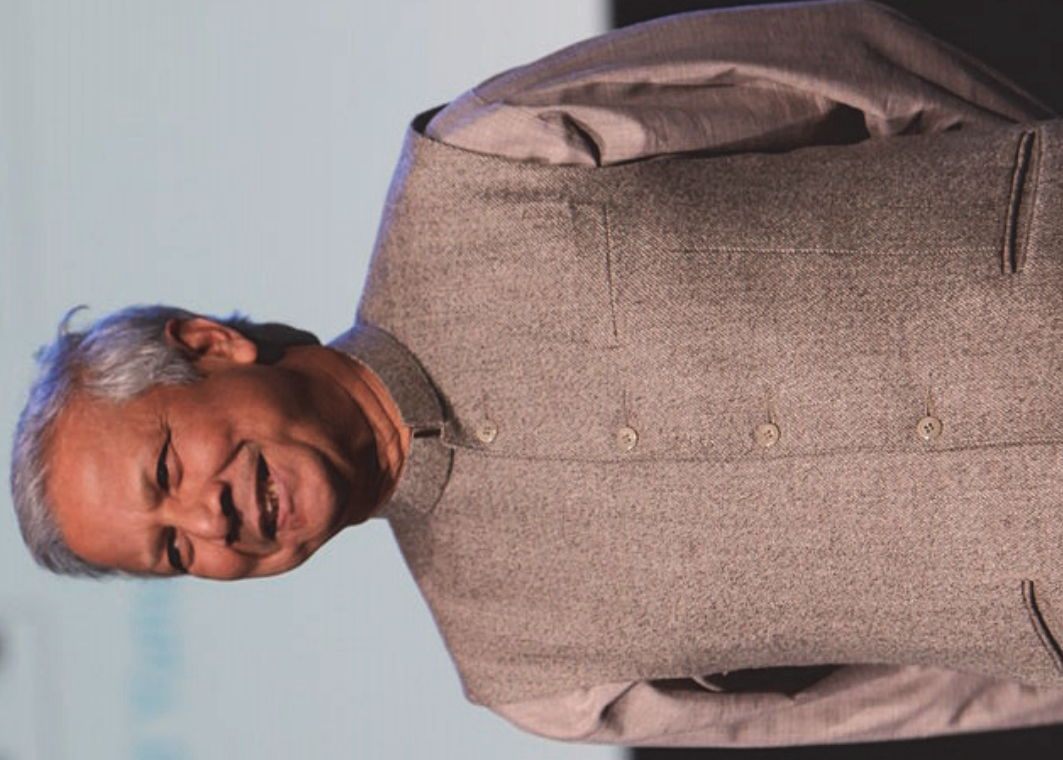


Balancing cooperation and competition in business

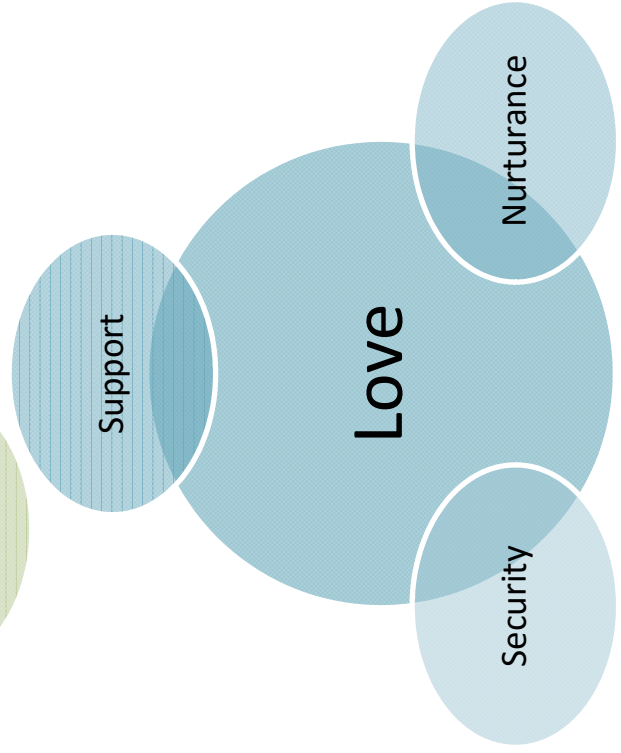
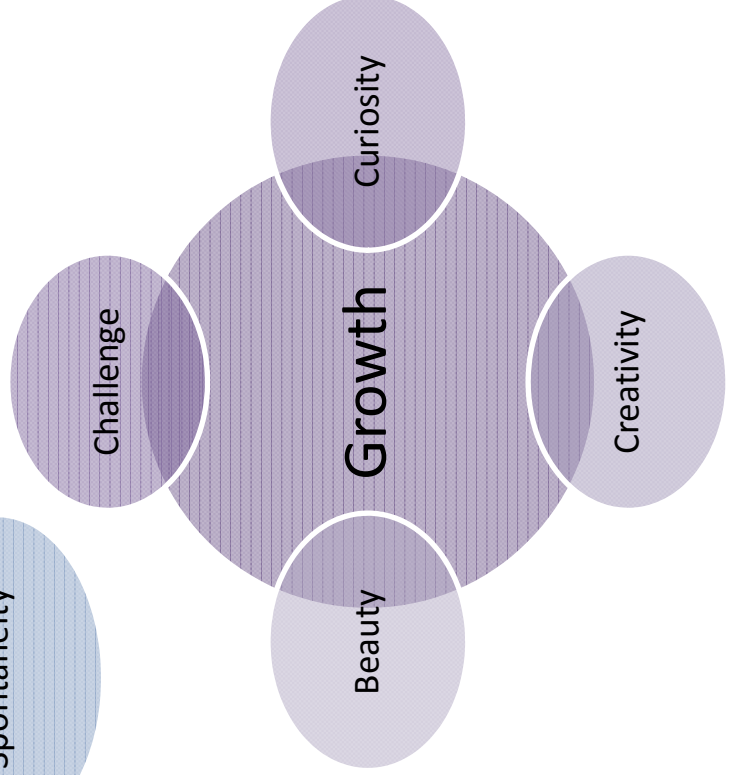
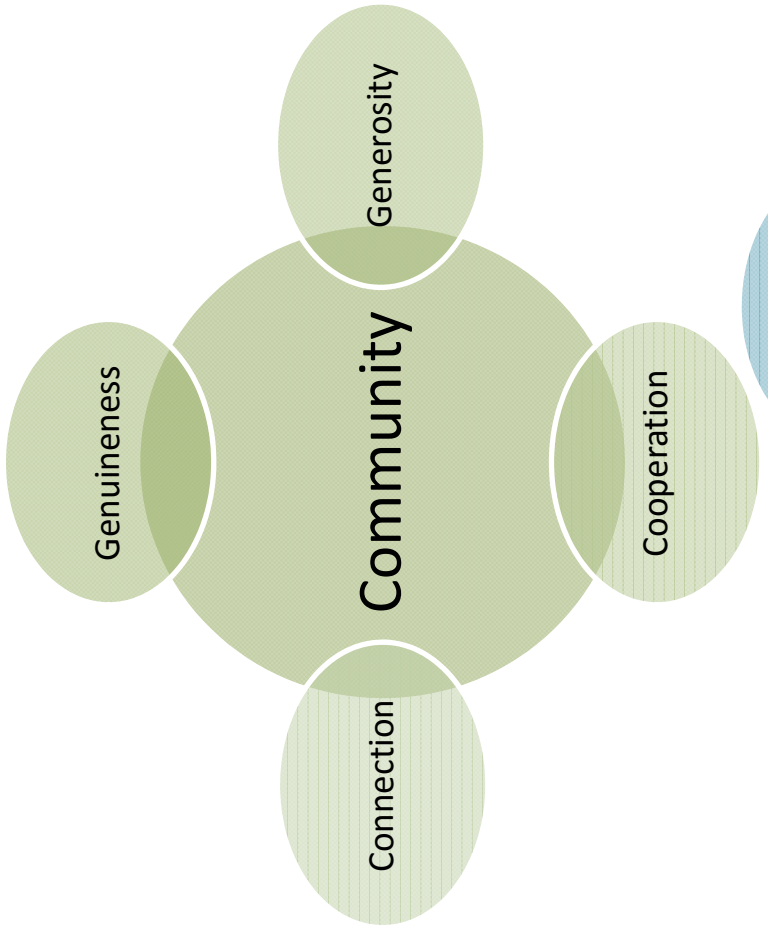
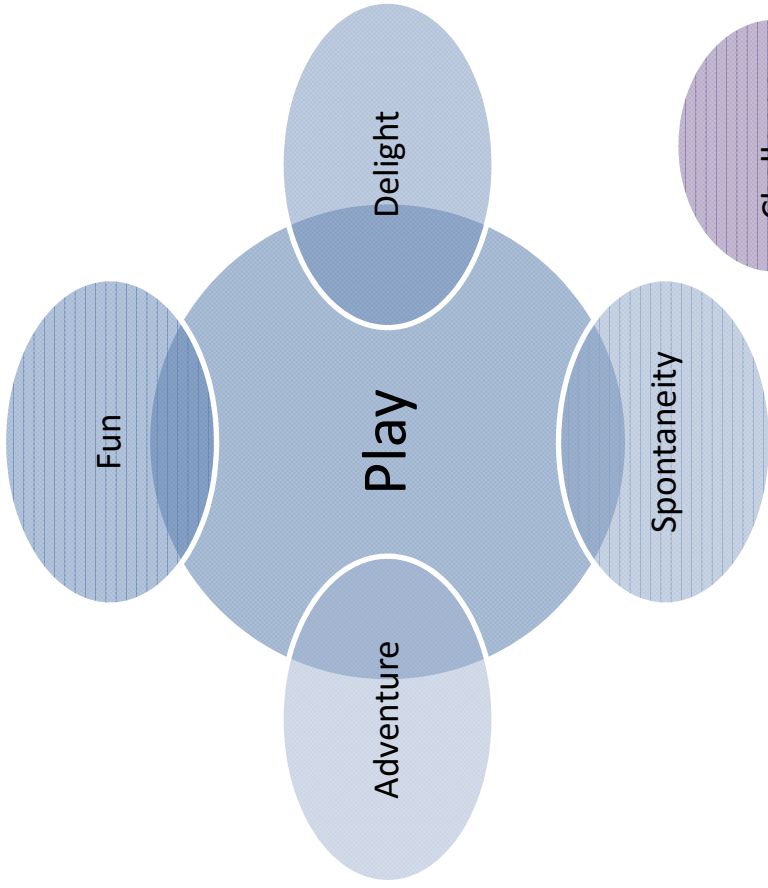


https://en.wikipedia.org/wiki/File:Prof_yunus.JPG;

Social Enterprise
VS
Traditional
corporation







Outcomes since 2010

- ▣ Staff increased from four to twelve
- ▣ 10 current research projects
- ▣ 18% of center revenue dedicated to research
- ▣ Over 100 individual therapy clients per week
- ▣ Hosted 20 training events for therapists
- ▣ Mentorship for at least 12 research assistants
- ▣ 24 peer-reviewed articles
- ▣ First internal grants (\$10K) distributed this year

Conference Theme
Global Concerns, Global Community



ACBS Annual World Conference 13

BERLIN, GERMANY

— 14-19 July, 2015 —



Not pictured:
Dave Kovaka
Ann Eberhardt



2014 Diversity Survey Workgroup



A night view of a city skyline, likely New York City, with numerous skyscrapers illuminated by lights. A bright light source, possibly the sun or moon, is visible in the sky, creating a lens flare effect. The water of a body of water is visible in the foreground.

To meet hate with love; ignorance with
knowledge; division with community.

-Steve Hayes

ACBS Responding to Global Challenges

Nepal Earthquake Scholar: Chhori Maharjan



Ebola in Sierra Leone Scholar: Hannah Bockarie

Donations: www.commitandact.com



Ways you can help ACBS with global challenges and inclusivity

- ▶ If you feel you can advocate for some neglected aspect of diversity, *nominate yourself* for committees or workgroups. This is where the leadership pipeline starts.
- ▶ When initiatives resulting from the diversity survey are announced, step up to help.
- ▶ Donate to the Developing Nations SIG & Diversity Committee Scholarship program
- ▶ For clinicians, put your CBS skills to work outside the therapy room to include your workplace and larger community.



- Pale blue dot video

My contact info

Jason Luoma

jbluoma@gmail.com

www.actwithcompassion.com