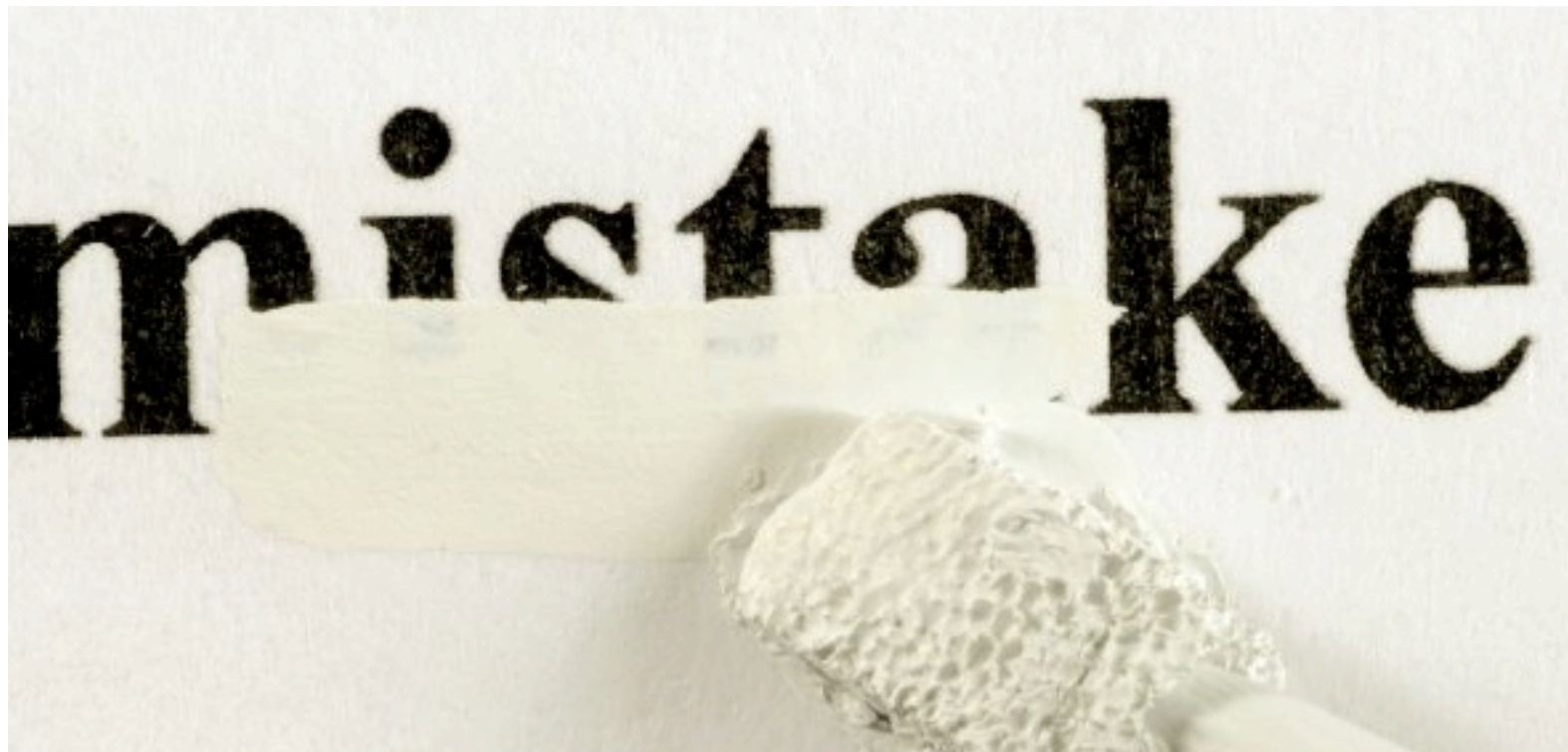


TOP 10 MISTAKES YOU DON'T WANT TO MAKE AS AN (ACT) THERAPIST

RIKKE KJELGAARD
LICENSED PSYCHOLOGIST & ACT TRAINER





10: WE ACT AS IF WE'RE NOT IN THE SAME BOAT

WE ARE IN THE SAME BOAT

”The single most remarkable fact about humans existence is how hard it is for humans to be happy”

Steven Hayes



We may have all come on different ships, but
we're in the same boat now.

(Martin Luther King, Jr.)

izquotes.com

9: DESTINATION UNKNOWN

DESTINATION UNKNOWN

- What is my job here?
- Therapist/parent/partner/dictator/expert/younameit?
- What is the goal of the treatment?
- Free from symptoms/happy/better functioning/a life worth living/younameit?
- Is therapy even necessary? (Sometimes we are "paid friends"!)
- When the agenda of the therapist is leading the way...

Cathy Thorne © www.everyday people cartoons.com



★ UNFORTUNATELY, I'M ALSO BROKE.

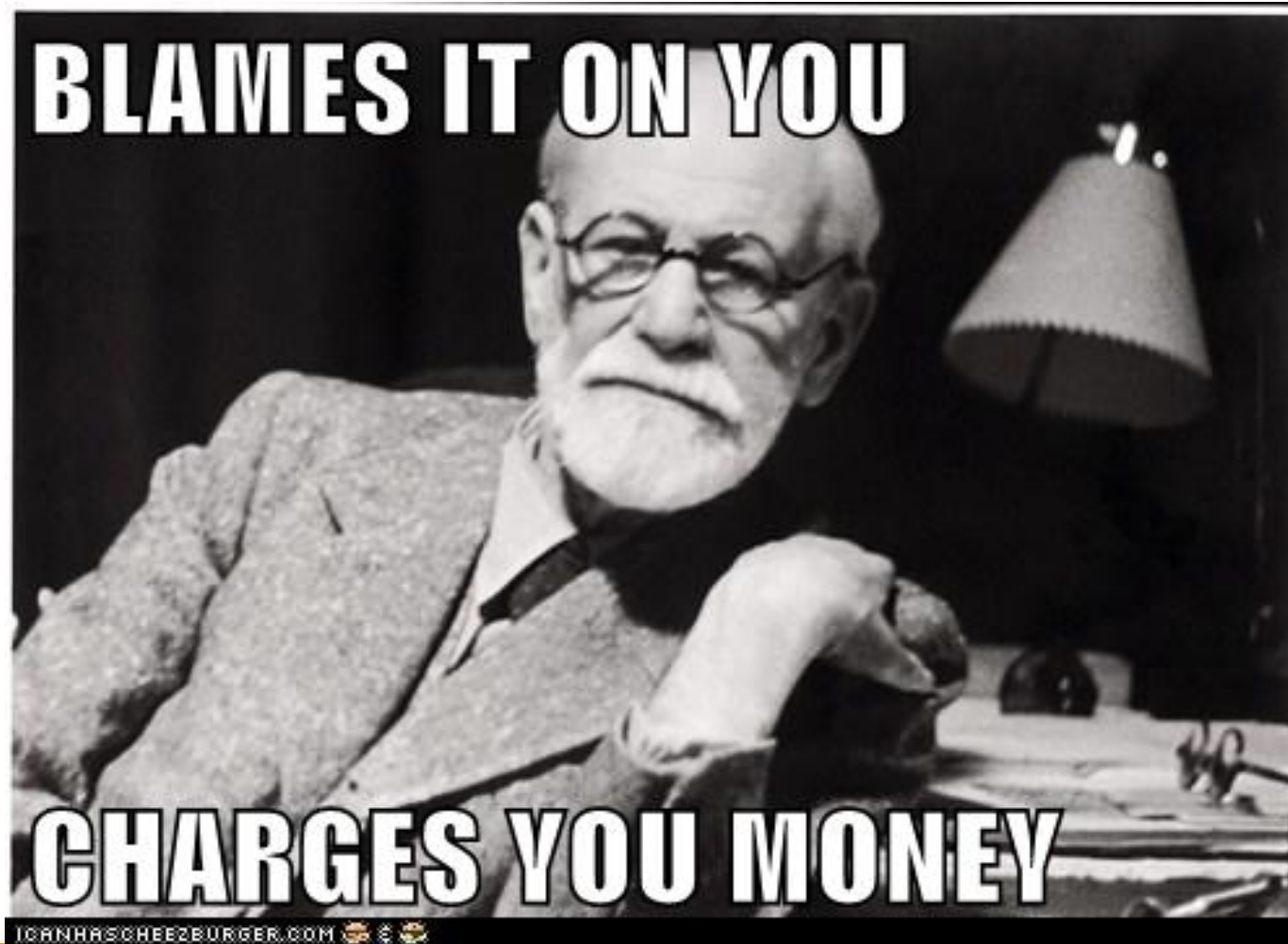


8: THERE'S SOMETHING WRONG WITH YOU!

THERE'S SOMETHING WRONG WITH YOU!

- You are "broken"
- You are not motivated enough
- You should change your personality
- You are too difficult for me
- Etc.







7: TOTALLY UNPREPARED

TOTALLY UNPREPARED

- Has not read the charts
- Mixing the clients story with other clients stories
- Forgets the name (and don't ask)
- Don't ask how the important homework went
- Etc.



6: BUT THIS SHOULD WORK!

THIS SHOULD WORK!

- When you do more of the same when it's not working
- [In other words: we don't do a functional analysis of our own behaviors/strategies]
- We don't learn from our mistakes (governed by rules and not by context)



5: FULL OF MIND. NOT MINDFUL.

FULL OF MIND. NOT MINDFUL.



4: IT WASN'T ME
[IT WAS MY EVIL TWIN]

IT WASN'T ME. [IT WAS MY EVIL TWIN.]

- We don't dare to admit to our mistakes...
- We get caught in (unnecessary) explanations...
- We don't apologize (when we should)
- We model that it is important "being right" and to always "do right" ...





3: BAD ROLEMODEL!

BAD ROLEMODEL!

- The therapist avoids his/her own discomfort
- The therapist models that discomfort is bad/dangerous and should be avoided and controlled







2: THERAPIST VALUES?

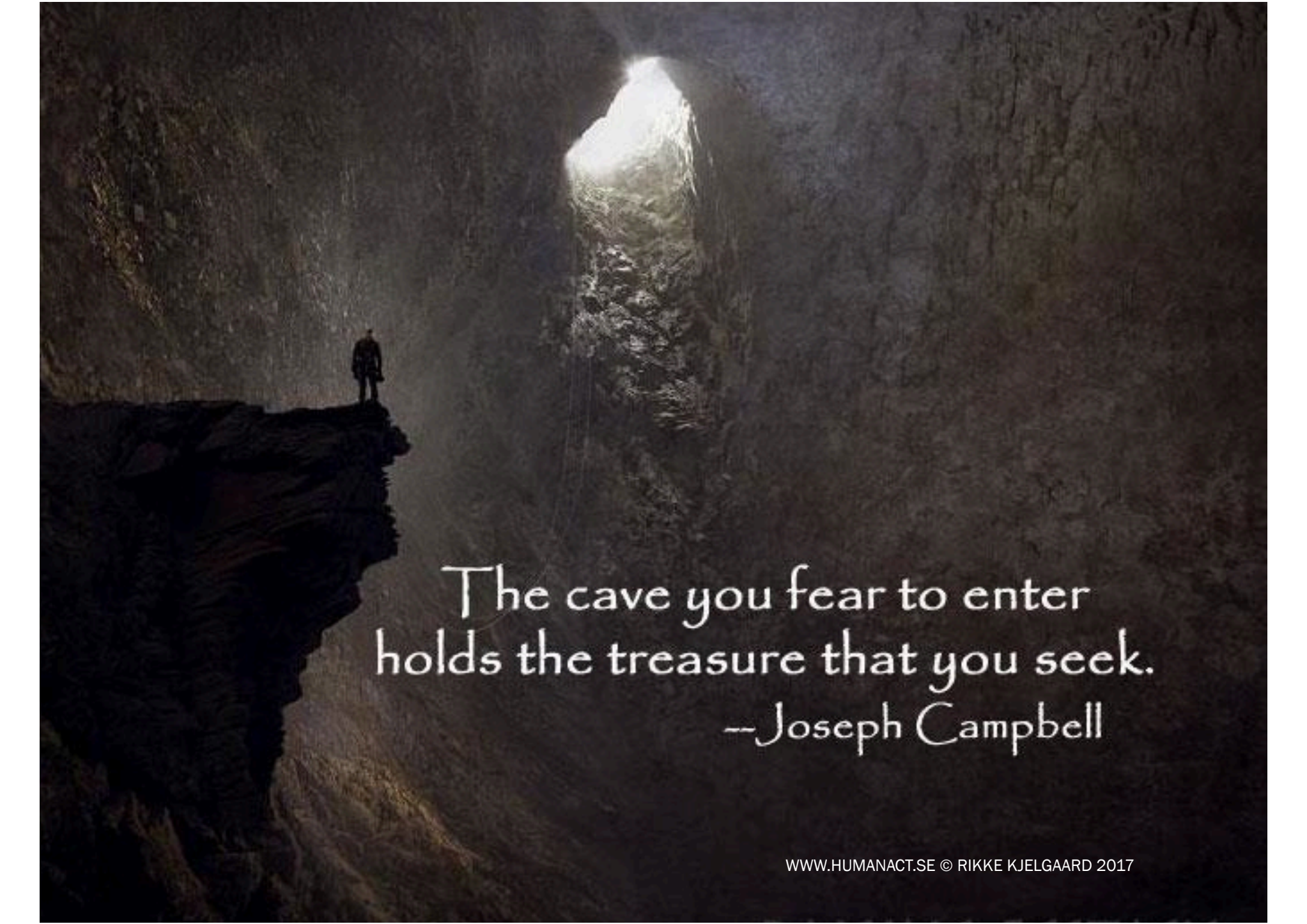
THERAPIST VALUES?

The therapist is so busy

- doing what is right
- avoid discomfort
- help the patient
- do his/her job
- please their boss
- etc...



...and miss out on reflection upon and acting according to his/her therapist values

A photograph of a person standing on a dark, rocky ledge inside a cave. The person is looking towards a bright, glowing opening in the distance, which appears to be the entrance to another part of the cave. The walls of the cave are dark and textured. The overall mood is mysterious and adventurous.

The cave you fear to enter
holds the treasure that you seek.
--Joseph Campbell

1: I AM A BAD THERAPIST!

I AM A **BAD** THERAPIST!



it's a good idea to always carry a comprehensive list of your faults and mistakes, that way, whenever you have a free moment, you can practice reciting them to yourself over and over and over again...



A moment of self-compassion
can change your entire day.
A string of such moments can
change the course of your life.
↳ Christopher K. Germer





I AM STUPID



<http://www.humanact.se/resources/Our-common-fate/ourcommonfatell.m4v>





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