

# Ignite Session 1 – Friday, June 17 – 3:00-4:15 PM

## Union Square 22

### **How Does Climate Change Impact Hoarding?**

Categories: [Environmental problems](#), [Behavior analysis](#), [Hoarding](#)

Rea Berg, B.A., University of Denver  
Rachel Willimott, LCSW, Encompass Therapy

The times we live in, the Anthropocene Era, is characterized by profound changes in the environment caused by human activity. One consequence of human activity, climate change, is well-known to lead to population-level increases in anxiety, depression, and posttraumatic stress disorder. But climate change affects other mental health experiences, too. This Ignite presents research findings and clinical observations that examine how actual and anticipated exposure to environmental concerns like climate change may contribute to hoarding behaviors. For example, among people experiencing hoarding challenges, wishing to minimize things entering the landfill, and the desire to rescue and preserve resources for the Earth are commonly heard as reasons for saving and acquiring. Understanding how climate-related concerns affect hoarding can lead to effective empathy and treatment, for, as we know, symptoms are often embedded within the social context. This talk not only details how climate change and hoarding intersect, but it also offers recommendations for clinical practice and future research.

### **In the land of the pedants Giordano Bruno is in jeopardy!**

Categories: [Theory and philosophical foundations](#), [Magic and monism](#)

Andreas Larsson, Ph.D., Leg. Psykolog, Mittuniversitetet, Institutionen för Psykologi och Socialt Arbete

CBS is a funny beast, it argues for A-ontology whilst claiming to be materialist. This is a common theme of claiming monism in behaviorism but really disregarding the psyche of the psyche/soma dichotomization it claims. Giordano Bruno was a renaissance thinker that was killed by the church for his scientific ideas. One such idea was a wider, unified world that included things like magic. Bruno also had a name for the reduction of the one world into numbers - pedants. Bruno thought the pedants ruled his time but the pedant is king today with new public management and quantifiable measures everywhere. What is it that goes missing when we look at what we can measure rather than what we should measure? Is it time for Giordano Bruno to lead the way once again?

### **Decomposition: on the Breakdown and Creative Recombination of Form**

Categories: [Processes of change](#), [Environmental problems](#), [Psychedelic Assisted Psychotherapy](#)

Nathan Gates, M.A., LCPC, Spoon River Counseling & Wellness

Under our feet are rocks as old as the earth itself. Over time, exposed to water, bacteria, fungi and a chemical soup, these rocks disintegrate into minerals. Solid forms decompose, leaving a fertile substrate of nutrients, minerals, carbon, and water.

Things grow, blossom and decay. Words form, and compose themselves into imaginings, concepts, ideas. These structures disintegrate as well, into sounds, fragments of meaning and hollow echoes or premonitions of abstracted events.

Mineral, flesh, bone or sonnet- All Things Must Pass.

From those decompositions come infinitely varied compositions- creative, moving, and wild.

From structure to formlessness to emergent order, the breakdown that precedes all change in form is often catalyzed by fungi- whether it be in soil or in your mind, a psychedelic solvent for your conceptualized self.

### **Five Elements of Ideal Healthcare in a Perfect World**

Categories: Social justice / equity / diversity, Health / behavioral medicine, Healthcare, policy, change, democracy, burnout

Michael Mulick, DO, University of Southern California

The United States healthcare system is ironic: expensive with poor results. The physician suicide rate is now more than one per day. Change begins with having a healthy vision.

A perfect model of Healthcare might have these five elements.

1. Free. The financing of our roads, schools, and social security can be modeled.
  2. Emphasis on prevention. Our current model is profits derived from patient illness, medications, or procedures. A logical model would incentivize disease prevention and maintaining wellness. Patients could be incentivized to meditate and exercise.
  3. Democratized. Studies show significant disparities in access to quality care based on race and gender.
  4. Empowered workforce. The current model is a disempowered workforce with high levels of burnout. A healthy model would empower providers.
  5. Community. A Healthy model would reverse engineer healthy communities based on the blue zones of the world, areas with the highest number of centenarians (people over age 100).
- In order to enact policy change, a vision for how things should be, must be shared.

### **5 min. Session Break: Emotion Regulation with Tap Dance and Frankie**

Categories: Sports or performance-enhancing, Movement Therapy

ELA ARI, M.A, MBA, PhD, Istanbul Medipol University, Psychology Department

What we do in the therapy room is an attempt to regulate emotional states with language. As previous studies reported neurophysiological findings supporting emotion regulation through movement and posture changing were introduced safely in the therapy room. Also, emotions of the clients are embodied by the therapist and observed which results in empathetic concerns. Augmented interventions like muscle relaxation and breathing are also used in therapies. With the dissemination of the online therapy, the observation and practice of the movement has become very limited for both parties. Between two sessions, the therapist needs to regulate emotions with fast and effective strategies. Music and movement offer diverse motor patterns that help therapist and prepare for the next session with energy and fresh emotions. This ignite talk aims to teach the therapist how to write and diversify a tap dance phrase with simple steps accompanied with Frank Sinatra/and or any other tempo of preference.

### **When Myths Enter the Room: Unpacking Clinical Misconceptions about Hoarding**

Categories: Professional development, Social justice / equity / diversity, Hoarding disorder

Rea Berg, B.A., University of Denver

Hoarding disorder (HD) is a relatively new mental health diagnosis characterized in the fifth publication of the Diagnostic and Statistical Manual of Mental Disorders. Since 2013, clinical awareness of hoarding has increased; however, stigma and misconceptions about hoarding remain a significant problem. This Ignite presents common misconceptions held by clinicians about hoarding behavior, and it offers compassionate correction by sharing research findings and clinical experiences related to working with clients who hoard. Hoarding behaviors will be analyzed through a contextual behavior framework to help clinicians understand these behaviors without biases or assumptions. Given that hoarding impacts 2 to 6 percent of the US and European population, it is imperative for clinicians to not only be aware of hoarding as a diagnosis but to also be aware of personal biases and internalized myths about clients with hoarding behaviors. In addition to addressing these myths and misperceptions, this talk will offer practical recommendations and tools to support clinicians in exploring their beliefs and biases about hoarding.

### **How to submit ACT for gen Z?**

Categories: Methods/approaches for individual variation, Behavioral or contextual neuroscience, ACT for gen z

Fady Morid, M.D., Arabic speaking Affiliate

We all know that Gen Z prefer fast and innovative ways to understand complex and deep subjects.

What better way than comics , dancing and games?

This presentation will give u ton of new ideas to teach your clients much more effectively and in a fun Way.

### **The five functions of self-disclosure in contextual therapies**

Categories: Supervision and training, Clinical intervention development or outcomes, Contextual psychotherapy practice

Tomas Castillo, M.Sc., Independent

For some clinicians, self-revelation can be an intimidating technique to be used within the psychotherapeutic practice context. Most fear that it will turn the focus of attention on themselves rather than on the client and his needs during the therapeutic process.

In this IGNITE presentation, I discuss the practical applications of self-revelation in contextual psychotherapy (mainly ACT and FAP) by shifting the focus on the client rather than the therapist. By prioritizing function rather than shape, five distinct uses of self-revelation emerge for influencing clients behavior as it happens in the therapy room—to validate clients' experience, to model a skill or a process, to evoke a clinically relevant behavior, to reinforce a clinically relevant behavior, and to build trust within the sacred space of therapy, that is, to strengthen alliance.

### **Three Reasons to Hoard**

Categories: Behavior analysis, Methods/approaches for individual variation, Hoarding

Leo Yoke, A.A., San Francisco Center for Compassion-Focused Therapies (SFCompassion)

Historically, hoarding refers to the persistent accumulation and difficulty discarding possessions. How do we define Hoarding Disorder (HD)? Generally, HD is defined as an asynchronous phenomenon involving; both the behavior of hoarding and the underlying psychological processes that lead to it. In actuality, there are infinite reasons for people to hoard. So why distinguish three? This Ignite proposes an answer to this question by considering three factors that influence hoarding: utility, sentimentality, and aesthetic concerns. Looking at HD from a broad perspective, I assess how various biopsychosocial functions encourage individuals to rationalize hoarding behavior through one of three vantage points. Additionally, analyzing utility, sentiment, and aesthetics as independent rationales; we discover untold truths about why people hoard. By way of clinical and research observations—our understanding of HD has improved tremendously over the years. This presentation briefly demonstrates etiology and symptomatology among individuals who hoard. However, the primary focus is on uncovering the three main rationalizations for hoarding behavior.

**Ignite Session 2 – Saturday, June 18 – 3:00-4:15 PM**

**Union Square 15 & 16**

### **"Why me?" An adolescent working through a sexual assault**

Categories: Processes of change, Mindfulness

Sadiyah Khan, M.D., Mayo Clinic, Rochester

Sameyah Khan, Ross University School of Medicine

Muhammad Shauib, Ross University School of Medicine

Kyle Cleasby, University of North Dakota

Sexual assault involves complex feelings of guilt, shame, and shock. When adolescents are involved, this can further disrupt those feelings and can negatively impact development. Having a place to process and accept this is instrumental in recovery to move from the mental anguish of "why me" to

"this happened to me and I can be okay". This IGNITE presentation will follow the story of a 15-year-old female that I worked with in my psychotherapy clinic who, following a sexual assault, struggled with blaming herself for what had happened and isolating herself from family and friends. During our time together, we worked through these feelings with mindfulness and self-empowerment training. She ultimately found a way to accept what had happened to her and used that to move forward with living her life. She had found a way to achieve some normalcy and peace through connecting with the world around her instead of when she was not functioning well and feeling more disconnected.

**Enhancing Restorative justice Mediations using ACT and the EIM: Chicago Chapter Sponsored**

Categories: Social justice / equity / diversity, Clinical intervention development or outcomes, Childhood Trauma

Darren Aitchison, Ed.D., BCBA-D, National Louis University  
Sean Reimers, M.S., BCBA, Triton College  
Carl Garner, Ph.D., Saudi Royal Institute

This experiment investigated if teaching psychological flexibility using the ACT model and Emotional Intelligence using the Emotional Intelligence Map (EIM), could improve the outcomes of crisis resolution sessions and restorative justice victim-offender mediation sessions for sixteen neurotypical public school students who had experienced traumatic events. Behavioral skills training, used in conjunction with Understanding by Design, was used to train professional educators in three methodologies. This study used an ABAB reversal design plotted on a Standard Celeration Chart. The participants were split into four groups: Experimental control was demonstrated for all reversal designs, showing efficacy to all three interventions.. This does suggest that psychological flexibility or emotional intelligence, did lead to more successful outcomes in mediations for all participants. The participants who were exposed to ACT and EIM prior to the meditation session had the best outcomes.

**Acceptance and Commitment Therapy in the Treatment of Trauma**

Categories: Clinical intervention development or outcomes, Processes of change, PTSD

Troy Thisler, M.S., Institute for Life Renovation and Nova Southeastern University  
Giovanna Basilio, M.S., Nova Southeastern University

This IGNITE reviews historical and current literature of using Acceptance and Commitment Therapy (ACT) with traumatized clients. Presenters review the ACT hexaflex specifically in the context of working with clients exposed to trauma, assessment measures commonly implemented when working with this population, potential ruptures in working with populations exposed to trauma, and further relevant resources. This IGNITE aims to inform and utilizes visual media to enhance attendee experience.

**Nothing For us Without us: Using Patient and Public Involvement in ACT for Families Impacted by Paediatric Cancer**

Categories: Health / behavioral medicine, Stakeholder Inclusion

Emma Delemere, M.Sc., BCBA, Maynooth University  
Rebecca Maguire, Maynooth University

Recommendation 30 of a recent Report of the ACBS Task Force (Hayes et al., 2021) highlights the need for stakeholder inclusion in research design. One approach to this is Patient and Public Involvement (PPI). While PPI is commonly used in to support external validity in health research, use in contextual behavioral science (CBS) is limited. This presentation will 1) outline how PPI can be effectively employed and 2) illustrate PPI use in developing an online Acceptance and Commitment Therapy (ACT) programme in paediatric cancer. Semi-structured interviews with stakeholders (n=19) and PPI panels were conducted to identify socially significant target behaviours, in addition to environmental barriers and facilitators. From this, the researcher worked with the PPI panel to determine the aims, design, and evaluation of the programme, cognisant of participation barriers and facilitating contact with reinforcing consequences. This process resulted in a 6-week online self-directed ACT programme for parents of children with cancer, seeking to support psychological

flexibility, parenting burden and wellbeing. The impact of PPI on intervention feasibility and acceptability is discussed.

### **ACT Metaphors in Pop Culture**

Categories: [ACT metaphors](#)

Courtney Purdy, Psy.D., Institute for Life Renovation

Troy Thisler, M.S., Institute for Life Renovation

Were you the kid who totally understood the math assignment when the teacher wrote it on the board but then ended up crying at the kitchen table over your math worksheets hours later? This also replicates in therapy. Your therapist makes all the sense in the world until you're out on your own. As therapy is traditionally verbally based, as seen with metaphors in ACT, exploring ways to bring in visual and auditory examples can help solidify patient's understanding of interventions so they can use them in their daily lives. This Ignite session will look at ways to harness pop culture and social media in many ways to help illustrate different points of the Hexaflex and other ACT interventions.

### **Doing Good vs Feeling Good: How to Approach "Self-Help" So That It Is Actually Helpful**

Categories: [Processes of change](#), [Self-Help](#), [Mindfulness](#), [Functional Contextualism](#), [Biases](#), [Heuristics](#), [Relational Frame Theory](#),

Benjamin Spaloss, University of North Carolina at Charlotte

Sana Raisfirooz, Western University

This presentation is about how cognitive flaws in human thinking can lead to a misunderstanding between doing good (action) vs feeling good (emotion) when using self-help to improve one's life. I start off my presentation by describing a self help "trap" that people fall into, where they are reading to feel better, instead of to actually do better towards a valued aim in their lives. I then reference examples within popular culture of how self help is used and seen in this way. I then describe how we can easily fall into this self-help trap, by using Relational Frame Theory and research on biases and heuristics. To get out of this trap, then I discuss how to take a functional contextualist approach towards self-help content using mindfulness and intentionality to improve self-help's effectiveness towards values based aims. To conclude, audience members will better understand how self-help can be used to create actual tangible changes in their life and behavior by using a functional contextualist approach towards what they learn, and how to apply it.

### **ACT Auntie's Island: The legacy of Louise Gardner**

Categories: [Teaching resources](#)

Ray Owen, DCLinPsy, DRO Psychology Services

Louise Gardner was a gifted professional illustrator who became part of the CBS community. She was able to bring familiar and unfamiliar concepts to life through vivid images. Prior to her untimely death, she was working with her collaborator Charlene Rayburn on a new website called ACT Island, which would allow people to learn valuable ACT principles and skills to help with their own struggles. Although it was far from completed, she left some beautiful and potentially useful designs behind. These images will be presented here, along with suggestions for how teachers and therapists might wish to make use of them, in the spirit of cooperation and helpfulness that Louise embodied.

### **Nurturing Mothers Past the First Postpartum Year**

Categories: [Processes of change](#), [Clinical intervention development or outcomes](#), [Maternal Burnout/Depleted Mother Syndrome](#)

Renee Brna, BA, University of Nevada, Las Vegas

Children are abused and neglected at a greater rate because of parental burnout. Although there is a symbiotic relationship between children's health and parental well-being, maternal care past the first postpartum year is an afterthought—treated as an indulgence rather than a necessity by health professionals and policy makers alike. We cannot sustain this dearth of resources, high individualistic standards, and unrealistic expectations of being the perfect mom. Studies from Belgium have introduced an instrument to assess parental burnout. The book "Mother Nurture," by Rick Hanson, et.

al coined the term "Depleted Mother Syndrome" and highlighted the cost of low resources and high risks, followed by an action plan for depleted mothers. Such a low amount of empirical research in this area leaves low hanging fruit for creative studies. We must develop instruments for assessment, update criteria for well-woman visits beyond 6 weeks postpartum, and enact policy change that will better support women and their families. Future research and sweeping reform will allow us nurture children and families by caring for mothers.

### **Surfing the psychedelic experience**

Categories: Clinical intervention development or outcomes, Processes of change, Experiential therapy, embodied therapy, psychedelic-assisted therapy, ACE model

Susie McAfee, Ph.D., Private Practice

Psychedelic-assisted therapy has the potential to revolutionize mental health care (Carhart-Harris & Goodwin, 2017). However, research on psychotherapy models to support psychedelic use is sparse (Phelps, 2017). The Accept Connect Embody (ACE) model was developed and evaluated in a trial of psilocybin treatment for depression (Watts & Luoma, 2019). The ACE model (based on ACT) is uniquely represented by a visual metaphor of the ocean and sky (Watts, 2019). Surf therapy takes a structured approach to surfing to achieve a therapeutic benefit (ISTO, 2019). Adding surf therapy to preparation and integration of the dosing session extends the therapeutic ACE metaphor to a fully embodied-somatic experience. Because psychedelic medicine breaks down the language-based "default" network of the brain (Carhart-Harris et al., 2012) experiential and embodied approaches have the most potential to maximize effectiveness. Patients will have the opportunity to rehearse being fully aware of their senses, diving down deep into the water, opening up to emotion, feeling connected, and breathing, both psychologically and in vivo. Surfing the ACE model would be tubular dude, and psychologically flexible.

### **Macro DBT: dialectical failures, perverse incentives, and prosocial possibilities.**

Categories: Evolutionary behavioral science, Processes of change, Prosocial evolution

Jordan Harmon, LCSW, Harmon Psychotherapy & Consulting

Dialectical Behavior Therapy (DBT) addresses some of the most difficult to treat behavioral patterns and often describes these issues as dialectical failures. One of the dialectical strategies of the DBT therapist includes a dialectical assessment in which the practitioner asks the question, "what's missing?" As a social worker who practices psychotherapy with individuals - the answer is often something related to the broader social systems. Multi-level selection theory provides strong support for practitioners and researchers to begin to apply analyses and change procedures at the level of the group - while conceiving of groups as organisms that exist in contexts. Prosocial is doing this using psychological flexibility and Lin Ostrom's Core Design Principles (CDPs). Other CBS modalities such as DBT have much to offer to these efforts. Can the "dialectical failures" and "wicked problems" facing sociocultural groups be better understood and addressed through an adaptation of prosocial and DBT principles?

## On Demand

**The sessions below in orange will be available On Demand to our virtual audience from June 7 – September 15, 2022.**

### **Thinking by the Minute: How to Structure a Great ACT Training**

Categories: Academics or education, Professional development, Presenting, lecturing, crafting trainings

Jacob Martinez, M.A., LPC, Private Practice

Effective presentation skills are essential for the dissemination of knowledge across fields. As the popularity and visibility of ACT and other CBS approaches increases the greater the demand for high quality training, and high quality trainers becomes. This IGNITE provides tips designed to maximize impact of workshops, presentations, and lectures, by reframing the focus of these events away from content and toward time allotted, allowing for greater flexibility in structure. Viewers will be able to design bespoke ACT trainings using methods learned in this session.

### **ACTing Sustainably: Using ACT to promote plant-based eating**

Categories: Environmental problems, Health / behavioral medicine, plant-based eating

Aja Meyer, Ph.D., Johns Hopkins All Children's Hospital  
Robert Burdine, M.Ed., South Carolina Department of Mental Health

Sustainability as a concept recognizes that our environment's resources are finite, and therefore it is imperative we act in ways that protect our environment and its resources. Practicing sustainability requires making ethical choices for the benefit of the planet, humanity, and all living things. One direct way to make a meaningful, positive impact on our environment (and our own wellness) is to adopt a plant-based diet. Unfortunately, there continue to be a number of barriers to engaging in plant-based eating. Utilizing an ACT framework, we will discuss ways to identify common barriers to behavioral change and generate steps for taking committed action to adopting a plant-based diet. Mental health providers are in a position to engage clients, colleagues, and communities in dialogue to identify barriers, increase overall awareness, and facilitate engagement in values-driven behavior for the benefit of our environment and all sentient beings.

### **ACT Your Way to Better Undergraduate Teaching**

Categories: Academics or education, Social justice / equity / diversity, inclusive pedagogy, applied ACT principles

Amanda Taylor, M.S., LLP, University of Michigan - Flint

Promoting psychological flexibility in higher education is particularly tricky in the current climate, as so many of us have competing demands, limited and limiting resources (cognitive and otherwise), and deep-seated fatigue. In this IGNITE, I make a case for using the basic ACT model to promote psychological flexibility in ourselves and our students as a means of getting us closer to heart-centered, values-based, meaningful educational experiences. We'll talk about the role cognitive fusion has historically had in higher education and the various levels at which defusion may get us closer to our shared goal of lifting up our students and supporting their sense of efficacy. Values-based education is an issue of equity and accessibility across student populations, and I intend to illustrate how and why, and how and why professors could do something about it (here's looking at you, experiential avoidance).

### **The Young Ones! An 8-week transdiagnostic ACT-training for young adults with severe psychiatric disorders.**

Categories: Clinical intervention development or outcomes, Young adults, severe mental disorders, psychosis, transdiagnostic

Julia Vink, M.Sc., Amsterdam UMC  
Lieuwe de Haan, Amsterdam UMC

The mental health of young people is a growing issue of importance as was discussed in a large European Parliament Debate held in November 2021. In Belgium, France and the United States in March 2021 rates of anxiety and depression were twice as high as before the COVID-19 pandemic also adding an increase in feelings of loneliness and suicide. The importance of novel psychological interventions that better meet the needs of young people with (severe) psychiatric conditions is increasingly recognised. In this inspiring IGNITE session you will learn about the rationale behind an eight-week transdiagnostic acceptance and commitment-based group training (The Young Ones) for young adults with severe psychiatric disorders, you will get to experience how the sessions were offered and we will share with you the main findings of our qualitative and quantitative mixed method research.

**Are you and your client really working on ACT in the same boat?: Diversity, Equity, and Inclusion SIG Sponsored**

Categories: Clinical intervention development or outcomes, Acceptance and Commitment Therapy, Therapeutic relationship

Manabu Yoshimoto, B.A., COCO - BPD family/peers support group

If the therapist is providing ACT without putting values into action or disclosing the thoughts, feelings, urges and so on in front of the client, that will damage the equality and trust in the therapeutic relationship between the client and the therapist. Besides, we will not be able to successfully promote their psychological flexibility. Conversely, if we therapists live along with our values and work on ACT exercises with clients together, our psychological flexibility will be facilitated as well as theirs. In this ignite session, we will check on key points that the therapists tend to miss in the session.