http://tinyurl.com/ACTProcess

Seeing with ACT Eyes, Hearing with ACT Ears

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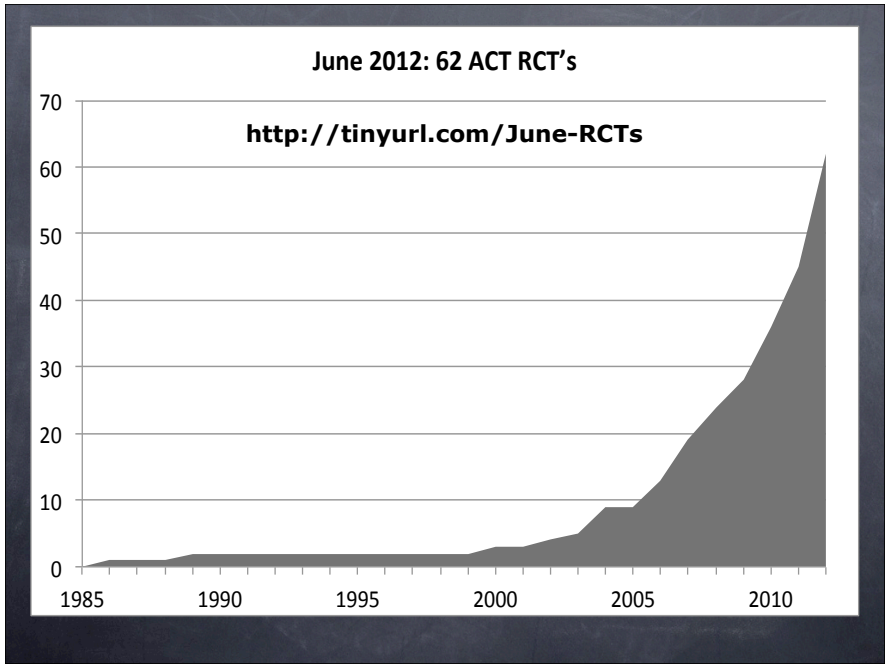
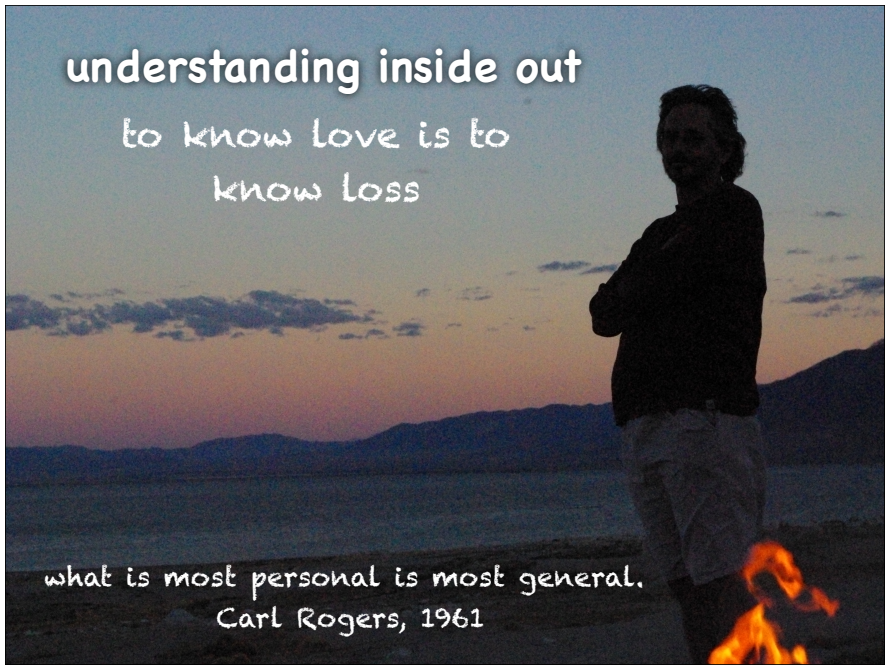
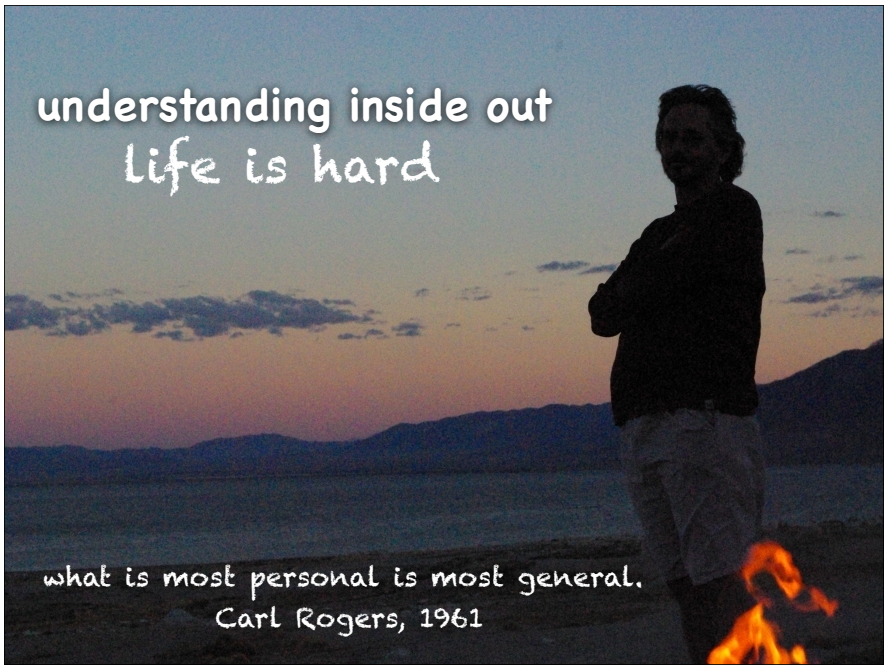
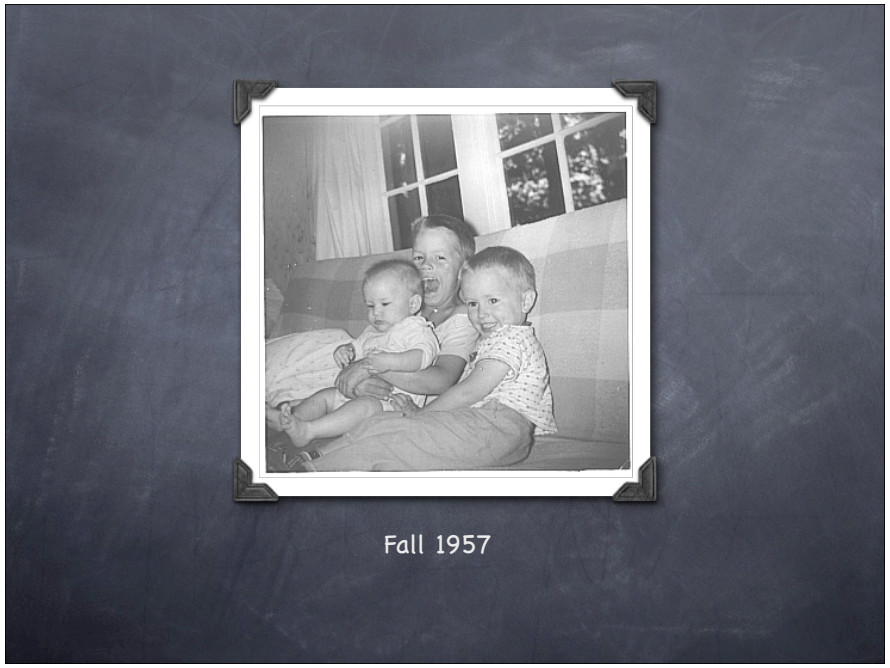
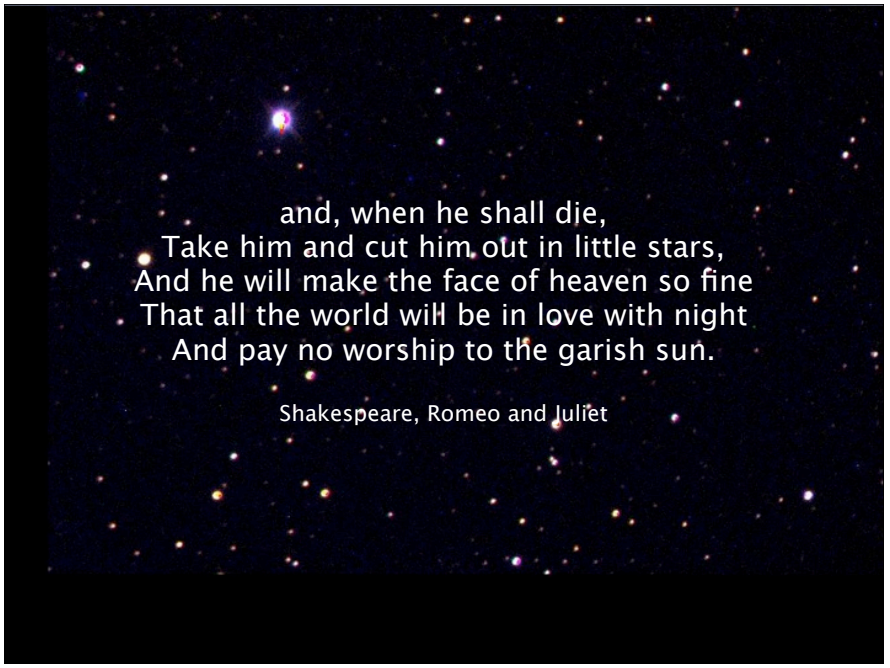
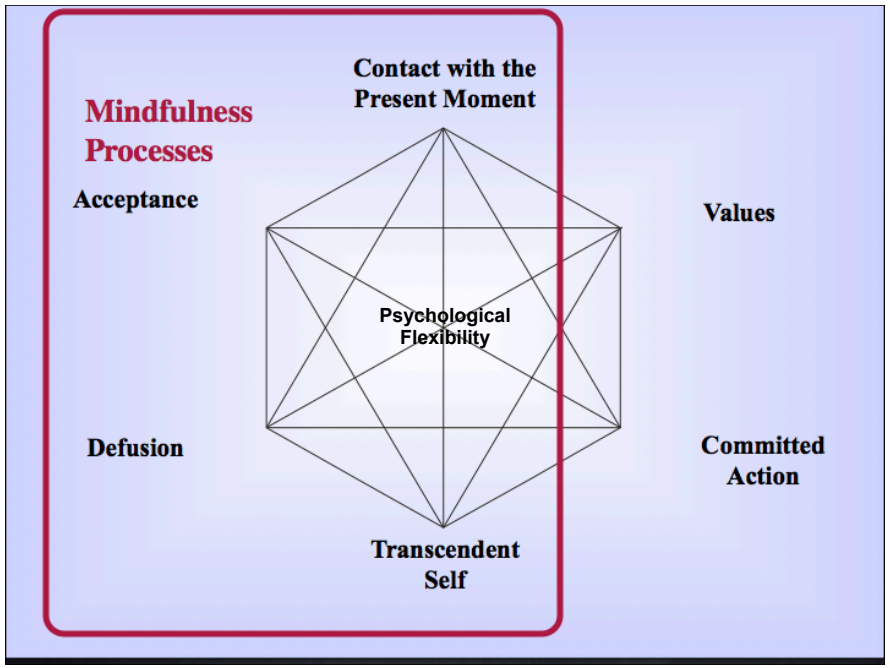


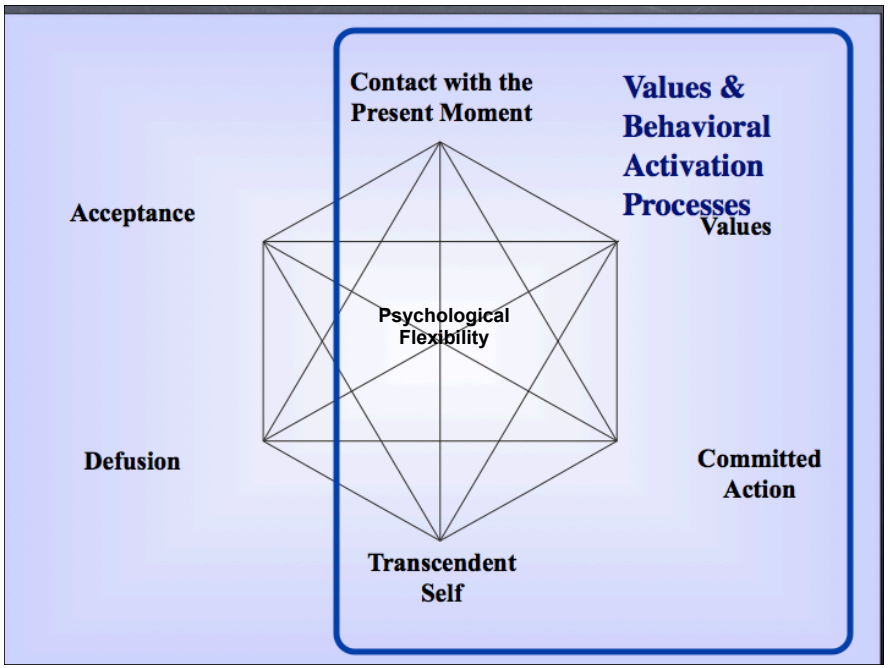

understanding inside out
to know love is to
know loss
what is most personal is most general.
Carl Rogers, 1961

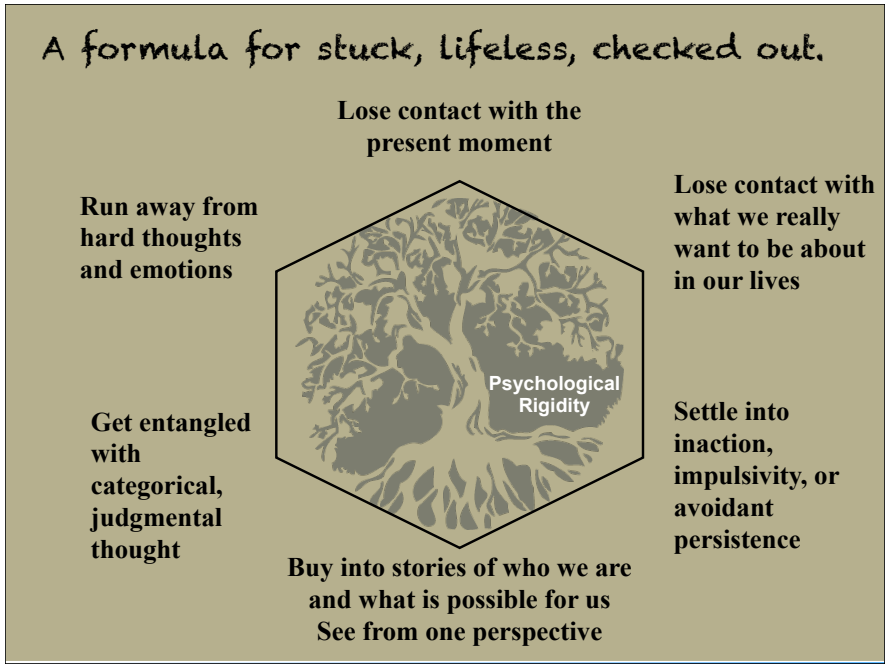

understanding inside out
life is hard
what is most personal is most general.
Carl Rogers, 1961

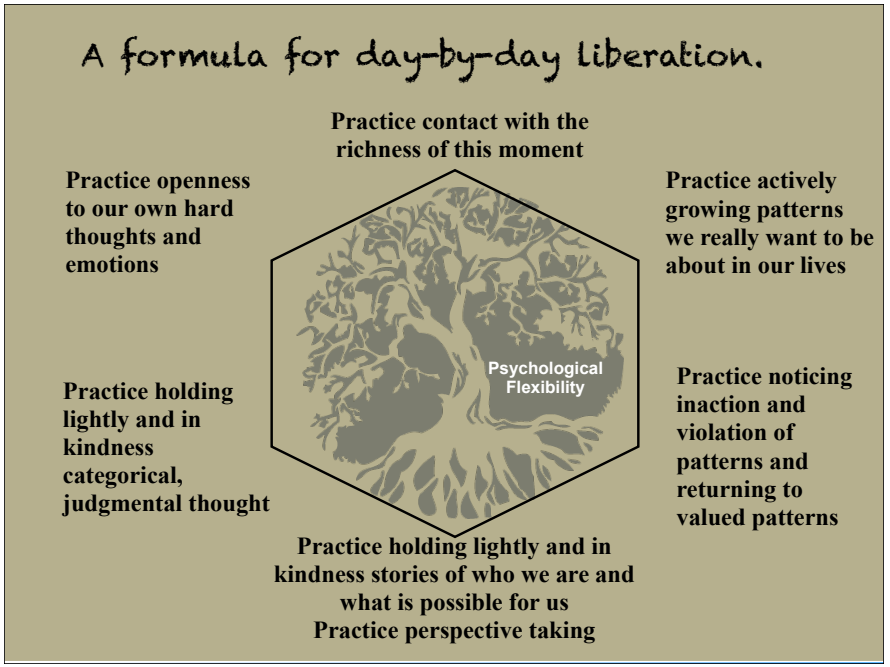

Fall 1957

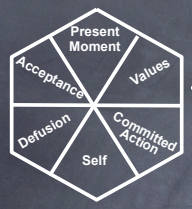

and, when he shall die,
Take him and cut him out in little stars,
And he will make the face of heaven so fine
That all the world will be in love with night
And pay no worship to the garish sun.
Shakespeare, Romeo and Juliet


Mindfulness Processes
Contact with the Present Moment
Acceptance
Values
Psychological Flexibility
Defusion
Committed Action
Transcendent Self


Contact with the Present Moment
Values & Behavioral Activation Processes
Acceptance
Values
Psychological Flexibility
Defusion
Committed Action
Transcendent Self


A formula for stuck, lifeless, checked out.
Lose contact with the present moment
Run away from hard thoughts and emotions
Lose contact with what we really want to be about in our lives
Psychological Rigidity
Get entangled with categorical, judgmental thought
Settle into inaction, impulsivity, or avoidant persistence
Buy into stories of who we are and what is possible for us
See from one perspective


A formula for day-by-day liberation.
Practice contact with the richness of this moment
Practice openness to our own hard thoughts and emotions
Practice actively growing patterns we really want to be about in our lives
Psychological Flexibility
Practice holding lightly and in kindness categorical, judgmental thought
Practice noticing inaction and violation of patterns and returning to valued patterns
Practice holding lightly and in kindness stories of who we are and what is possible for us
Practice perspective taking



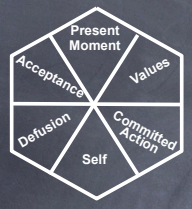
Present Moment

- Can the clients bring flexible, focused attention to bear, on purpose, in the PM?
- (but not necessarily about the PM)
- *Assess/shape PM capacity

Assessing PM Processes

Speech stereotyped and insensitive to instruction for pace and content	1	5	Speech fluid and sensitive to instruction for pace and content
Physical presentation takes away from connection	1	5	Physical presentation adds to connection
Worry and rumination common	1	5	Worry and rumination rare
Perseverates and shifts abruptly	1	5	Shifts attention easily and gently

(Mindfulness for Two, Wilson & Dufrene, 2009



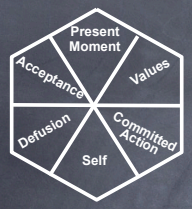
Self

- Can the cl/th move freely among contents and perspectives
- Assess/Shape content breadth/flexibility
- Assess/Shape self defusion/acceptance
- Assess/shape flexibility in perspective

Assessing Self Processes

Experience of self constrained and in only limited domains	1	5	Experience of self flexible and broad
Frequently gets stuck in content areas	1	5	Transitions easily among content areas
No experience of self apart from content	1	5	Experiences self apart from content
Rarely able to shift perspectives	1	5	Readily able to shift perspectives

(Mindfulness for Two, Wilson & Dufrene, 2009



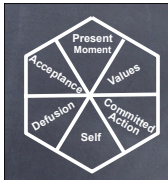
Acceptance

- Acceptance of difficult aspects of experience when valued living calls for it?
- Avoided content (internal/external)?
- Avoidant repertoire?
- *Assess/Shape experiential acceptance? (not liking, wanting, agreeing)

Assessing Acceptance Processes

Attempts to change experience common	1 ⟷ 5	Attempts to change experience rare
Minimizes or rationalizes difficult events in session	1 ⟷ 5	Describes and experiences difficult events in session
Implicit requests for social exchange	1 ⟷ 5	No implicit requests for social exchange
Many avoided events	1 ⟷ 5	Few avoided events
Fights, tolerates, or resigns to difficult experience	1 ⟷ 5	Chooses difficult experiences in service of valued living

(Mindfulness for Two, Wilson & Dufrene, 2009



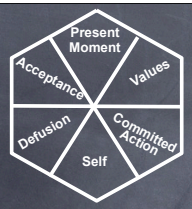
Defusion/Fusion

- Words about the world stand in for the world
  - Subset of verbal (i.e., relational stimulus control)
  - Relative inflexibility (i.e., insensitivity to other features of context)
  - Assess/Shape holding stories lightly

Assessing Defusion Processes

Single aspect of experience dominates without choice	1 ⟷ 5	No single aspect of experience dominates, except by choice
Frequently judges, justifies, or explains	1 ⟷ 5	Rarely judges, justifies, or explains
Frequently uses must/can't, should/shouldn't, right/wrong, among others	1 ⟷ 5	Rarely uses must/can't, should/shouldn't, right/wrong, among others
Expectations and rules limit perspective	1 ⟷ 5	Expectations and rules held lightly
Stories repeated rigidly	1 ⟷ 5	Stories seldom repeated rigidly

(Mindfulness for Two, Wilson & Dufrene, 2009



Values

- Valuing Weak, Absent, Confused, Restricted, Burdensome
- Narrow development/exercise
- Many fusion and avoidance obstacles
- *Assess/Shape capacity to actively and flexibly construct elaborated patterns

Values from an ACT Perspective

"In ACT, values are freely chosen, verbally constructed consequences of ongoing, dynamic, evolving patterns of activity, which establish predominant reinforcers for that activity that are intrinsic in engagement in the valued behavioral pattern itself."

(Mindfulness for Two, Wilson & Dufrene, 2009, p. 66)

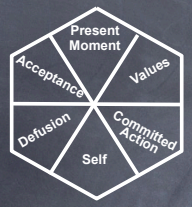
Values from an ACT Perspective

1. freely chosen
2. constructed
3. ongoing, dynamic, evolving
4. patterns
5. pre- dominant reinforcers are intrinsic (in process, not outcome)

Assessing Values Processes

Valued directions rarely chosen, and limited by perceived possibility and pain	1 ⟷ 5	Valued direction chosen freely, regardless of perceived possibility or pain
Valued directions chosen with defensiveness	1 ⟷ 5	Valued directions chosen without defensiveness
Valued directions held at the expense of other domains	1 ⟷ 5	Valued directions held in a way that doesn't interfere with other domains
Few behaviors described as values consistent	1 ⟷ 5	A variety of behaviors described as values consistent
Behavior restricted by expectations	1 ⟷ 5	Behavior consistent, even when outcome unknown or expected to be painful

(Mindfulness for Two, Wilson & Dufrene, 2009



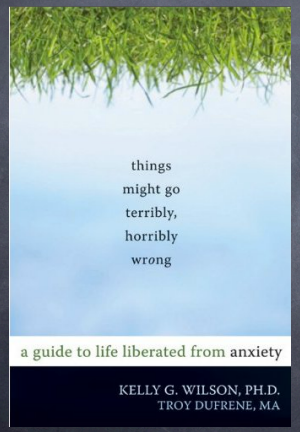
Commitment

- Inaction, Impulsivity, Avoidant Persistence
- Assess fusion and avoidance obstacles
- *Assess/Shape capacity to actively and flexibly generate action menu
- *Assess/Shape values-consistent actions

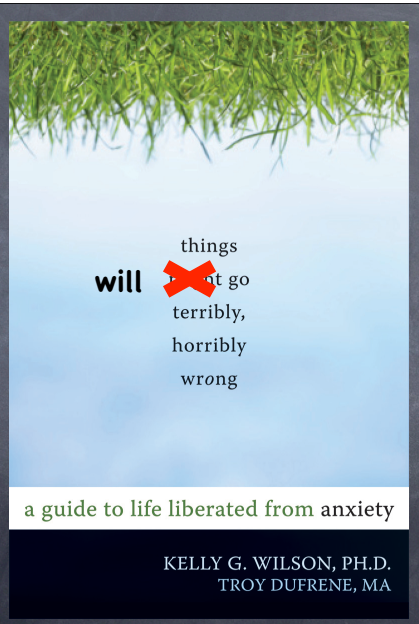
Assessing Commitment Processes

Behavior in valued domains characterized by avoidant inaction, impulsivity, or persistence	1 ⟷ 5	Flexible and creative in valued living
Difficulty generating goals, and goals limited and inflexible	1 ⟷ 5	Chooses values-consistent goals easily and freely
Rarely notices inconsistency of behavior with values	1 ⟷ 5	Notices inconsistency of behavior with values

(Mindfulness for Two, Wilson & Dufrene, 2009



Things Might Go Terribly Horribly Wrong



And you?

I am...

- W
- C
- P

the thing about you....

biggest cost?

the thing about you....

unbalanced
boring
fraud
awkward
damaged
not enough
unlovable
unstable
petty
mean
afraid
jealous
bad
ugly
insignificant
dumb
dull
coward
needy
insecure
empty
insensitive
weak
broken

- How long have you known?

- and how do you manage?

MANAGER TOOLS

manager

over drink
over drug
over eat
over work

ruminate
avoid
fight

distract
worry
obsess

- and how do you manage?

MANAGER TOOLS

manager

big
small
quiet
loud
smart
indifferent

hardworking
invisible
busy
funny
entertaining
helpful

nice
mean
tough
meek
silent
interesting

what is wrong?
too much?
missing?
too little?

what i do to keep it hidden....

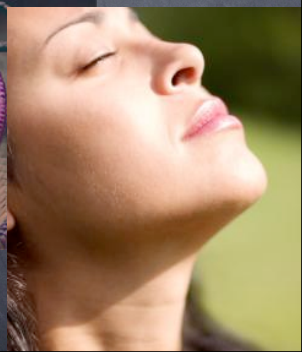
Where does it show up?

What does it prevent/cost?

how old were you?

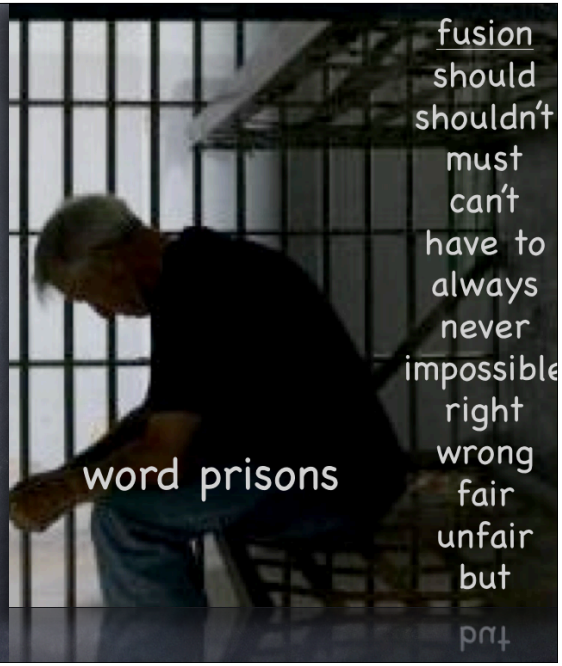
the rejection of our common fate
makes us strangers to each other.
the election of that fate,
in love, reveals us as one body.
Sebastian Moore

- and pause



What if everyone has a secret?

- What to do with word prisons?



fusion
should
shouldn't
must
can't
have to
always
never
impossible
right
wrong
fair
unfair
but

Building Six P-Flex Practices

modes of mind
problem solving mode of mind

2 + 2 =

3 x 4 =

71 + 4 =

32 - 2 =

Square root of 4325

12 x 3 =

next

sunset mode of mind

the sweet spot: mindfulness for two

- pair up
- mindful
- Job 1: express
  - let go of explaining
- Job 2: appreciate
  - let go of nodding, smiling, hand patting
  - let go of understanding
- switch
- Job 3: eyes on appreciate

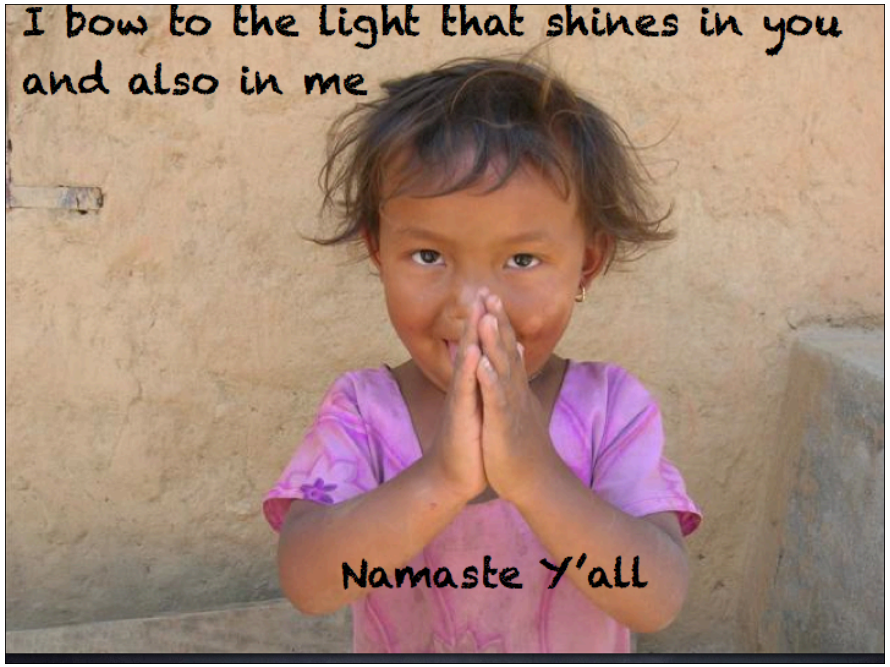
Valued Action

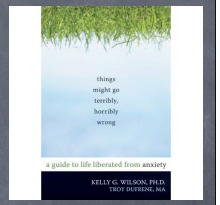
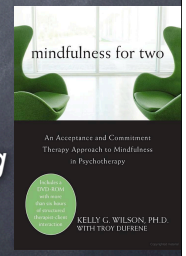
VALUED ACTION WORKSHEET. Below, we would like you to describe who you want to be and what you want to do in a few valued domains. Chose three from the Valued Living Questionnaire. The focus of the question is on you and your role in these areas. Please write the value, a short sentence about the value containing a few qualities, and then several actions that you could take. For this exercise, keep the actions small—preferably something that could be done in a day, but even some that could be done in minutes (you don't have to actually do them). Sometimes small acts can be quite meaningful. Please be sure to include some very small, simple but meaningful acts. You do not have to fill out all ten, but give it a try. Think small for this exercise!

My value is:	
In this area I would like to be a person who is:	
The **actions** I would like to do are:	
1.	5.
2.	6.
3.	7.
4.	8.

Commitment Processes

- stocking the pantry of life
- don't forget to think small



Interested…

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  - free sample chapters, audio, forms
- *Things Might Go Terribly, Horribly Wrong*