

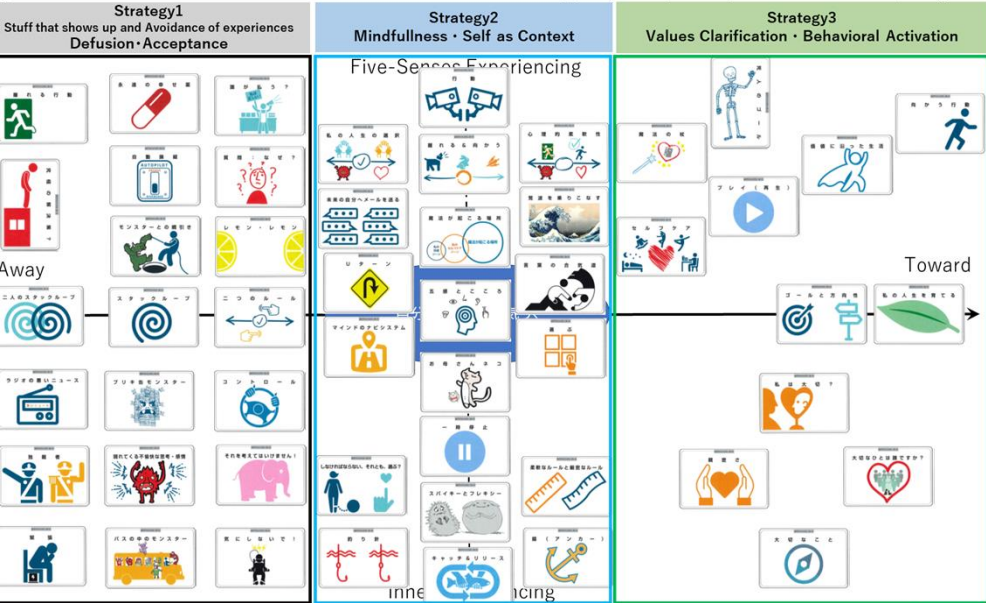
[Startline Co.,Ltd Today] At StartLine, we support companies in their efforts to employ people with disabilities and support people with disabilities in their work. We operate 12 satellite offices and 12 indoor farms "IBUKI", and we support over 1,000 members with disabilities(17% Physical Disability, 43% Mental Disorders, 24% Developmental Disorders, 16% Intellectual Disability) employed by over 175 client companies every day. Our support consists of the wide variety of CBS-based supports, including improving work performance for workplace retention, helping people gain self-management skills for work and breaks, using ACTs to maintain and improve mental health, and helping people improve their cognitive and language skills based on RFT.

[Purpose] In this study, we report on how we translated and implemented the ACT Matrix Card (AMC) to develop our CBS-based support into more effective and efficient support, as well as a case study of the introduction and use of case formulation using the HDML framework for people with complex psychological problems.

[Challenges and Developments in ACT Support at Startline]

- 2015. 4 ~ Began training and practice on psychological support using ACT
- 2015.12 ~ Began training and practice on the ACT Matrix
- 2017. 5 ~ Start of ACT-online (Startline Support System) operation
- 2019. 9 ~ AMC(Japanese Version) is created · published. Training · Operation started.
- ◎ Exercises using AMC enabled effective support to be efficiently provided for cases with DDs such as ASD and other cases that had previously been difficult to utilize ACT.
- 2019.12 ~ Case Formulation training and implementation using the HDML framework
- ◎ Effective support could be planned for cases with similar recurring psychological problems by taking into account the influence of past relational frames/networks in the approach.

[Overview of the ACT Matrix Card and Three Clinical Strategies (Torneke, Luciano, Barnes-Holmes & Bond, 2016)]



[ACT Matrix Card and Workshop]

The AMC is a tool designed by Benjamin Schoendorff, MA MSQ that allows you to present and implement visual stimuli representing 52 exercises commonly used in the ACT Matrix. I received permission from him to translate it, and in September 2019 I created a Japanese version and began selling it in Japan.

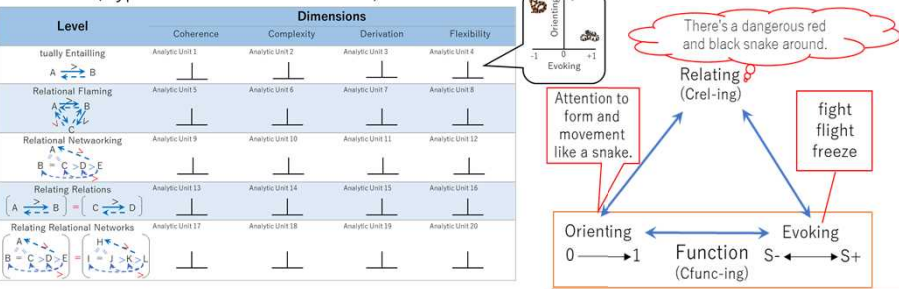
[The Contents of ACT Matrix Card Workshop]

- An overall structure diagram of the ACT Matrix Card.
 - A description of each Card exercise and examples of its use.
 - Presentation of a session model using the ACT Matrix Card.
 - Role play of ACT Matrix Card session.
- A model case will be presented for each strategy by Torneke et al. Participants will work in groups of 4-5 members to role-play a combination of cards classified into each strategy.
- Role-play1** : A person who tends to dwell on unpleasant personal events such as anxiety and negative self-concept, and is often stuck in the various "avoidance of experiences" such as gaming, phones, drinking, wrist cutting, and withdrawal.
- Role-play2** : People who are trapped in their self-concept and negative thoughts, bound by self-rules such as "I should..." or "I must...", or who are always feeling anxious or fears.
- Role-play3** : People who often suffer from self-denial and helplessness, such as "I can't do everything right" due to bullying and failures, and are unclear about his value and how he wants to be.
- Commentary of "SURFING THE WAVES", "GROWING MY LIFE". The commentary on these cards emphasizes the importance of working on the ACT and continuing to take action toward value.

[HDML(hyper-dimensional multi-level) framework]

(Barnes-Holmes, Y., McEnteggart, C., & Barnes-Holmes, D. 2020.)

HDML(Hyper Dimensional Multi Level) framework



[Case formulation with HDML framework Workshop]

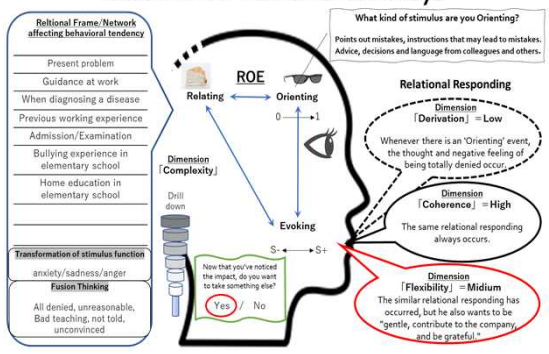
To provide accurate vocational rehabilitation support, we need a "case formulation" to collect, organize and analyze information, such as disability status for the individual, work and living environments, the acquisition of various skills necessary for working, and worker retention status, etc., to create a support plan. Also, when dealing with the psychological issues of a case, it is necessary to consider not only the current issues but also the influence of past relational frames/networks that are relevant to the present. The HDML framework, created by Barnes-Holmes, Y et al. proposed as a way to deal analytically, Level analysis of relational frames/networks, and Dimension analysis of relational responses, the ROE analysis of psychological events, with the various influences from the relational frames/networks. (2019; Ireland, Dublin; Pre-Conference Workshop for WC17 ACBS "Advances in RFT: Implications for Clinical Behavior Analysis"). In our workshop, in addition to the basic concepts of the HDML framework, we also organize and practice the concepts through case studies to develop the ability to apply them to actual case formulations.

[Examples of actual support applications]

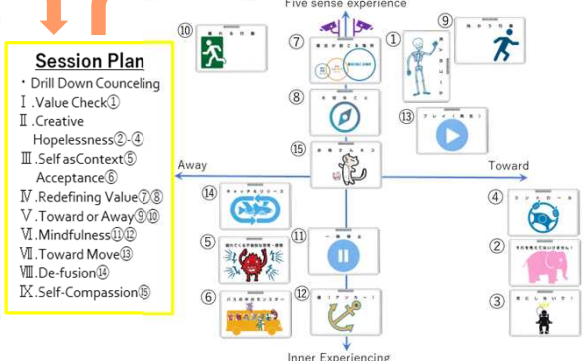
Following the WS, case conferences were held with each supported site and research team to apply the new knowledge and skills. During the six months after the WS, an approach including the ACT Matrix Card was implemented for six cases with various difficulties, and the desired effects were confirmed.

(1) Case A of a patient with a social anxiety disorder who was resistant to ACT. (2) Case B for depression, where the patient is continuously unwell and absent from work due to excessive care. (3) Case C of a wheelchair man who is frustrated, aggressive, and depressed because of his workload. (4) Case D for ASD and depression, which tends to be emotional around people due to impatience and frustration. (5) Case E of a supporter with a vague lack of motivation and interpersonal stress. (6) Case F of ADHD and depression, where all advice from others is negative and leads to a lack of dialogue and decreased efficiency.

Case-F:HDM framework Analysis



Case-F ; Exercise of ACT Matrix Card



[The Effect of ACT Matrix Card]

Supporters commented on the effects of using AMC as follows.

- The brightly colored cards brighten up the session.
- I can enjoy doing multiple exercises in a short time.
- I can do a consultation that promotes "awareness" without deviating from the goal.
- It's easy to understand the contents and deepen self-understanding by visualizing.
- The map of the cards used in the session can be shared as a photo, to easily look back and remember.
- It's possible to use the same card for other settings to promote understanding.

[The Effect of HDML framework]

- By level analysis, it became possible to create a support plan according to the complexity of the psychological problem of the case.
- By Dimension analysis, it became possible to rationalize the selection of support that promotes behavior change
- ROE analysis has increased the predictability of impulsive behavior in cases, allowing them to be prepared in advance for possible problems.