



# **BUILDING THE BRIDGE BETWEEN ACT AND PROCESS-BASED THERAPY (PBT)**

*Steven C. Hayes & Gijs Jansen*



# DEFINING PROCESSES OF ACT AND PBT

*Opening up the model to other science-based techniques  
that can also create more psychological flexibility*

## ACT

Acceptance

Defusion

Present moment

Self

Values

Committed Action

## PBT

*Emotional flexibility*

*Cognitive flexibility*

*Attentional flexibility*

*Self-relating*

*Motivational flexibility*

*Overt Behavior*

**AND  
THEN...**

# ***PBT ADDS PROCESSES ON MULTIPLE LEVELS***

Socio-cultural

Bio-Physiological





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**An integration of all the  
ACT, other psychological  
AND multilevel processes  
that have a positive effect  
on the clients psychological  
flexibility**

*Emotional flexibility*

*Cognitive flexibility*

*Attentional flexibility*

*Self-relating*

*Motivational flexibility*

*Overt Behavior*

*Socio-cultural level*

*Bio-physiological level*



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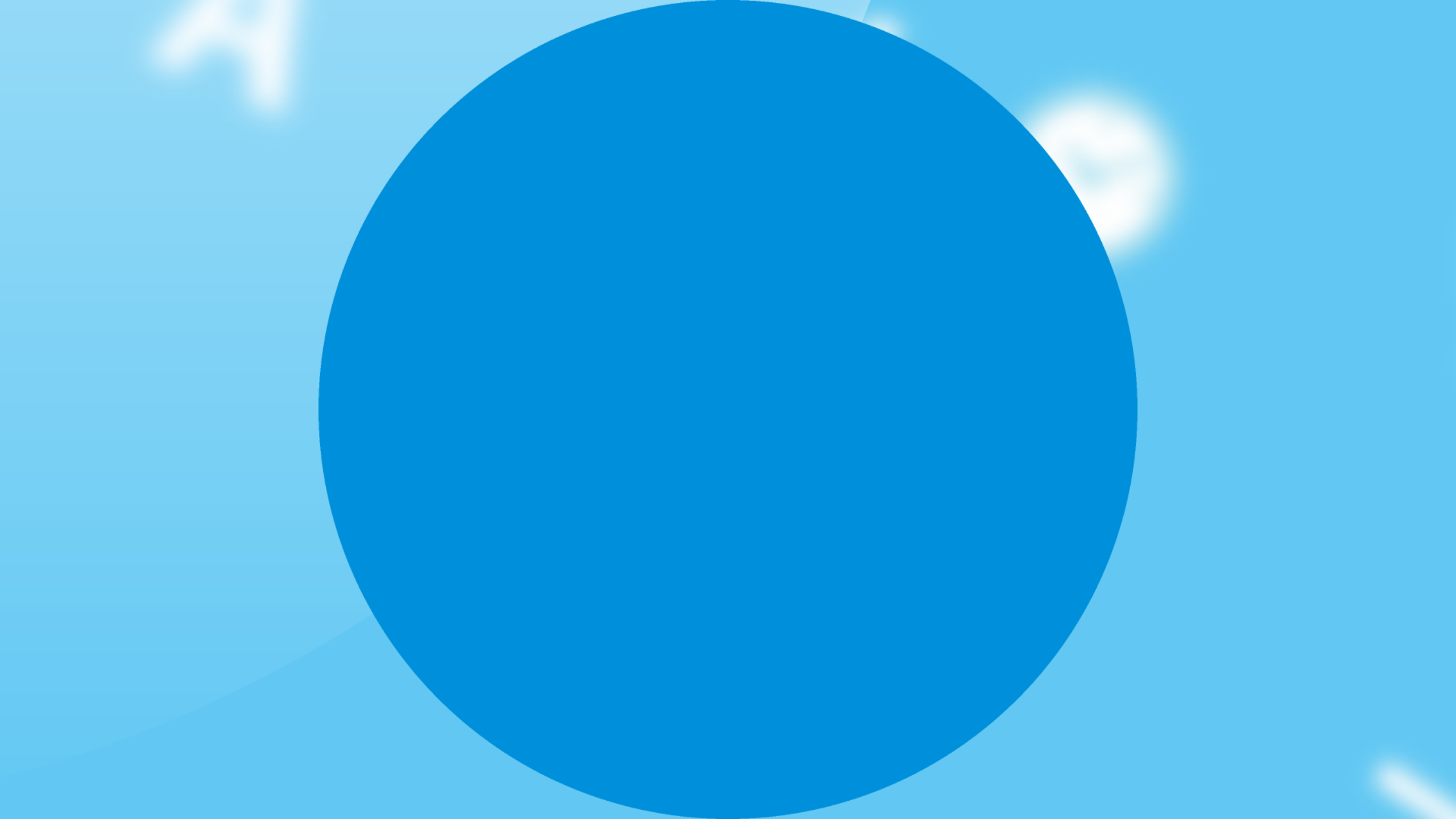




# ***THE STATISTICS HAVE BEEN LYING TO US***

Steve please add some examples here

**FOR  
EXAMPLE**







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## Let's try EEMMified hexadancing

Let's start with a demonstration where Steve interviews a real client (Gijs) about the problem he faces, while exploring the process areas in the model.

Please watch and take notes!



**GROUP  
ASSIGNMENT**

## **TRY TO ANSWER THESE QUESTIONS**

What process you think you might focus on in this case first?

What process would you focus on first and why?

**HOW TO  
CREATE A  
NETWORK**

# CREATE YOUR OWN NETWORK

Take the most important problems, goals, processes, contextual features and put them in circles.

Make connections between these circles, green for a + (fostering) relationship, red for a - (inhibiting) relationship.

Does this change anything to the answers to the previous questions you answered?

What process you think you might focus on in this case first?

What process would you focus on first and why?

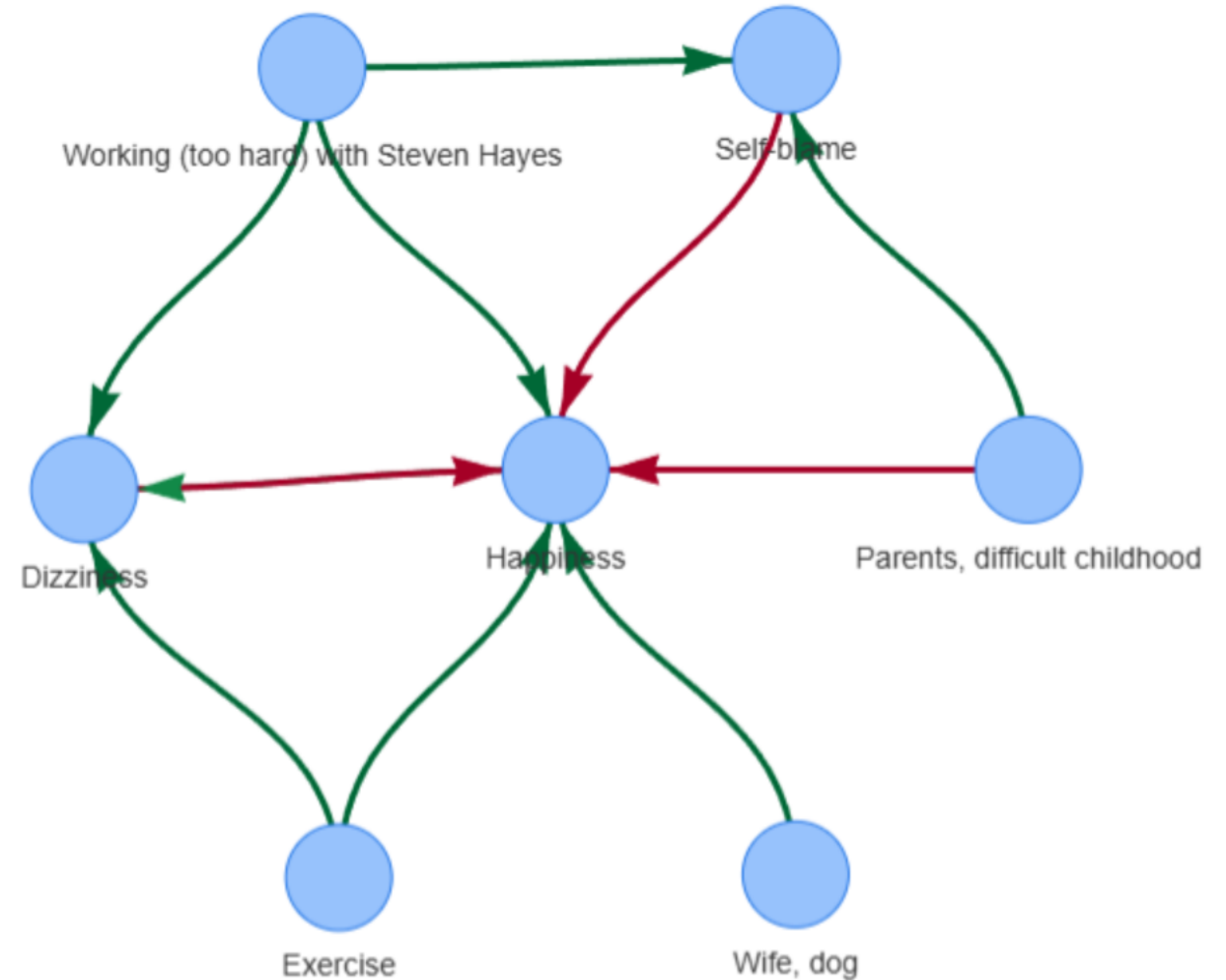
**AND HERE'S  
OUR PLAN**

# THIS IS STEVE'S NETWORK

What do you make of this?

What interventions would you choose, for which processes?

Look closely at the connections. Is there something that looks interesting, or even off maybe?



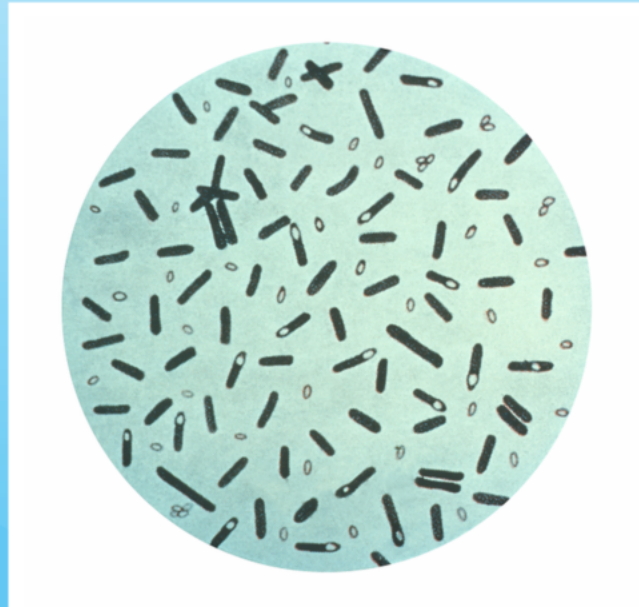


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Now I will tell you what  
actually happened, and  
what I discovered just  
weeks ago...

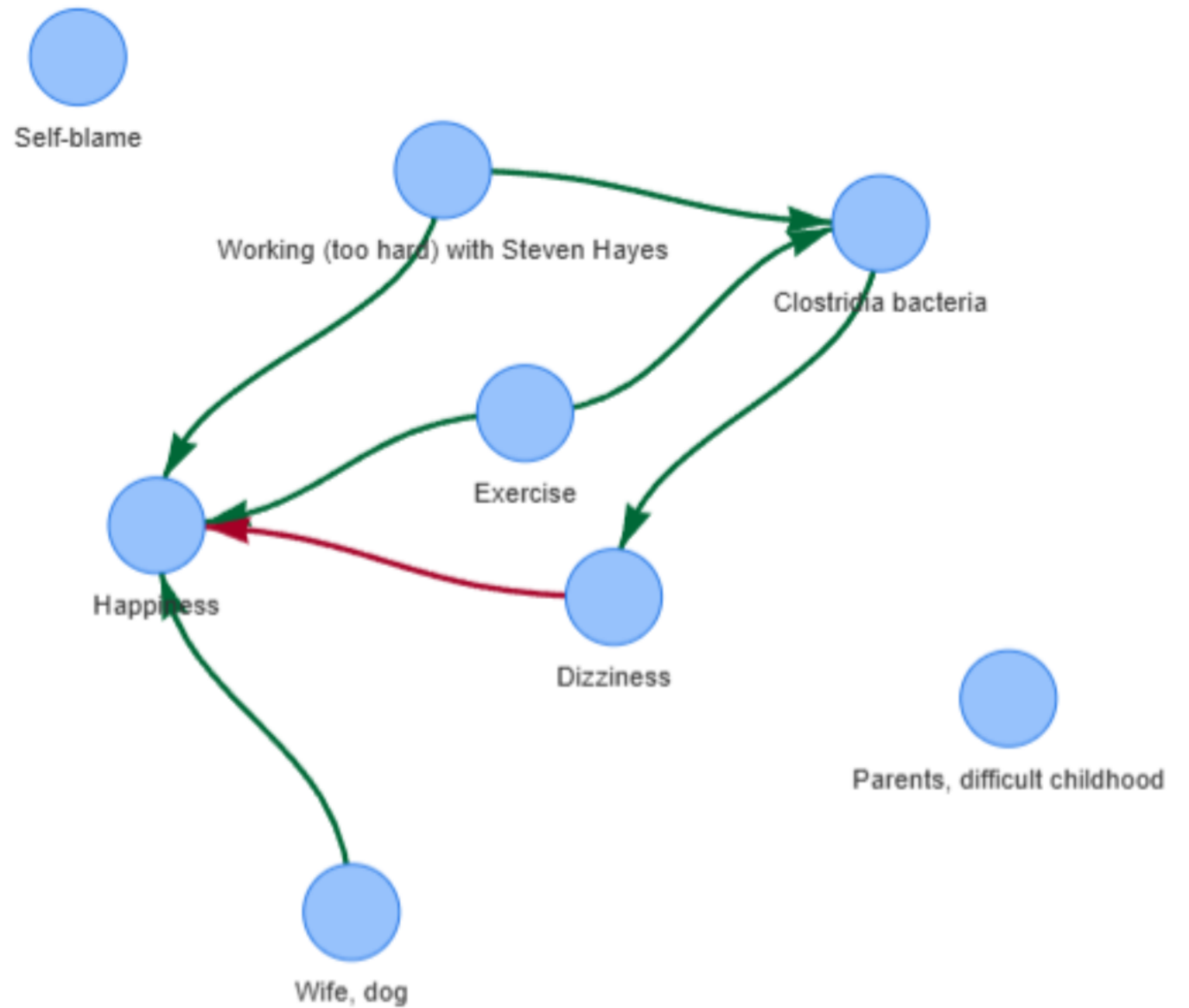


**AND SO THE  
PLAN CHANGES...**



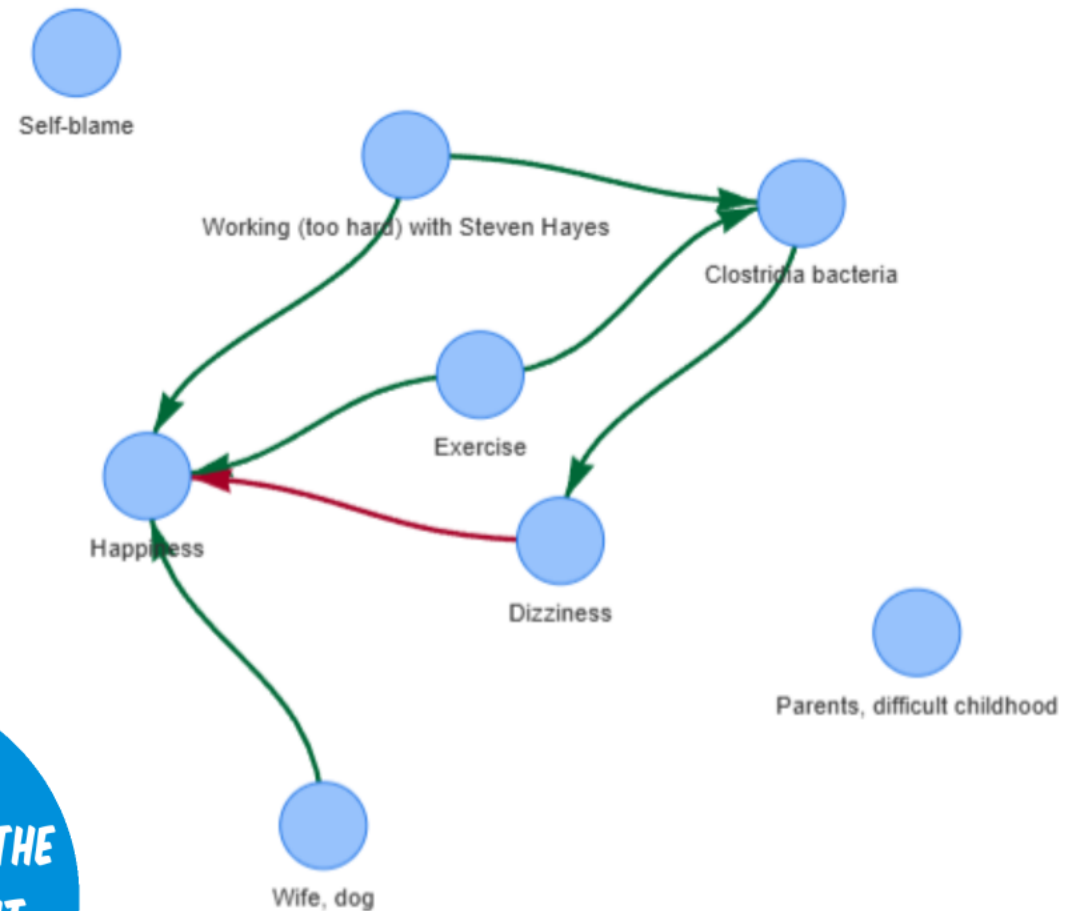
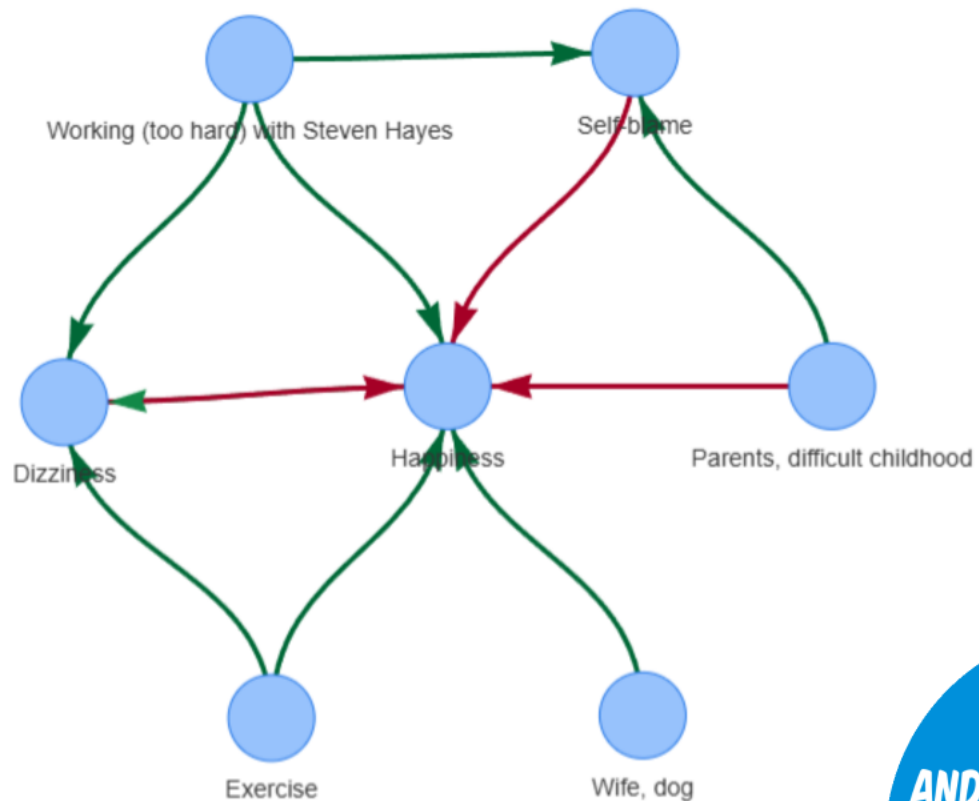
**TO THIS:**

**SO, BEFORE AND  
AFTER  
TOGETHER:**



# BEFORE

# AFTER

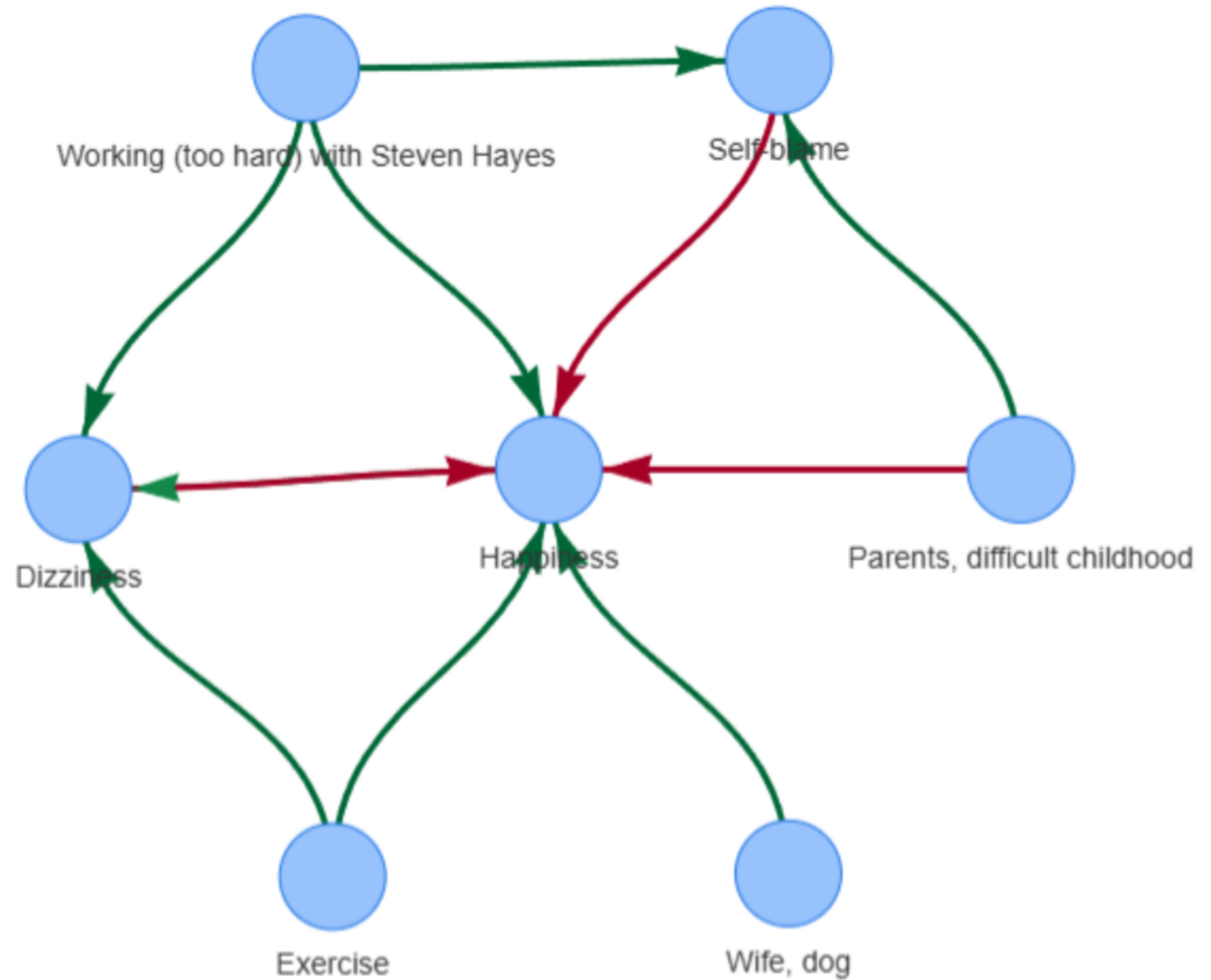


AND NOW MAYBE THE  
MOST IMPORTANT  
QUESTION IS...

# COULD WE HAVE SUSPECTED THIS FROM THE FIRST PLAN?

Can you see any weird  
connections here?

**BOTTOM  
LINE**



- PLAN CAN HELP YOU GET A CLEAR OVERVIEW AND, IF YOU'RE CURIOUS ENOUGH, IT CAN GIVE YOU CLUES OF WHAT'S REALLY GOING ON WITH YOUR CLIENT,

- IT INTEGRATES MULTILEVEL PROCESSES (SOCIO, BIO) WITH THERAPEUTIC/ BEHAVIORAL PROCESSES

AND

- WITH THE HELP OF MINDGRAPHER AND A.I. TOOLS WE WILL BE ABLE TO DISCOVER INDIVIDUAL ANOMALIES LIKE THESE MORE QUICKLY AND SUFFICIENTLY



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- Form small groups of 4-6 people
- One of you is client and brings a problem or goal to the table
- Together you can ask the client questions and create a PLAN together
- Look for connections! Try to see how the problem or goal gets influenced by different processes
- AND: try to watch out for socio-cultural and bio-physiological processes

## EVALUATION



## ***ANY FEEDBACK?***

How did it feel to create and see the network?

Did you discover (new) things?

Would this tool be useful to you and your clients?

Do you understand now what the added value of the EEMM is to the hexagon model?





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**Thank you  
for joining is!**





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