

ACT for ADHD slides

Sunday, July 21, 2013

1:12 PM

ACT for ADHD

Working Mindfully with Behavioral Principles toward Attitude Change

by Ari Shesto, PhD

Commonwealth Psychology
Financial District office
shesto@commpsych.com

Agenda

- ADHD
- attitude
- skills training
- ACT and skills training
- clinical application

ACT for ADHD



Psychological Flexibility Model
permission by Steve Hayes

Case Example

-when it all comes together



Personal Goals



Personal Goals



DSM-IV Definition of ADHD

- pattern of inattention and/or impulsivity
- onset in childhood
- functional impairment
- diagnosis of exclusion

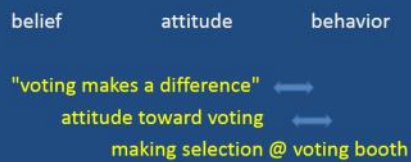
Bad Rap about ADHD



Doing the Right Thing with ADHD

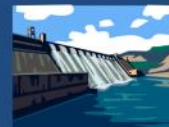
- methodical approach
- clinical observations
- historical context
- rule out "the usual suspects"

Attitude



Attitude

– analogy from sciences: attitude as a "potential energy" that predicts intensity behavior



Attitude Implicit in Therapy

- psychodynamic
- medication
- Hypnosis
- CBT

ACT and Attitude

- foster psychological flexibility
 - open
 - centered
 - engaged

ACT and Attitude

- positive attitude toward greater psychological flexibility
 - belief that change is possible
 - locus of control within a person
 - cost of NOT making a change becomes greater than the status quo

ADHD Treatment Dilemma

- because impulsivity is the core of ADHD
- and, because ADHD is neurologically based
- information does NOT necessarily lead to behavior change
- attitude transformation an essential feature of successful treatment

Case Illustration

attention to the present: definition of a behavioral event



Case Illustration

attention to the present: functional analysis



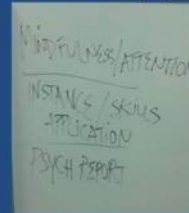
Case Illustration

self-acceptance: ADHD as a neurological disorder



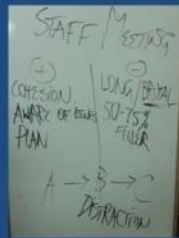
Case Illustration

committed action: modeling organization



Case Illustration

cognitive flexibility: defusion



Case Illustration

self-as-context: emotion recognition & tolerance



ACT Skills Training for ADHD

- attention to the present
 - self monitoring
 - mindfulness
 - cognitive diary

ACT Skills Training for ADHD

- self-acceptance
 - neurological model of ADHD
 - psychological testing
 - strengths & weakness in own profile

ACT Skills Training for ADHD

- cognitive flexibility
 - self-schema
 - automatic thoughts
 - common fallacies and distortions
 - cognitive dissonance

ACT Skills Training for ADHD

- self-as-context
 - CBT model
 - ABC's
 - behavior chain

ACT Skills Training for ADHD

- committed action
 - motivational techniques
 - goal definition
 - behavior plan
 - organizational tools
 - executive functioning skills

ACT Skills Training for ADHD

- personal values
 - definition of change
 - meaning of money, career, religion, relationships, sexual intimacy

Summary

- skills training for ADHD communicates strong, unambiguous and positive attitude toward behavior change
- skills training is effective when such attitude is consistent, implicit and explicit, to counter the "dilemma" of impulsivity
- effective therapy is conducted with the "heart": focusing on alliance, cognition and self-awareness
- some of the CBT skills that apply to ADHD: goal definition, self-monitoring, functional analysis, behavior chain & identification of cognitive precipitants

Summary: ACT for ADHD

*Psychological Flexibility Model
by Steve Hayes*

7/21/2013

Follow-up

shesto@commpsyh.com