



Do you know your ABCs from your RFTs? An Introductory Workshop on Relational Frame Theory

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NUI Galway
OÉ Gaillimh

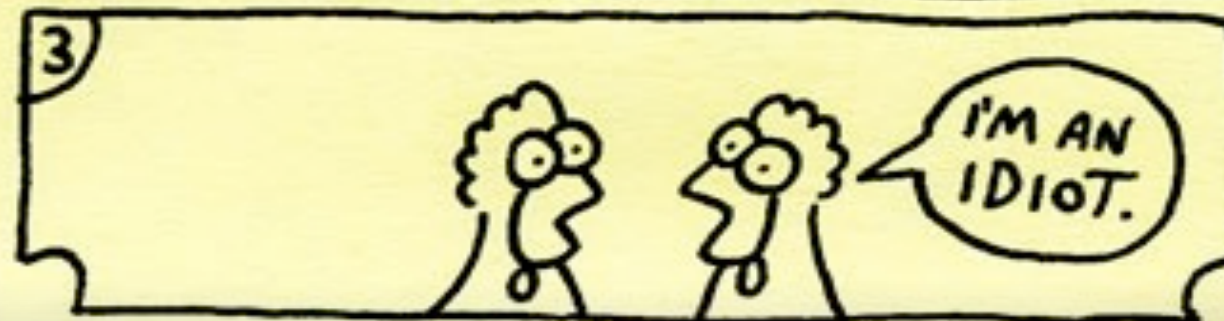
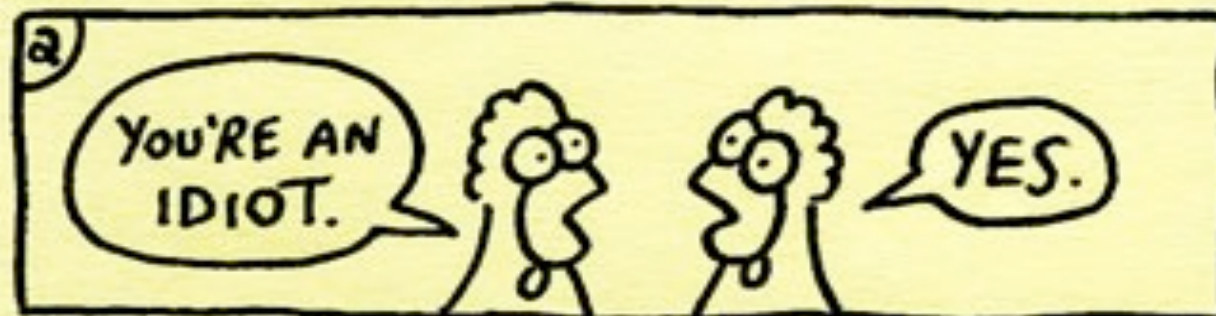
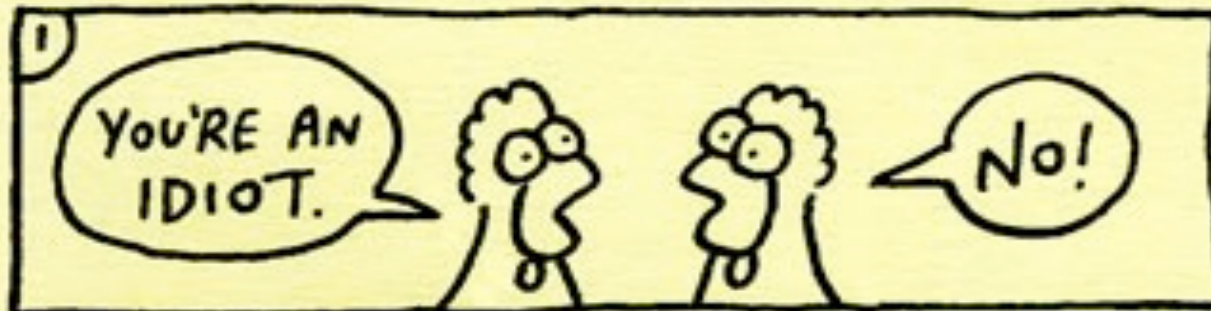
Outline

- * 00:15 – 00:30 Language as behaviour?
- * 00:30 – 00:45 Ex 1 - Language as behaviour
- * 00:45 – 01:15 Languaging as Relational framing
- * 01:15 – 01:45 Exercise 2 - ME, CE and ToF
- * 01:45 – 02:15 Empirical Research
- * 02:15 – 02:30 Exercise 3 - Deictic Frames
- * **02:30 – 02:50 Application**
- * **02:50 – 03:00 Q & A**

Savage Chickens

by Doug Savage

THE 3 STAGES OF SELF-AWARENESS



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Charles Cooley

- ✱ 'Looking Glass Self'

- ✱ We notice how people act towards us and derive what others opinion must be



MUST AVOID INTIMACY

LACK OF CONTACT WITH SOCIAL CONTINGENCIES

**UNWORTHY OF THE
AFFECTION OR TRUST
OF OTHERS**

FEELINGS OF LONELINESS

LONELY SAD INDIVIDUAL

WORTHLESS

BAD

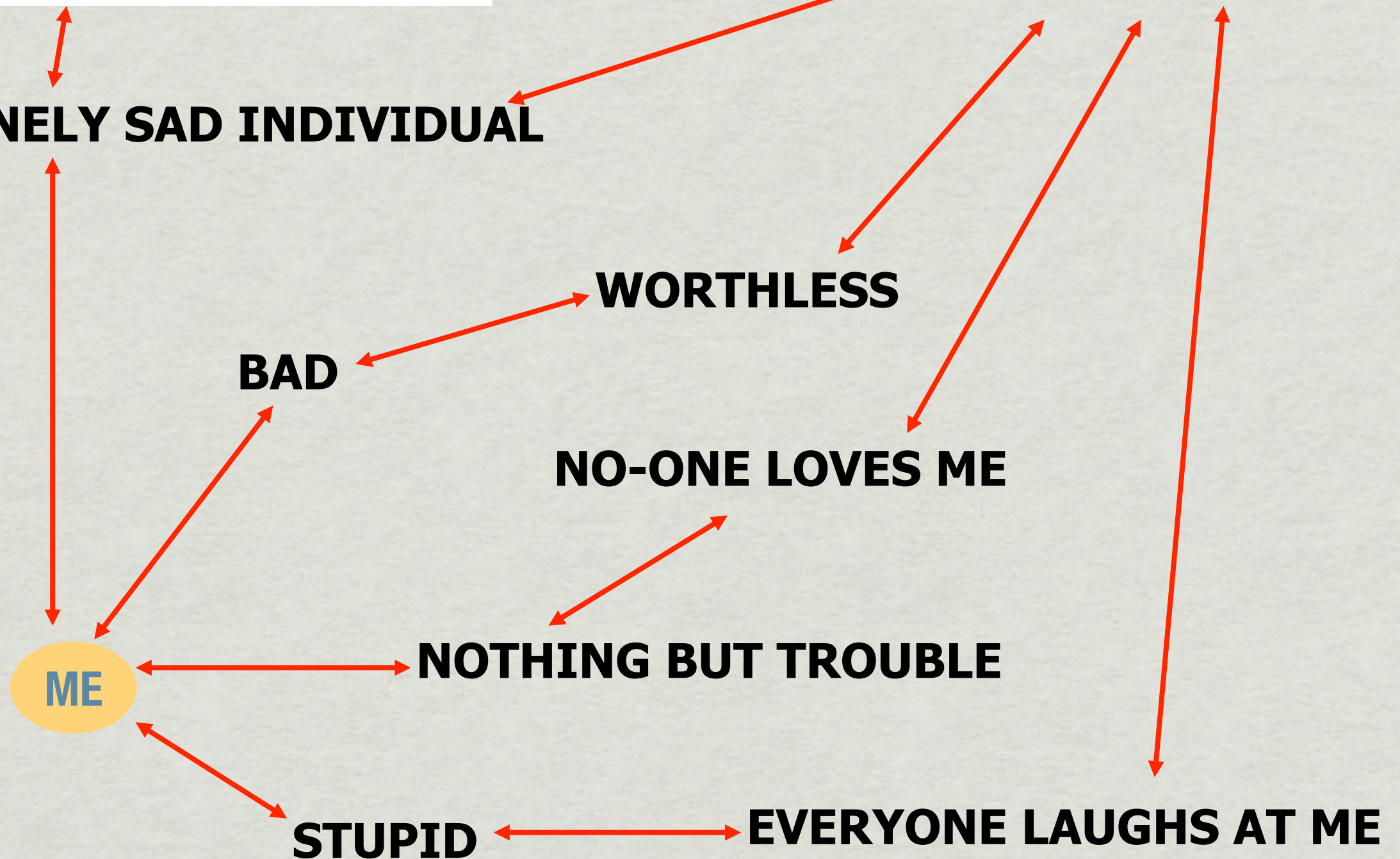
NO-ONE LOVES ME

NOTHING BUT TROUBLE

ME

STUPID

EVERYONE LAUGHS AT ME



Creating meaning

✱ How is a. . . (1...9), (1...9), (1...9)

✱ E.g., 1 (banana), 7 (the cause of), 4 (candle)

1. Banana

2. Race car

3. Kangaroo

4. Foreman

5. Priest

6. Football

7. Hat

8. Computer

9. TV

1. like

2. unlike

3. better than

4. different from

5. worse than

6. the father of

7. the cause of

8. the partner of

9. the opposite of

1. prostitute?

2. war?

3. chair?

4. candle?

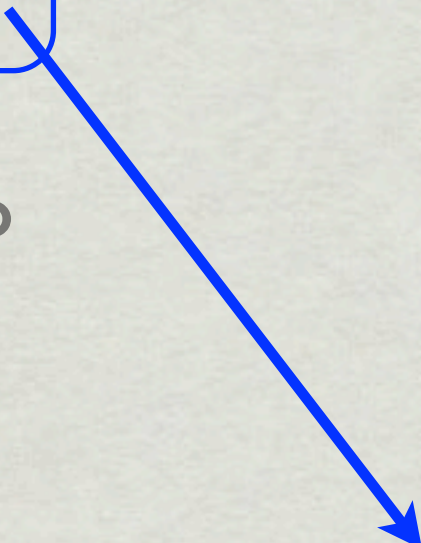
5. house plant?

6. book?

7. mud hole?

8. baby?

9. toilet?



Fusion and Defusion

DEFUSION

SELF AS CONTENT

I HERE NOW NOTICE THAT I AM HAVING
THE THOUGHT THAT I AM WORTHLESS

FUSION

SELF AS
CONTENT

I AM A
WORTHLESS
PERSON

AND

SELF AS
PROCESS

I FEEL SO
WORTHLESS
RIGHT NOW

I HERE NOW AM NOTICING THAT I AM HAVING THE
FEELING THAT I AM WORTHLESS

SELF AS CONTENT

SELF AS PROCESS

**I HERE NOW NOTICE MY THOUGHTS
AND FEELINGS AND WHAT I CAN
SEE, HEAR, TOUCH TASTE AND
SMELL**

**SELF AS CONTENT
I'M NOT GOOD
ENOUGH.
I AM TOO ANXIOUS**

SELF AS CONTEXT

SELF

**COMPASSION
I HERE NOW
NOTICE MY PAIN
AND RESPOND
WITH KINDNESS**

**EMPATHY
I HERE NOW
NOTICE THAT
YOU ARE
FEELING SAD**

**TRANSCENDENT
SELF**

**I HERE NOW AM THE
OBSERVER OF MY
THOUGHTS AND
FEELINGS**

Maintaining Verbal Behaviour

- ✱ Verbal behaviour often maintained by *coherence*, but this is supported by real-world consequences (e.g., how others treat us when we are inconsistent)

To Follow or Not To Follow!

- ✱ Zettle and Hayes (1982):

- ✱ Pliance: reinforcement is provided for following the rule (*doing what you're told*)
- ✱ Tracking: rule following is reinforced because the rule accurately describes the environment (*reliable information*)
- ✱ Augmenting: rule following alters the reinforcing properties of stimuli (*Would you like a coffee?*)

Pliance



**JENNY, PLEASE FEED
YOUR FISH**



**JENNY
FOLLOWS THE
RULE**

**REINFORCEMENT:
SMILING AND EYE
CONTACT**



Tracking



**“DON’T TOUCH THAT.
HOT THINGS HURT!”**

**DOES NOT
FOLLOW THE
RULE**

**CHILD TOUCHES
HOT STOVE -
SCENE
CENSORED!**

**OUCH, MY HAND
HURTS,
MUM WAS RIGHT!**



Pliance or Tracking?

- * Mum: “Close the window, it’s cold out”
- * Child closes the window
- * Pliance: Child closes the window because *doing what mummy says has been reinforced*
- * Tracking: Child closes the window (a) *because mum is a reliable source of information* and (b) *cold is aversive*

Pliance or Tracking?

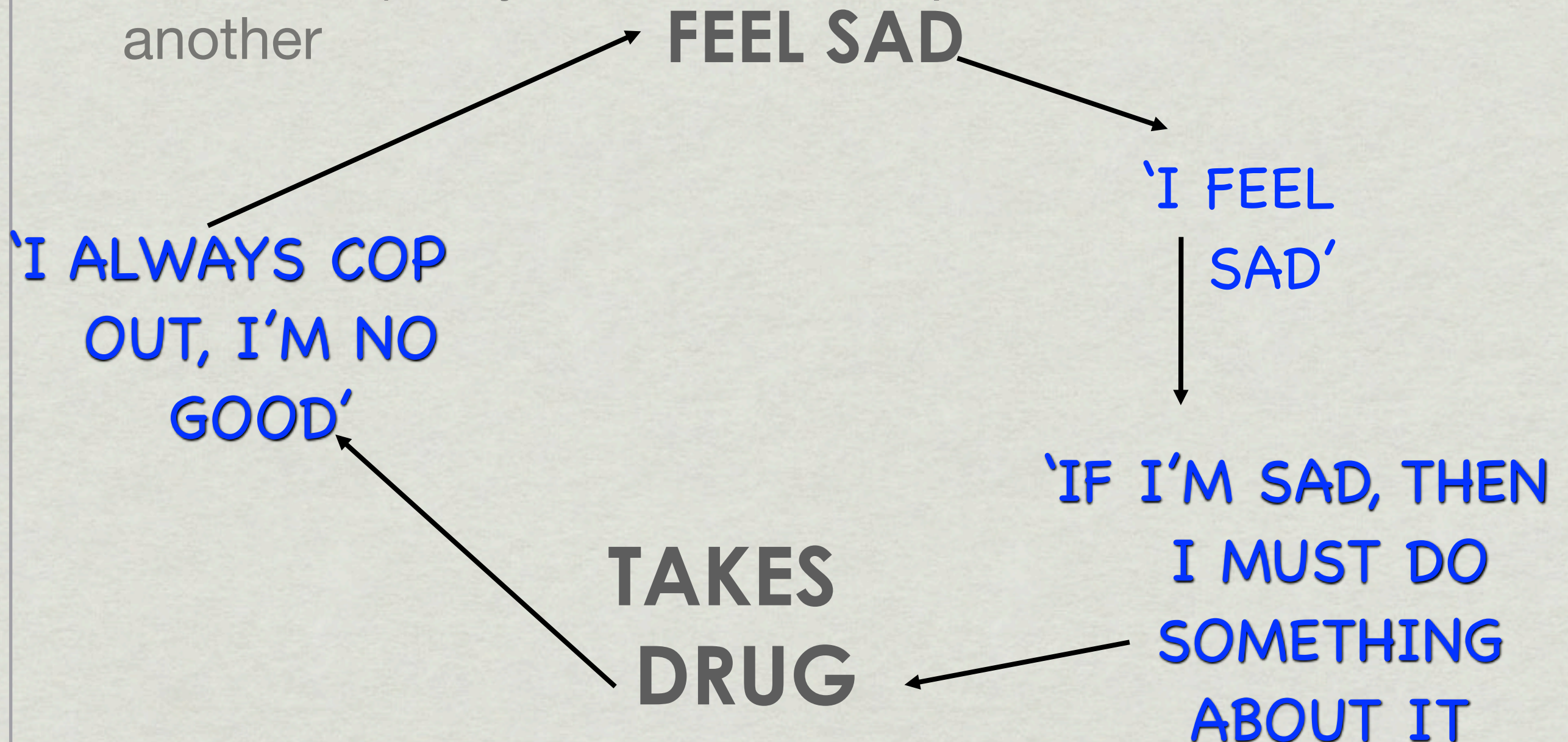
- ✱ *If the child does not close the window:*
- ✱ **Pliance (counterpliance):** Child does not close the window because *doing what mummy says has not been reinforced*
- ✱ **Tracking:** Child does not close the window because *cold is not aversive* (if mum is unreliable, then not tracking)

Rules & Psychopathology

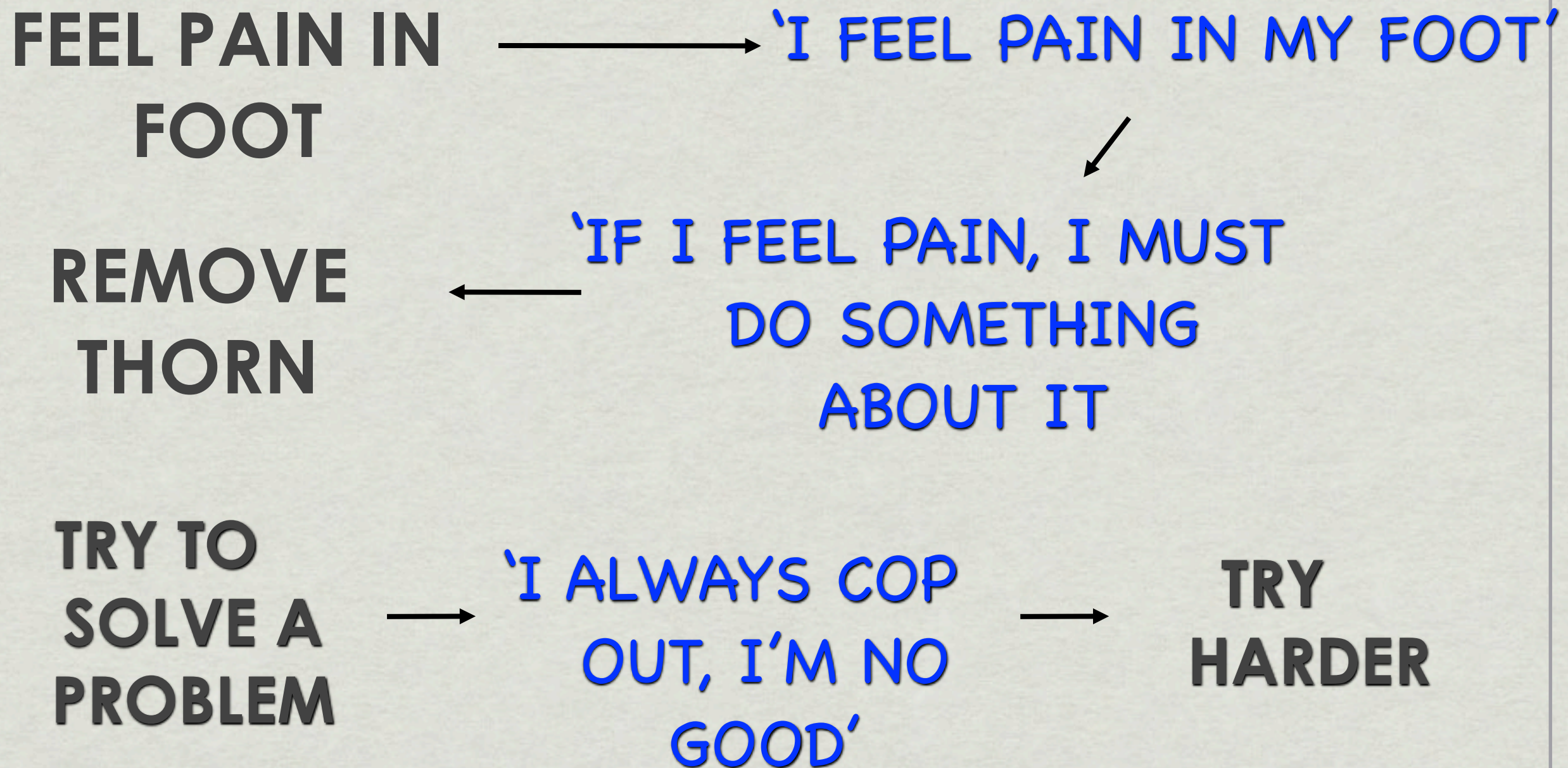
1. Rule governed behaviour is highly common
 2. Rule governed behaviour may be less sensitive to ambiguous environmental contingencies
- ✱ Thus, it is possible for people to respond in accordance with rules that were initially useful even when they become inaccurate and unhelpful

Rule Following

- * Rules that are useful in one situation (and thus reinforced) may lead to maladaptive behaviour in another



Rule Following



Q & A

- * We have covered a lot today
- * Thanks for sticking with me!
- * Any questions?