White Pine Institute

whitepineinstitute.com



An Introduction to

Acceptance & Commitment Therapy

Joel Guarna, PhD

Thanks to…

Members of the

Association for Contextual Behavioral Science (ACBS)

for their "open source" attitude
toward research, presentations, materials, info….

www.contextualpsychology.org

Group/Listserv for workshop participants

www.yahoogroups.com
search for “actme”
Join

What is ACT?

a form of CBT

Third-Wave behavioral therapy

contexual therapy

existential CBT

clinical behavior analysis

Gestalt Therapy

Another Cognitive Therapy

a hodgepodge of ideas stolen from Buddhism

What is ACT?

- Model of psychotherapy
- Behavioral
- Grounded in a behavioral account of human language and cognition (Relational Frame Theory)
- RFT is an alternative to the cognitive model (Beck)

What is ACT?

- Much of human suffering can be traced to just a few underlying psychological processes (linked to how we think and learn, explained by RFT).

- Focused on living well, not reducing symptoms

What is ACT?

- As such, it can be applied broadly, for many different types of human problems.
- It has already been applied quite broadly, with promising success.
- Examples to pique your interest
  (From list of protocols listed on ACBS site.)

What is ACT?

- At-Risk Adolescents
- Agoraphobia
- ACT For Sleep Problems
- ACT Made Simple: Togus One Week Protocol
- ACT Treatment Outlines for Anxiety and Depression
- ACT With Couples
- Acceptance and Commitment Training for Substance Abuse Counselors
- Chronic Pain Treatment Protocol

What is ACT?

- Developmentally Disabled and Psychotic Individuals
- Diabetes Management
- Epilepsy
- Experiential Adolescent Group Program
- General Therapy Manual
- Group Treatment of Depression
- H.E.A.T. (Honorably Experiencing Anger and Threat) Protocol

What is ACT?

- Helping Psychotic Patients Cope with Positive Psychotic Symptoms
- Math Anxiety
- OCD
- Postpartum Depression
- Psychotherapy for methamphetamine dependence
- Severe Substance Abuse Problems
- Skin picking

What is ACT?

- Stigma Toward People With Psychological Disorders
- Trichotillomania
- Weight Maintenance
- Worksite Stigma and Burnout
- Worksite Stress Interventions
- Young Children

Challenge #1

- What to cover?

Me planning a two-day, 12 hour ACT workshop



10:28 AM

Me planning a one-day, 6 hour ACT workshop



10:28 AM

Me after receiving an email from Laura saying that my ACT intro will be 3 hours



10:28 AM

What is ACT?

- Sketch out ground to be covered
- Introduction
- Model of suffering, model of therapy
- Taste of what it is like to apply ACT
- Pique your interest, direct you to more
- Set up Kevin's workshop this afternoon

(It's a lot to cover....)

A lot to cover.
Like taking a sip from a fire hose.



Image that summarizes the experience of participants at my previous 3 hour ACT workshops

Challenge #2

- How to do it?
  - Orderly, logical and linear
    - From foundation, assumptions & philosophy
    - History of ACT, underlying models
    - Supportive research, etc.
  - Skip all that and get right to the “how to.”
    - Numerous problems with this approach.
      - Techniques from protocol
      - Techniques from various trainers
      - Even today, Kevin vs. Myself
      - What is ACT?

Challenge #2

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Challenge #2

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  - Orderly, logical and linear
    - From foundation, assumptions & philosophy
    - History of ACT, underlying models
    - Supportive research, etc.
  - Skip all that and get right to the “how to.”
    - Numerous problems with this approach.
  - Nonlinear path starting with some juicy bits, with plenty of switch-backs, exercises, examples to round out the experience.

Experiential Exercise #1: 8 Questions

Pull out a piece of paper and a pen.

1. How long did it take you to get here today?
2. In just a few words, how would you describe the weather here today?
3. Yes or No. Did you eat lunch last Friday?
4. Thinking back to last Friday, why did you eat lunch?

Experiential Exercise #1: 8 Questions

5. Why are you here today for this training?
6. How many years did you spend as a student preparing for the work you do now?
7. How many years have you been doing clinical work (seeing patients, clients)?
8. Add #6 + #7

Experiential Exercise #1: 8 Questions

4. Thinking back to last Friday, why did you eat lunch?

- Who wrote “because I was hungry”?
- Who remembers *what* you ate?
- Do you have an actual memory of being hungry?
- Then what is that?

Experiential Exercise #1: 8 Questions

4. Thinking back to last Friday, why did you eat lunch? *Reasons are not causes...*

- Why did you start drinking again?
- Why did you cheat on your husband?
- Why did you stop going to work?
- Why did you take that handful of pills?

It matters more in these examples.
I'd argue, it matters even here today.

Experiential Exercise #1: 8 Questions

Our minds are not always working in our best interest. Our natural, normal thinking can and does get in the way of insight and clarity and change.

Every process in the ACT model applies to us as much as to our clients.

Experiential Exercise #1: 8 Questions

Sometimes you need to sit with a question longer, tolerate the uncertainty and discomfort – mindfully – and watch for better clues about what is really going on.

What is ACT?

Oh, this is just like _____

- *Motivational Interviewing*
- *Solution-focused therapy*
- *Buddhism*
- *Byron Katie*
- *Etc.*

What is ACT?

I already do something like this...

We used to call this...

I was just reading Eckhart Tolle....

Instead of categorizing it, see if you can be open to getting it for what it is. (You can always categorize it later.)

10:28 AM

Experiential Exercise #2: Two Mindfulness Exercises

- Small one
- Big one

Experiential Exercise #2: Two Mindfulness Exercises

Kabat-Zinn definition:

paying attention in a particular way:

on purpose, in the present moment, and nonjudgmentally

Experiential Exercise #2: Two Mindfulness Exercises

- Observe your thoughts & reactions with some interest
- Be open. *Skeptical* and open.

Enough already, do the exercise.
(Small one.)

Experiential Exercise #2: Two Mindfulness Exercises

(Big one)

- When you something you hear resonates with you, interests you, excites you. Notice that.
- When you become bored, distracted. Notice that.
- When you are closing down and resisting something, hearing something that rubs you the wrong way. Notice that.

Experiential Exercise #2: Two Mindfulness Exercises

- Consider that there is something you can do about this.
- There is a fair amount of choice in openness.
- Let’s try this right away.

Experiential Exercise #3



_____ + / - / ?

_____ + / - / ?

_____ + / - / ?

_____ + / - / ?

_____ + / - / ?

_____ + / - / ?

_____ + / - / ?



_____ + / - / ?



_____ + / - / ?

1. Jot down the initials/sum of a patient you really like and enjoy.
2. Quickly jot down the initials/sum of several patients you saw over the last couple of days.
3. Jot down the initials/sum of a patient you really don't like, who gets under your skin.
4. Jot down the initials of the patient of yours who is most likely to have a very bad outcome in the near future, meaning really bad like harming someone else, accidentally overdosing, suicide.

PD (like)

ZS
EC
MM
30ish guy with OCD
NH
Young couple, guy drinking
MS

EC (dislike)
SA (bad outcome)

(You won't be sharing this.)

+/-/?

Experiential Exercise #3



PD + / - / ?

ZS + / - / ?

EC + / - / ?

MM + / - / ?

30ish guy, OCD + / - / ?

NH + / - / ?

Couple, guy drinks + / - / ?



EC + / - / ?



SA + / - / ?

PD (like) +

ZS +
EC --
MM +?
30ish guy with OCD ?
NH +
Young couple, guy drinking +
MS ?

EC (dislike) --
SA (bad outcome) ?

Experiential Exercise #3



PD + / - / ?

ZS + / - / ?

EC + / - / ?

MM + / - / ?

30ish guy, OCD + / - / ?

NH + / - / ?

Couple, guy drinks + / - / ?



EC + / - / ?



SA + / - / ?

Experiential Exercise #3

- Look over your list.
- Picture the faces.
- Imagine the real person behind each.
- Ask of each person:
  What do you really want?

Experiential Exercise #3

- Repeat the question....

Why are you here today for this training?

Experiential Exercise #3: Values

Why are you here today for this training?

Anyone willing to share?

Personal challenge:
Can we make today about that?

Will it make the day different if we can do that?

Experiential Exercise #3: Values

Deconstructing the Exercise

Here's something you probably would *not* do in therapy: Let's deconstruct what just happened.

What changed in terms of content?

Look back on questions 5-8.

What happened to cause that change?

Experiential Exercise #1: 8 Questions

5. Why are you here today for this training?
6. How many years did you spend as a student preparing for the work you do now?
7. How many years have you been doing clinical work (seeing patients, clients)?
8. Add #6 + #7

Experiential Exercise #3: Values

Deconstructing the Exercise

There are many metaphors and exercises, forms and techniques for doing Values work in ACT.

However, the process we just went through is really the essence of it. If you can do that, you can do effective Values work.

Experiential Exercise #3: Values

Deconstructing the Exercise

I could have described all this didactically. Can you see or feel why that would have been less effective?

ACT, both in session and in training, usually includes a lot of experiential work.

My conversion experience (not really)

ACT Summer Institute
La Salle University, Philadelphia, 2005

Creating a Psychology More Adequate to the Challenges of the Human Condition

ACT in Action

Typically, you do not ‘teach’ ACT.

1. Give clients an experience of the ACT processes.
2. In session, you model the ACT processes.

What is ACT?

a form of CBT

Third-Wave behavioral therapy

contexual therapy

existential CBT

clinical behavior analysis

Gestalt Therapy

Another Cognitive Therapy

a hodgepodge of ideas stolen from Buddhism

What is ACT?

Mindfulness-Based Therapy

“BF Skinner meets Carl Rogers”

Behavioral Activation +
Motivational Interviewing +
Mindfulness

What is ACT?

ACT provides a model of suffering.

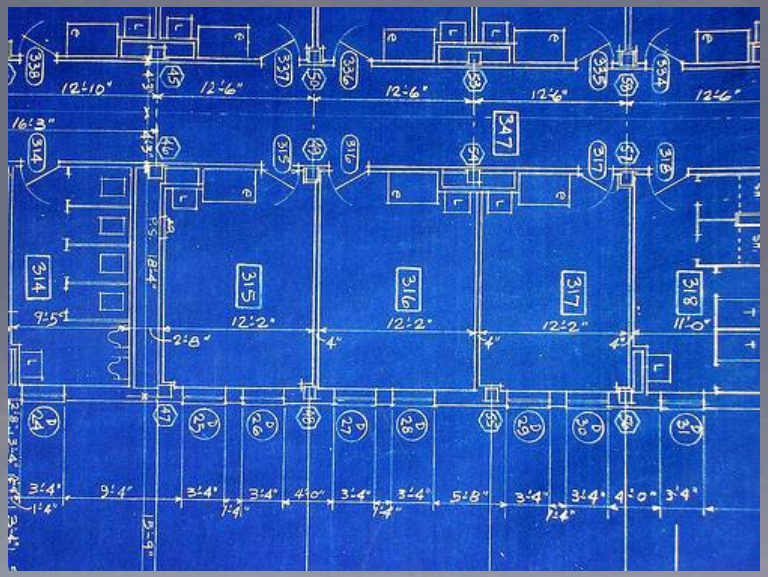
ACT is a model of how one might respond to suffering more effectively.

ACT is a model of therapy

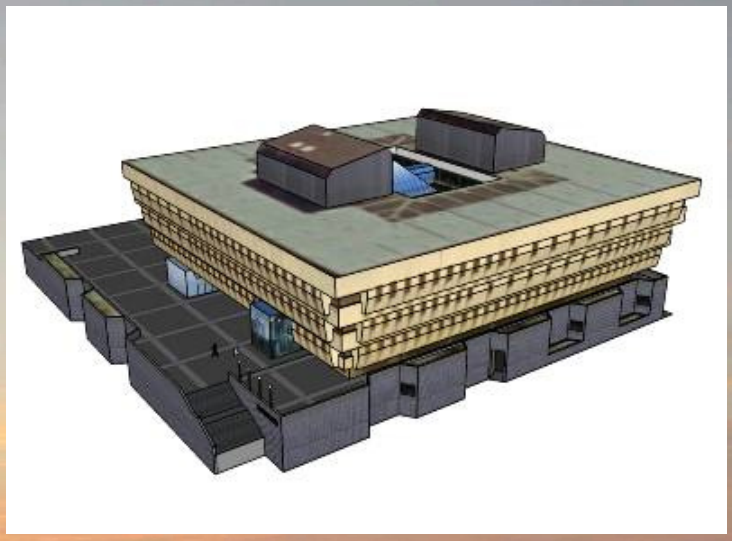
ACT is about living a rich, full life with less struggle

What is ACT?

But really is a model?


314
315
316
317
318
347
12'-10"
12'-6"
12'-6"
12'-6"
12'-6"
16'-3"
9'-5"
12'-2"
12'-2"
12'-2"
11'-0"
2'-8"
4"
4"
3'-4"
9'-1"
3'-4"
3'-4"
4'-0"
3'-4"
3'-4"
5'-8"
3'-4"
3'-4"
4'-0"
3'-4"

Vs.



Models

Examples:
Psychodynamic Model
Medical Model
Disease Model
Cognitive Model

Drawing your attention to certain aspects,
relatively neglecting others.

The ACT Model

What is the ACT model all about?

Psychological Flexibility
(Behavioral Flexibility)

The ACT Model

Psychological Flexibility

Examples where of where it ain’t:

- Panic attacks
- Alcohol or drug use
- Compulsive behaviors
- OCD
- PTSD
- Depression

The ACT Model

Psychological Flexibility

- Behavioral inflexibility is not inherently bad.
- Consider emotions. What are they *for*?
- Temporary narrowing of repertoire ≠ "bad." This not about pathologizing more processes.
- Consider one evolutionary example....

Search for food
Smell something
Scratch himself
Explore
Look around
Search for a mate
Scan for danger
Run around
Wiggle his tail
Grooming
Run and hide
Freeze





Search for food
Smell something
Scratch himself
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Scan for danger
Run around
Wiggle his tail
Grooming
Run and hide
Freeze





Search for food
Smell something
Scratch himself
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Run around
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Grooming
Run and hide
Freeze







Fight-Flight
(or Freeze)
Response

Run and hide
Freeze







Fight-Flight
(or Freeze)
Response



Run and hide
Freeze



Search for food
Smell something
Scratch himself
Explore
Look around
Search for a mate
Scan for danger
Run around
Wiggle his tail
Grooming
Run and hide
Freeze

Even with high sensitivity and many false alarms, the system “works.”





What is true for the field mouse remains true for us.

We have infinitely more ways to trigger behavioral inflexibility, given the ways in which our minds, using language, can “create” scenarios (including remembered pasts and imagined futures) in the present.

Run and hide
Freeze





A (relatively) benign example

The Lemon &
The Glass

Less benign examples

What if we replace the lemon?

- Images and memories of a rape
- Harsh judgments about one's self
- Certainties about one's future
- An imagined future with all its problems
- Stories about past mistakes and "what ifs?"

SPECIAL FRIED DISHES

		Plain	w. Fried Rice or French Fries	w. Pork or Chicken Fried Rice	w. Beef or Shrimp Fried Rice
S 1.	Fried 1/2 Chicken	3.95	4.95	5.45	6.25
S 2.	Fried Chicken Wings (4)	3.25	4.25	4.95	6.25
S 3.	Fried Fish (3)	4.25	5.15	5.95	6.50
S 4.	Fried Jumbo Shrimp (5)	5.95	6.75	7.25	7.95
S 5.	Fried Spare Ribs Tips	3.95	4.95	5.45	6.25
S 6.	Fried Chicken Tender (5)	3.95	4.95	5.45	6.25
S 7.	Buffalo Wings (8)	3.95	4.95	5.45	6.25

Appetizers

		Sm	Lg
1.	Spring Roll		1.35
2.	Shrimp Egg Roll		1.30
3.	Pork Egg Roll		1.25
4.	BBQ Spare Ribs	6.95	11.95
5.	BBQ Boneless Ribs	6.95	11.95
6.	Roast Pork	6.95	11.95
7.	Roast Pork or Veg. Dumplings (8)		5.15
8.	Fried Wontons (10)		3.25
9.	Fried Crab Rangoon (6)		4.50
10.	Shrimp Toast (4)		2.95
11.	French Fries	1.50	2.95
12.	Pu Pu Platter		9.95
13.	Cold Noodles w. Sesame Sauce		4.25
14.	Chicken Stick		4.95
15.	Fried Calamari		6.25

Soup

		Sm	Lg
16.	Wonton Soup	1.50	2.95
17.	Egg Drop Soup	1.50	2.95
18.	Chicken Noodle Soup	1.50	2.95
19.	Chicken Rice Soup	1.50	2.95
20.	Wonton Egg Drop Soup	1.95	3.95
21.	Bean Curd Veg. Soup	1.95	3.95
22.	Hot & Sour Soup	1.95	3.95
23.	Chicken or Pork Yat Gaw Mein		4.95
24.	Shrimp or Beef Yat Gaw Mein		5.15
25.	Chicken & Corn Soup	2.25	3.95
26.	Seafood Soup		6.95
27.	Udon Noodle Soup w. Beef or Chicken or Shrimp		6.50
28.	Udon Noodle Soup w. Duck Breast		6.95
29.	House Special Soup		5.15

Fried Rice

		Sm	Lg
30.	Plain Fried Rice	1.95	3.95
31.	Pineapple Fried Rice	3.50	6.95
32.	Roast Pork or Chicken Fried Rice	3.50	6.95
33.	Beef or Shrimp Fried Rice	4.25	7.95
34.	Lobster Meat Fried Rice	6.95	11.95
35.	House Special Fried Rice	4.75	8.75
36.	Vegetable Fried Rice	3.50	6.95

Lo Mein (Soft Noodles)

		Sm	Lg
37.	Plain Lo Mein	3.50	6.95
38.	Chicken or Pork Lo Mein	4.95	8.50
39.	Beef or Shrimp Lo Mein	5.25	9.95
40.	Lobster Meat Lo Mein	6.95	11.95
41.	Vegetable Lo Mein	3.75	7.25
42.	House Special Lo Mein	5.50	9.95

Chow Mein

(Served w. Crispy Noodles & White Rice)

		Sm	Lg
43.	Chicken or Pork Chow Mein	4.95	8.95
44.	Shrimp or Beef Chow Mein	5.25	9.95
45.	Lobster Meat Chow Mein	6.95	11.95
46.	Vegetable Chow Mein	4.95	8.95
47.	House Special Chow Mein	5.50	9.95

Chop Suey

(Served w. White Rice)

		Sm	Lg
48.	Chicken or Pork Chop Suey	4.95	8.95
49.	Shrimp or Beef Chop Suey	5.25	9.95
50.	Lobster Meat Chop Suey	6.95	11.95
51.	Vegetable Chop Suey	4.95	8.95
52.	House Special Chop Suey	5.50	9.95

Curry Dishes

(Served w. White Rice)

		Sm	Lg
53.	Curry Chicken or Pork w. Onions	5.95	9.95
54.	Curry Shrimp or Beef w. Onions	6.75	11.25

Egg Foo Young (Served w. White Rice)

55.	Chicken or Pork Egg Foo Young	6.25
56.	Beef or Shrimp Egg Foo Young	6.95
57.	Vegetable Egg Foo Young	6.25

Chow Fun or Mai Fun

58.	Chicken Chow Fun or Mai Fun	7.50
59.	Pork Chow Fun or Mai Fun	7.50
60.	Beef Chow Fun or Mai Fun	7.95
61.	Shrimp Chow Fun or Mai Fun	7.95
62.	Seafood Chow Fun or Mai Fun	10.75
63.	Vegetable Chow Fun or Mai Fun	6.95
64.	House Special Chow Fun or Mai Fun	8.95
65.	Sauteed Udon Noodle w. Chicken or Pork	8.95
66.	Sauteed Udon Noodle w. Beef or Shrimp	9.95
67.	Singapore Chow Fun or Mai Fun	7.95

Chicken (Served w. White Rice)

		Sm	Lg
68.	Chicken w. Broccoli	5.95	9.95
69.	Chicken w. Chinese Vegetables	5.95	9.95
70.	Chicken w. String Beans	5.95	9.95
71.	Chicken w. Asparagus	5.95	9.95
72.	Chicken w. Snow Peas	5.95	9.95
73.	Moo Goo Gai Pan	5.95	9.95
74.	Chicken w. Cashew Nuts	5.95	9.95
75.	Kung Po Chicken	5.95	9.95
76.	Chicken w. Broccoli in Garlic Sauce		9.95
77.	Chicken w. Eggplant in Garlic Sauce		9.95
78.	Szechuan Style Shredded Chicken		9.95

Pork (Served w. White Rice)

		Sm	Lg
79.	Pork w. Broccoli	5.35	9.25
80.	Pork w. Chinese Vegetables	5.35	9.25
81.	Pork w. String Beans	5.35	9.25
82.	Shredded Pork in Garlic Sauce	5.35	9.25
83.	Hunan Style Pork w. Eggplant	5.35	9.25

Beef (Served w. White Rice)

		Sm	Lg
84.	Beef w. Broccoli	5.95	9.95
85.	Pepper Steak w. Onions	5.95	9.95
86.	Beef w. Peppers and Tomatoes	5.95	9.95
87.	Beef w. Chinese Vegetables	5.95	9.95
88.	Beef w. Snow Peas	5.95	9.95
89.	Beef w. String Beans	5.95	9.95
90.	Beef w. Mixed Vegetables	5.95	9.95
91.	Beef w. Broccoli in Garlic Sauce		9.95
92.	Beef w. Eggplant in Garlic Sauce		9.95
93.	Szechuan Style Shredded Beef		9.95
94.	Hunan Style Shredded Beef		9.95

Seafood (Served w. White Rice)

		Sm	Lg
95.	Shrimp w. Broccoli	6.75	11.25
96.	Shrimp w. Lobster Sauce	6.75	11.25
97.	Shrimp w. Chinese Vegetables	6.75	11.25
98.	Shrimp w. Snow Peas	6.75	11.25
99.	Shrimp w. Asparagus	6.75	11.25
100.	Shrimp w. Cashew Nuts	6.75	11.25
101.	Shrimp w. String Beans	6.75	11.25
102.	Shrimp & Chicken Combo		11.25
103.	Kung Po Shrimp	6.75	11.25
104.	Shrimp w. Broccoli in Garlic Sauce	6.75	11.25

Lunch Special

Monday - Friday 11:30 AM - 4:00 PM

All Served w. Roast Pork Fried Rice or Brown Rice

After 4:00pm Extra 75¢

$5.95

L 1.	Chicken or Beef w. Asparagus
L 2.	Chicken or Beef w. Spinach
L 3.	Chicken or Beef w. String Bean
L 4.	Chicken or Beef w. Eggplant
L 5.	Chicken or Beef w. Snow Peas
L 6.	Chicken or Beef w. Baby Bok Choy
L 7.	Moo Goo Gai Pan
L 8.	Sesame Chicken or Beef
L 9.	Orange Chicken or Beef
L10.	Szechuan Chicken or Beef
L11.	Teriyaki Chicken
L12.	Sweet & Sour Chicken or Pork
L13.	Chicken or Roast Pork w. Broccoli
L14.	Chicken or Roast Pork Chow Mein
L15.	Chicken or Roast Pork Lo Mein
L16.	Chicken or Roast Pork Egg Foo Young
L17.	Boneless Spare Ribs
L18.	Chicken w. Garlic Sauce
L19.	Curry Chicken or Beef
L20.	General Tso's Chicken
L21.	Pepper Steak w. Onions
L22.	Beef or Shrimp w. Broccoli
L23.	Shrimp w. Lobster Sauce
L24.	Shrimp w. Cashew Nuts
L25.	Broccoli w. Tofu (Steamed or w. Brown sauce)
L26.	Mixed Vegetables
L27.	Squid w. Black Bean Sauce
L28.	Broccoli w. Garlic Sauce
L29.	Shredded Pork or Beef w. Garlic Sauce
L30.	Shrimp w. Garlic Sauce

Sweet & Sour (Served w. White Rice)

105.	Sweet & Sour Chicken or Pork	5.25	8.95
106.	Sweet & Sour Shrimp	5.95	10.25

Mu Shu

(Served w. White Rice & 5 Pancakes)

107.	Mu Shu Vegetable	7.25
108.	Mu Shu Chicken or Pork	8.95
109.	Mu Shu Beef or Shrimp	9.25
110.	Mu Shu Duck	9.75

Vegetables (Served w. White Rice)

111.	Sauteed Asparagus	7.95
112.	Sauteed Spinach	7.95
113.	Sauteed Baby Bok Choy	7.95
114.	Sauteed Broccoli w. Brown Sauce	7.95
115.	Mixed Vegetables	7.95
116.	Broccoli in Garlic Sauce	7.95
117.	String Beans in Garlic Sauce	7.95
118.	Eggplant in Garlic Sauce	7.95
119.	Szechuan Style Bean Curd	7.95

Special Health & Diet

(Prepared with no oil, corn starch, salt, sugar, or MSG)

(Served w. Steamed Rice)

D1.	Chicken w. Broccoli	7.95
D2.	Chicken w. Mixed Vegetables	7.95
D3.	Chicken w. Snow Peas	7.95
D4.	Shrimp w. Broccoli	8.95
D5.	Shrimp w. Mixed Vegetables	8.95
D6.	Shrimp w. Snow Peas	8.95
D7.	Mixed Vegetables	6.95
D8.	Steamed Asparagus or Spinach	6.95
D9.	Steamed Baby Bok Choy	6.95

CHEF'S SPECIAL

(Served w. White Rice)

S 1.	Happy Family	11.95
S 2.	Beef w. Scallops	11.95
S 3.	Seafood Combination	13.95
S 4.	Butterfly Shrimp w. Bacon	11.95
S 5.	Subgum Wonton	11.95
S 6.	Chicken w. Lemon or Pineapple	11.95
S 7.	Sesame Chicken or Beef	10.95
S 8.	General Tso's Chicken or Beef	10.95
S 9.	Orange Chicken or Beef	10.95
S10.	General Tso's Tofu	8.95
S11.	Hunan Triple	10.95
S12.	Shrimp w. Scallops in Garlic Sauce	10.95
S13.	Crispy Duck Breast w. Mixed Vegs	11.95
S14.	Sauteed Salmon w. Teriyaki Sauce	11.95
S15.	Lobster w. Ginger Scallion	S.P.
S16.	Squid w. Asparagus	10.95

Combination Plates

(Served w. Pork Fried Rice & Egg Roll)

C 1.	Chicken or Pork Chow Mein	6.95
C 2.	Shrimp or Beef Chow Mein	7.50
C 3.	Roast Pork or Chicken Egg Foo Young	6.95
C 4.	Roast Pork w. Chinese Vegetables	6.95
C 5.	Pepper Steak w. Onions	7.50
C 6.	Shrimp w. Lobster Sauce	7.95
C 7.	Moo Goo Gai Pan	7.50
C 8.	Chicken or Beef w. String Bean	7.95
C 9.	Chicken or Beef w. Asparagus	7.95
C10.	Chicken or Beef w. Black Bean Sauce	7.95
C11.	Sweet & Sour Chicken or Pork	7.35
C12.	Chicken or Shrimp w. Cashew Nuts	7.95
C13.	Chicken or Pork w. Broccoli	7.50
C14.	Beef or Shrimp w. Broccoli	7.95
C15.	Chicken or Pork Lo Mein	7.50
C16.	Beef or Shrimp Lo Mein	7.95
C17.	Mixed Vegetables	6.50
C18.	BBQ Boneless Ribs	8.35
C19.	BBQ Spare Ribs	8.35
C20.	Kung Po Chicken or Shrimp	7.50
C21.	General Tso's or Orange Chicken	7.95
C22.	Sesame Chicken or Beef	7.95
C23.	Beef or Shrimp w. Garlic Sauce	7.95
C24.	Hunan Style Chicken or Beef	7.95
C25.	General Tso's Tofu	6.95
C26.	Szechuan Chicken or Beef	7.95
C27.	Curry Squid w. Onions	7.50

Side Orders

Brown Rice	(Sm.) 1.35 (Lg.) 2.55
White Rice	(Sm.) 1.15 (Lg.) 2.20
Fortune Cookies (5)	0.50
Fried Noodles	0.50

Food Allergies?

If you have a food allergy, please speak to the owner, manager, chef, and or your server.

MENU

BREAKFAST	$1.99
LUNCH	2.49
DINNER	3.49

MENU

AVOID

ESCAPE

SLEEP

MENU

DRINK

TAKE PILLS

MENU

KILL
MYSELF

Folk Wisdom: So close…

Serenity Prayer

(Reinhold Neibuhr?)

God grant me the
serenity to accept the
things I cannot change,
courage to change
the things I can,
and wisdom to know
the difference.

…yet so hard to do.

Folk Wisdom: So close…

Serenity Prayer

The essence of ACT work can be understood as how to do (*live*) the Serenity Prayer…with some particular ideas about what is likely to be change-able vs. what is not…and how to do the changing and accepting.

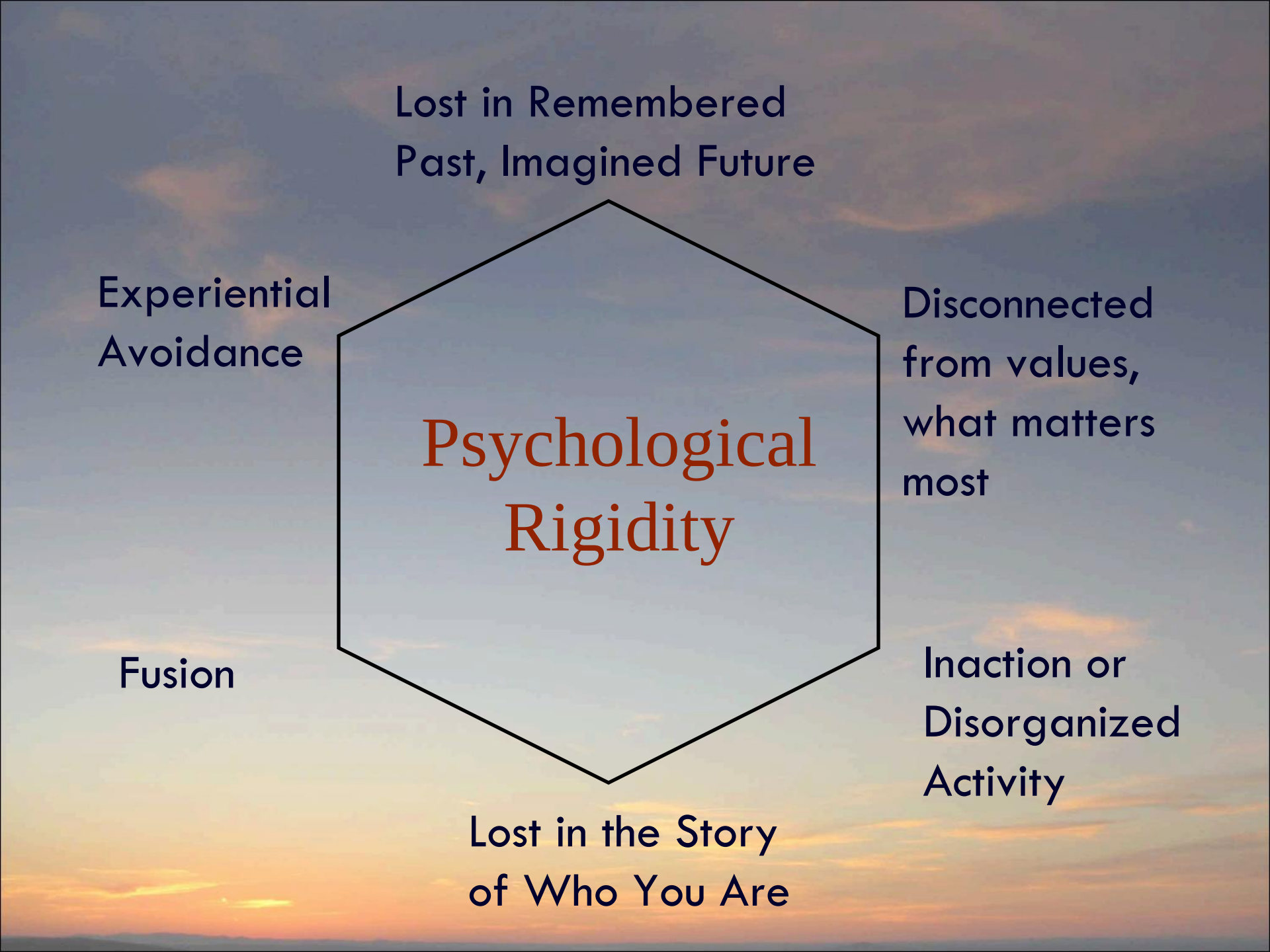
…yet so hard to do.

Folk Wisdom: So close yet…

Why is it so hard to *live* the Serenity Prayer?

Why is peace of mind so elusive?

Normal mind processes, based in language, make some amount of struggle inevitable…and a tremendous of struggle possible.


Lost in Remembered Past, Imagined Future
Experiential Avoidance
Disconnected from values, what matters most
Psychological Rigidity
Fusion
Inaction or Disorganized Activity
Lost in the Story of Who You Are

A few interesting implications about these so-called normal processes….

Our clients are stuck, not broken or sick.

The processes that get them stuck are normal, expected “side effects” of language.

You have these processes too. If you haven’t been entangled in them yet (unlikely), you probably will be at some point.

Even knowing this, you will hand them to your children and your grandchildren.

The Targets of ACT

- Ineffective change agenda
- Experiential avoidance
- Inability to differentiate self and behavior from private events
- Inability to make and keep a commitment to actions consistent with valued life directions

How is ACT different?

Question: But if normal language and cognitive processes are part of the problem, how do you use "talk therapy" (more language and cognition) to help?

The Short Answer: Very carefully!

- *Talking, yes, but differently.*
- *Deliberate and skillful use of a range of experiential techniques.*

One more time:
What is ACT?

ACT Said Simply:

ACT uses acceptance and mindfulness processes, and commitment and behavior change processes, to produce greater psychological flexibility.

One more time:
What is ACT?

ACT Said Even More Simply:

- Show Up
- Let Go
- Get Moving

One more time:
What is ACT?

Summarized in one sentence:

Living a rich, full life
with less struggle.

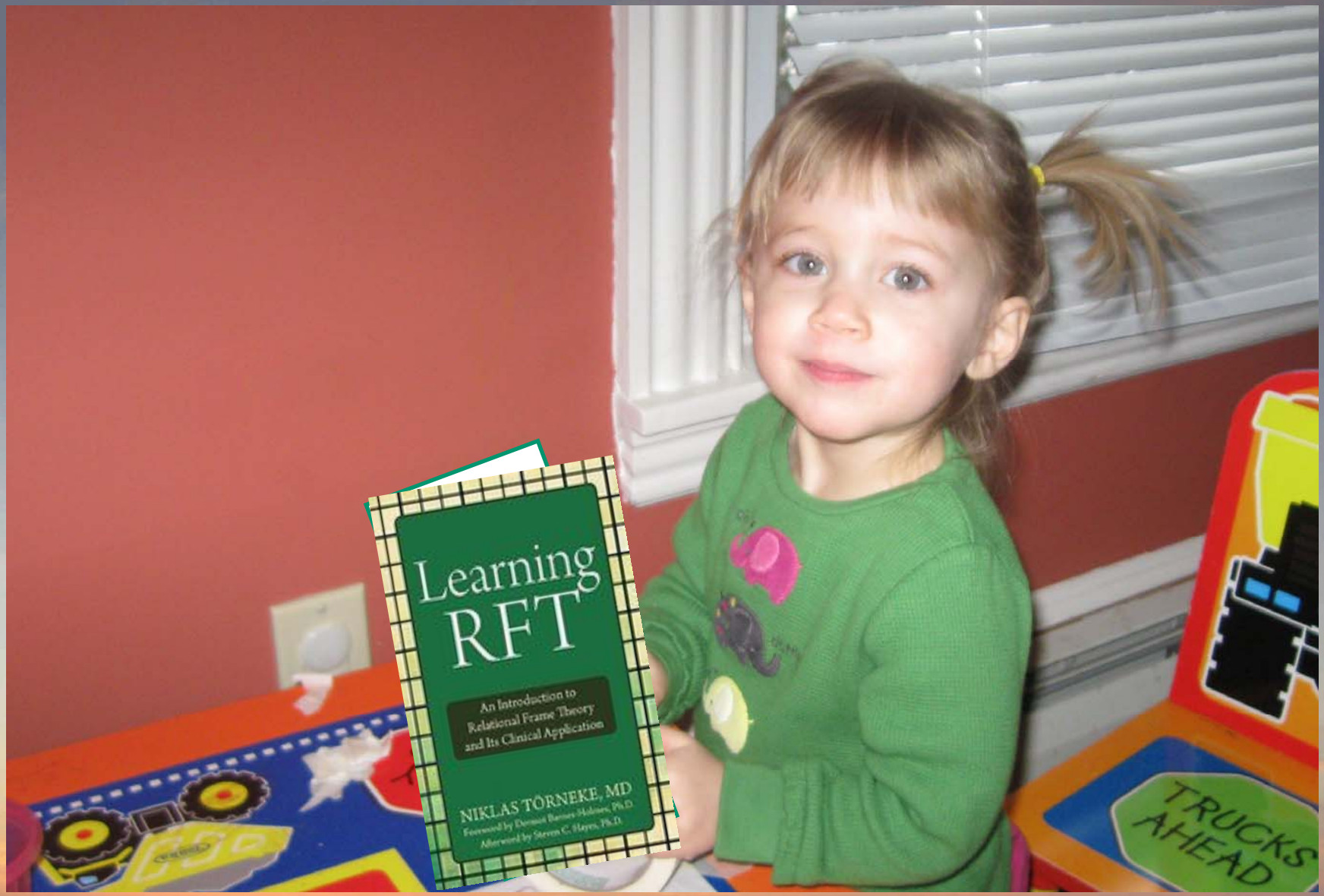
What is ACT?

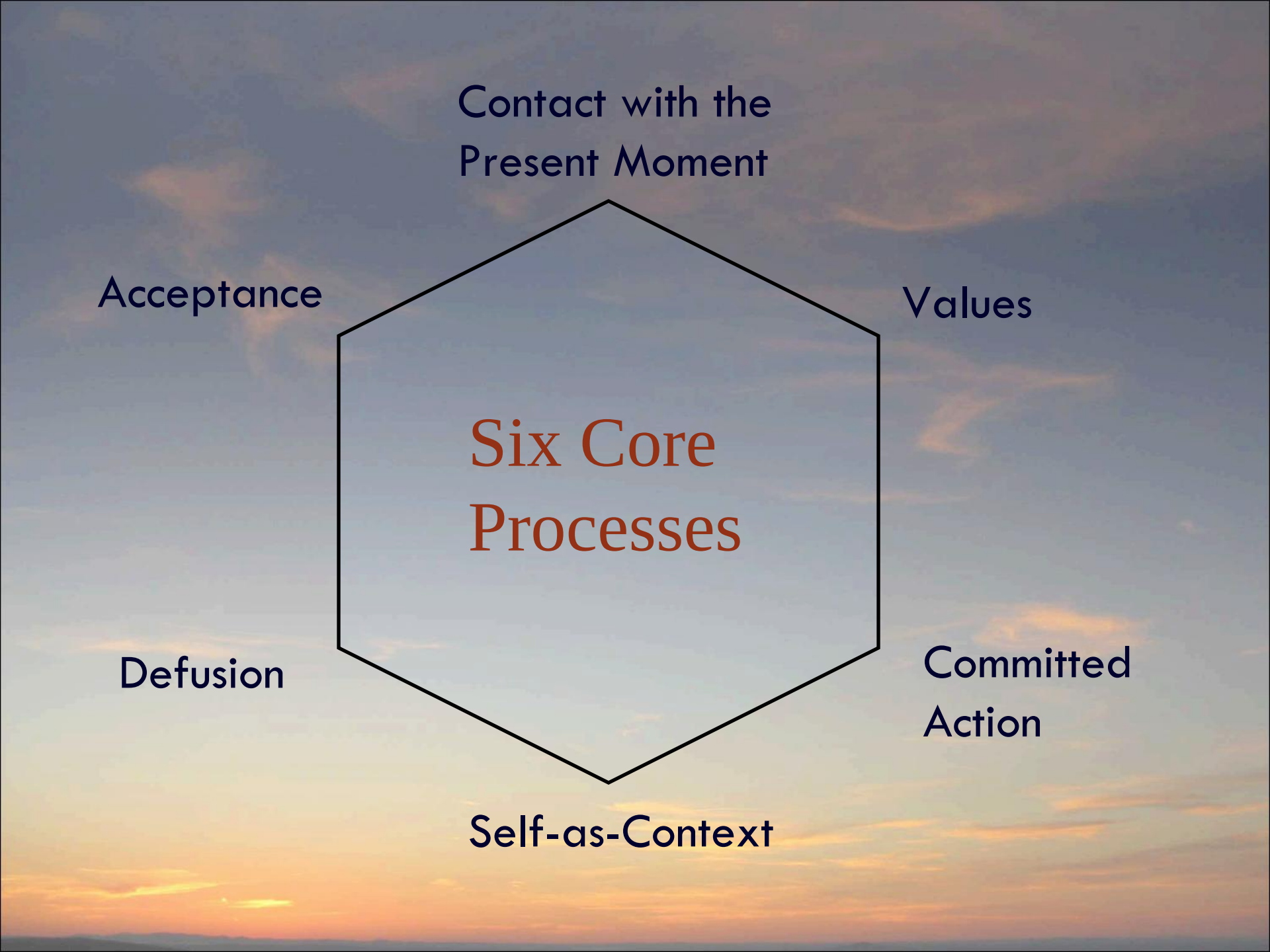


Acceptance & Commitment Therapy (ACT)

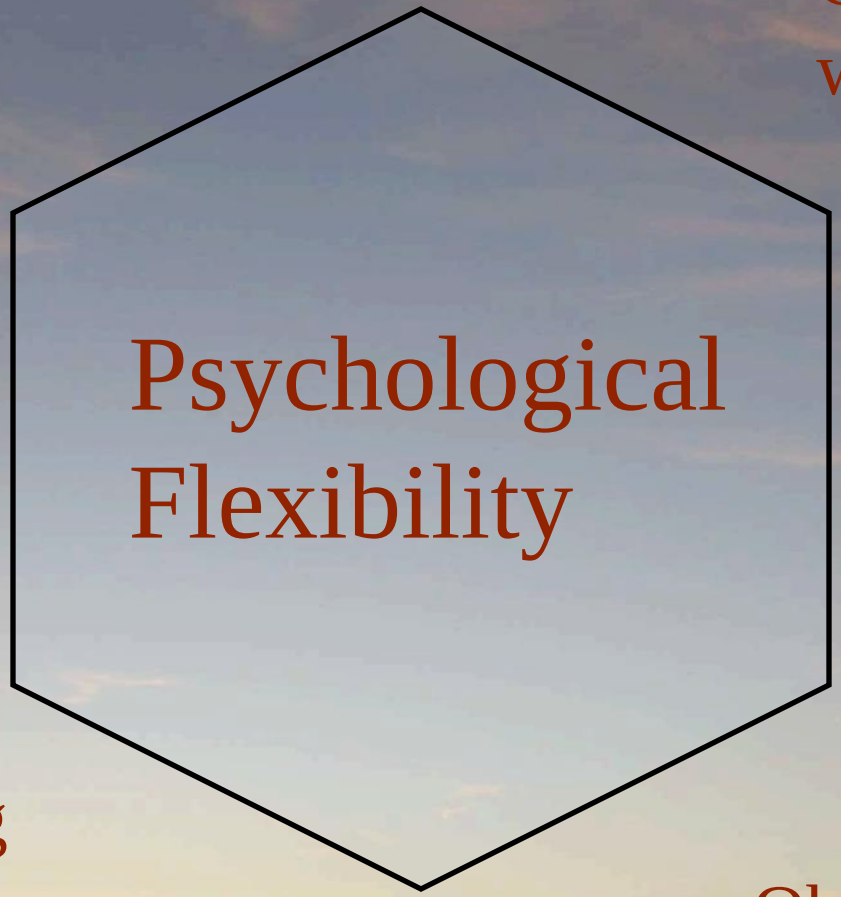
Relational Frame Theory (RFT)

Behavioral Learning Theory


Learning
RFT
An Introduction to
Relational Frame Theory
and Its Clinical Application
NIKLAS TÖRNEKE, MD
TRUCKS
AHEAD


Contact with the Present Moment
Acceptance
Values
Six Core Processes
Defusion
Committed Action
Self-as-Context


Contact with the Present Moment
Acceptance
Values
Psychological Flexibility
Defusion
Committed Action
Self-as-Context



Remaining tethered to here-now

Contact with the Present Moment

Clarifying & Connecting with what matters

Values

Acceptance

Opening, Becoming willing to have

Persisting & Resisting

Committed Action

Defusion

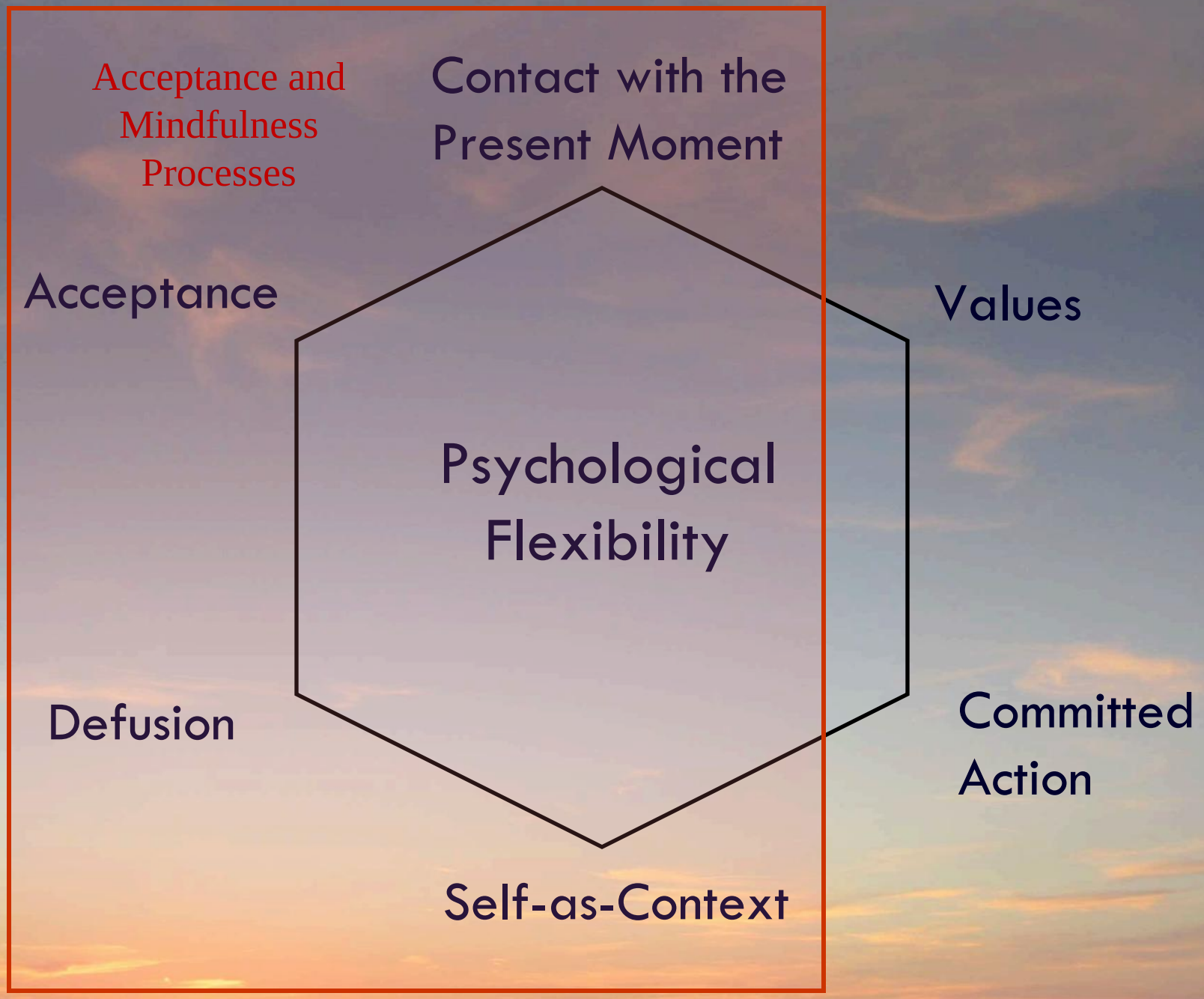
Distinguishing private events as what they are

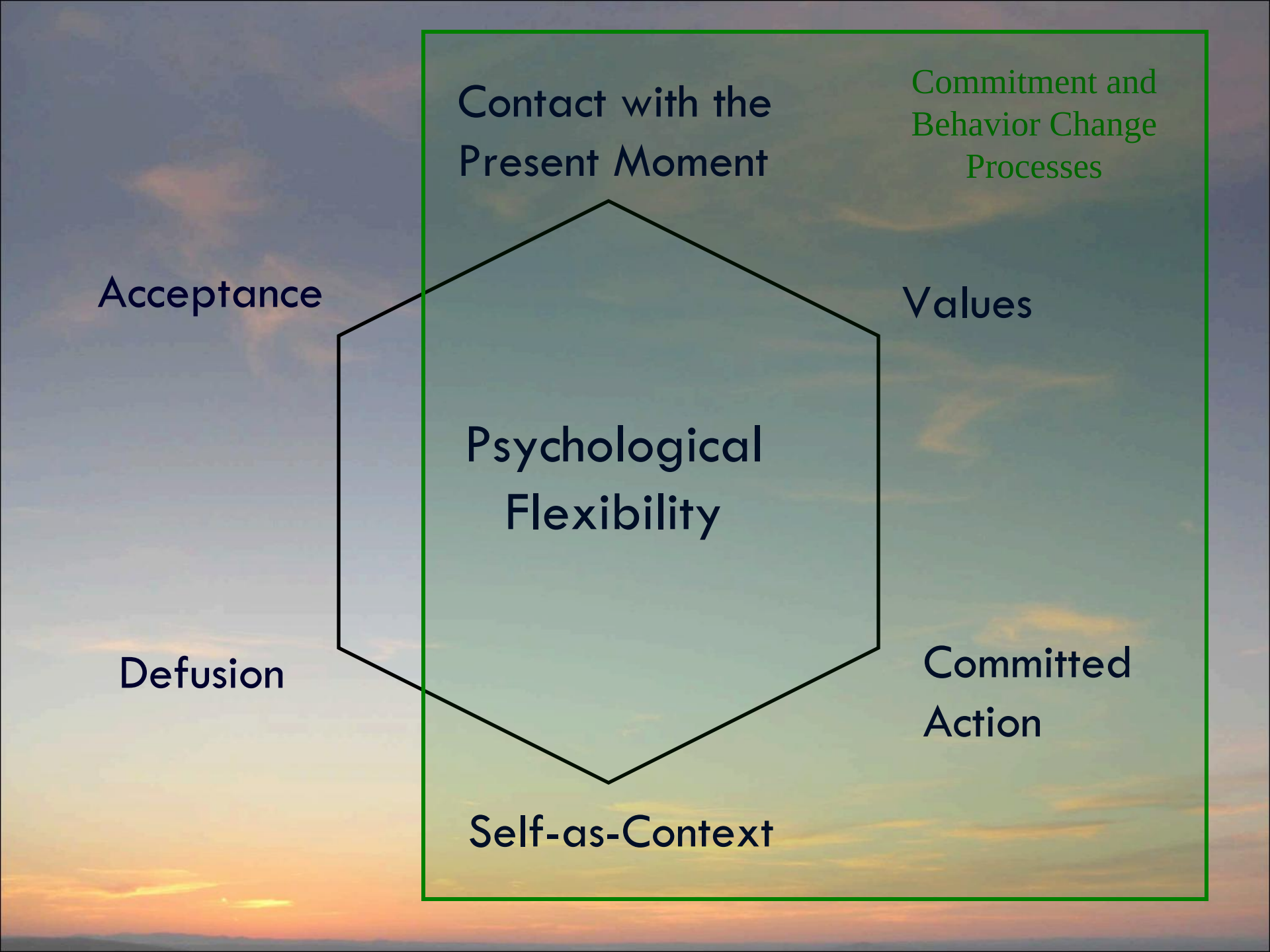
Self-as-Context

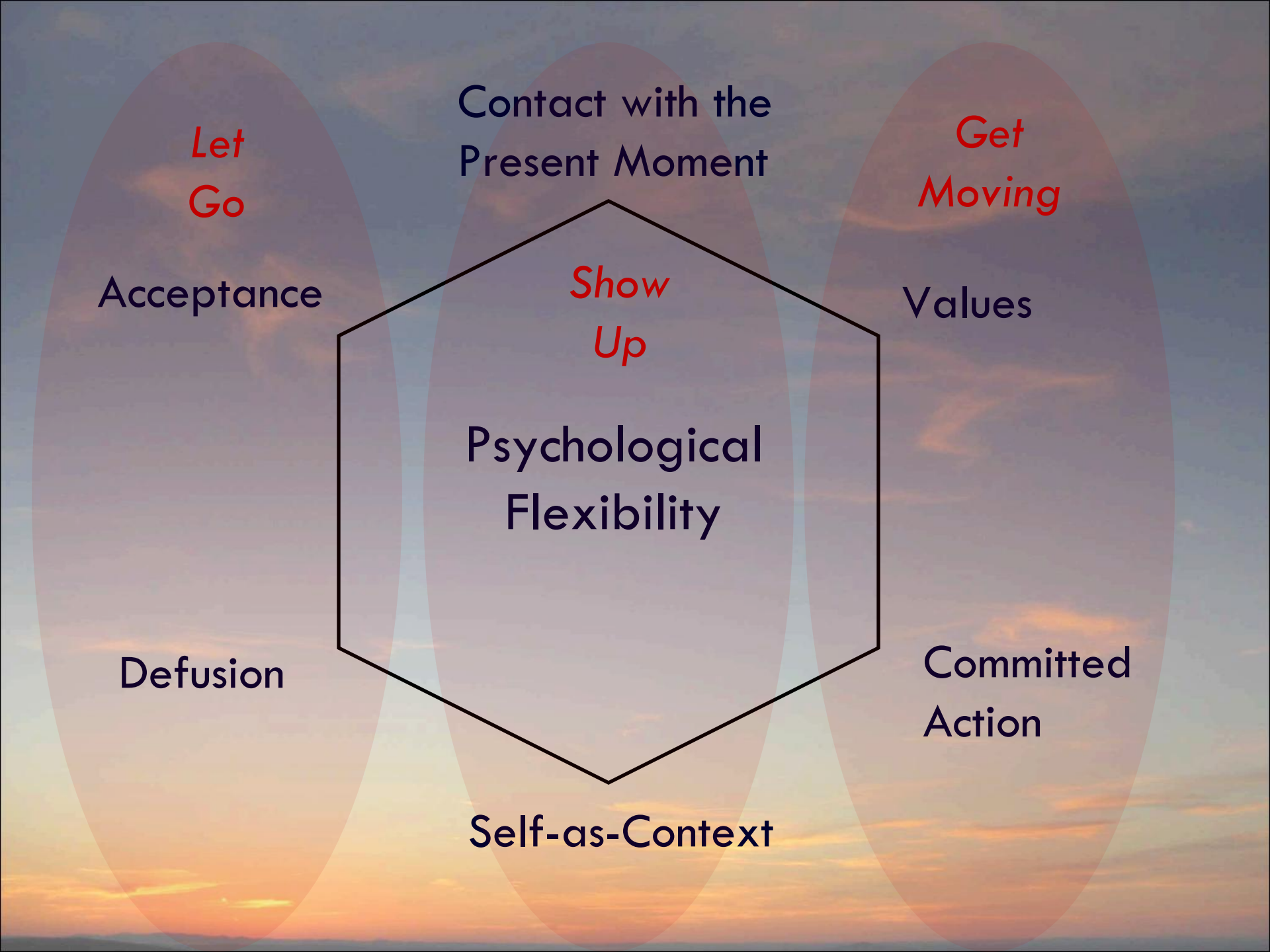
Observing; Having a place from which you are not merely the content of your story

The "Hexaflex"




Acceptance and Mindfulness Processes
Contact with the Present Moment
Acceptance
Values
Psychological Flexibility
Defusion
Committed Action
Self-as-Context


Contact with the Present Moment
Commitment and Behavior Change Processes
Acceptance
Values
Psychological Flexibility
Defusion
Committed Action
Self-as-Context


Contact with the Present Moment
Let Go
Get Moving
Acceptance
Values
Show Up
Psychological Flexibility
Defusion
Committed Action
Self-as-Context

ACT Processes & Interventions

Clarifying Values

Connecting with Values

Making values psychologically present.

Making values specific and *tangible*.

Values vs. Goals

ACT Processes & Interventions

Cognitive Defusion

Emo Philips:

I used to think that the brain was the most wonderful organ in my body ….

Then I realized who was telling me this.

ACT Processes & Interventions

Cognitive Defusion

- Learning to watch what our mind tells us
- We are like fish swimming in our thoughts
- Key targets for cognitive defusion:
  See thoughts as what they are – images, bits of language
- Attend to thinking as a process
- Parade metaphor
- Monsters on the Bus Exercise
- Milk, Milk, Milk exercise

Cognitive Defusion

Remember those pink tablets you used to get at the dentist as a kid?



Cognitive Defusion

More simple techniques:

- Just notice what your mind is telling you right now
  Is this a helpful thought? Is this a good use of my time?
- Notice the form of the thought by describing it
  Is it words, sounds or pictures? What does it sound like?
- "That is an interesting thought"
- Buying a thought vs having a thought
- Label your thoughts ("I am having the thought that . . . ")
- Say it slowly, sing it, say it in a different voice
- Thank your mind
- Mind vs Experience ("workability" not "truth")

Cognitive Defusion

There is a story for everything . . . .

What is this story in the service of ?

How old is this story?

You are 100% correct, how does this help you?

If you buy (believe) this story, what does that do?

What happens next?

Results of Cognitive Defusion

- The content of thought remains
  and is no longer struggled with.

- The thought loses its behavioral regulatory functions – i.e.– the thought no longer organizes subsequent behavior.

Cognitive Defusion

Beyond cognitive defusion as technique

- Cognitive defusion as part of the *process* of therapy instead of as discrete technique
- *Mind as other*

ACT Processes & Interventions

Acceptance

What comes to mind?

What it is *not*:

- Tolerating, putting up with
- Resignation
- Defeat, a “less than” alternative

ACT Processes & Interventions

Acceptance

What it *is*:

- An act, a behavior, a move
- Openness, without defense
- Dropping judgment

ACT Processes & Interventions

Acceptance

Inside Willingess (vs. Outside Willingness of Commitment*)*

Commitment: Be willing to do what you need to do (actual forward movement now) to live a rich full life…

Acceptance: Be willing to experience whatever shows up (privately) as you take those steps forward.

ACT Processes & Interventions

Acceptance

- *Confronting the Agenda*
- *Creative Hopelessness*
- *Control-as-Problem*

ACT Processes & Interventions

Acceptance

- Quicksand Metaphor
- Fingercuffs
- Ball and Chain
- Thought Card (also defusion)
- Physicalizing Exercise
- Encouraging client to “sit with” and “make space for” x and remain present, continue moving in valued direction

Traditional CBT

Uses interventions to alter relational networks

"black and white thinking"

What is "a failure" anyway?

What is your evidence for that?

"overgeneralization"

I will always be a failure

"irrational"

Let's test that and see

Aren't you *sometimes* a success?

Are you saying you *must not* be a failure?

- From an RFT point of view we worry about that strategy, since these kinds of interventions could *elaborate* and *complicate* the network, and paradoxically *increase* the functions of negative thoughts

ACT

In ACT we attempt to *diminish* unhelpful control

Thought card exercise.

Thank your mind for that thought

If that thought was an object, what would it look like?

I will always be a failure

Can we say “I’m having the thought that I will always be a failure?”

Let’s say “failure” 100 times

It is OK to have that thought?

If that thought were in the room, where would it be?

Control is NOT the solution, in fact, it is a large part of the problem.

ACT Processes & Interventions

Contact with the Present Moment

- Formal mindfulness exercise (i.e., *#1*)
- Other experiential exercises
- Direct instruction
- "Noticing" and sharing the observations
- Connecting to values
- Humor
- Voice: Pacing, Emphasis, Pauses/Silence

ACT Processes & Interventions

Three Senses of Self

- Self-as-Content (conceptualized self or story)
- Self-as-Process (moment-to-moment awareness of internal & external stimuli)
- Self-as-Context

ACT Processes & Interventions

Self-as-Context

- The “you” that was aware of the sounds, sensations.
- The Observer Self.
- Not “thing-like.” No “there” there
- Perspective from which…
- Best conveyed through metaphors
- Spirituality?

ACT Processes & Interventions

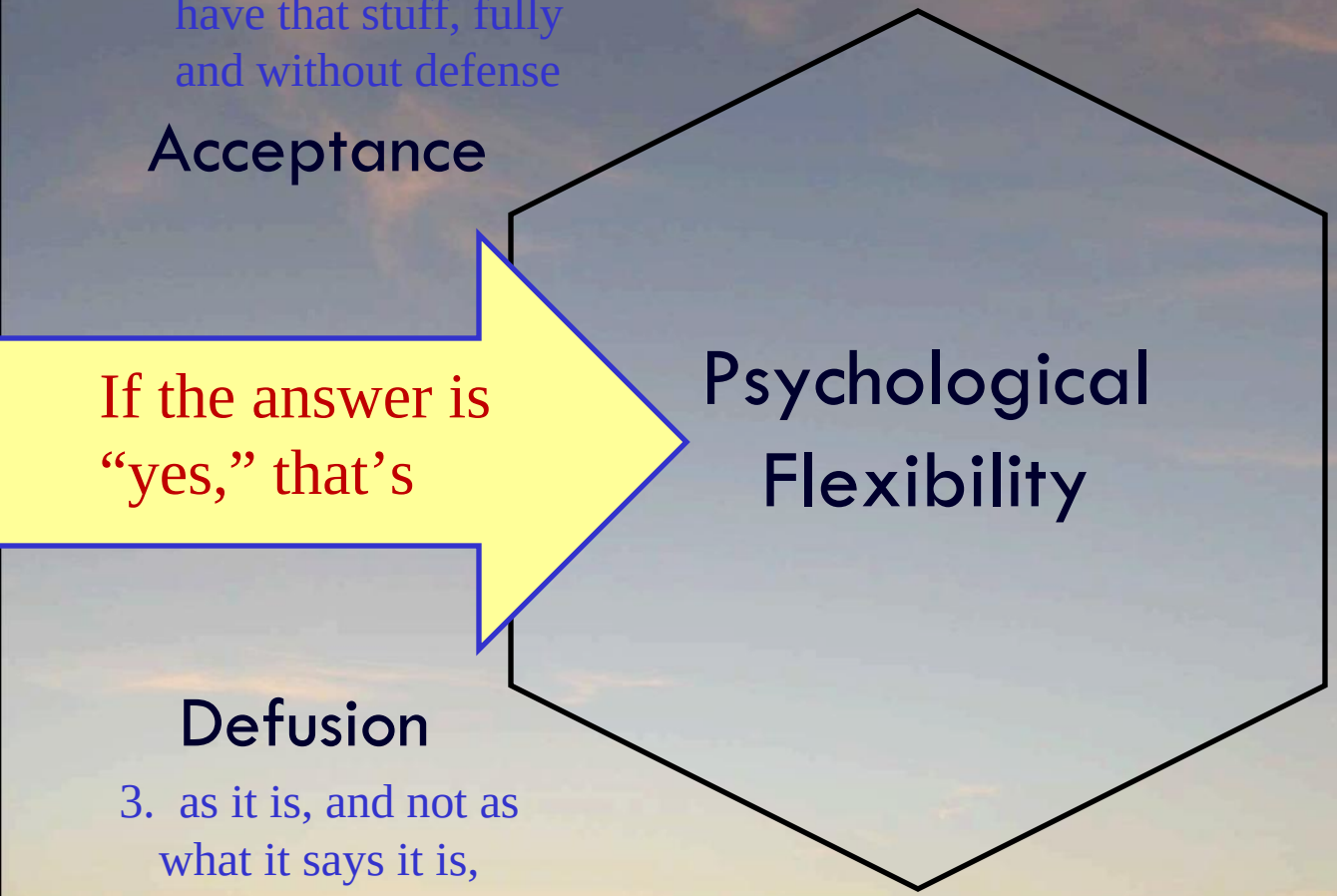
Self-as-Context

Chessboard Metaphor

Observer Exercise

“Safe Place”

ACT Question



Additional Resources

Local:

- www.ACTinNewEngland.com
- *ACT in New England* e-newsletter

- White Pine Institute

  small group trainings or individual coaching

  www.whitepineinstitute.com

  (www.whitepinei.com)

- More forms at www.whitepinepsych.com

Additional Resources

Local:

- Ask questions, stay in touch!
- Form peer supervision and study groups.

- I will be glad to assist with this process, just contact me.

Additional Resources

Globally:

- ACT is non-proprietary and “open source”
- www.contextualpsychology.org
- Join ACBS! *Values-Based Dues*
- Listserv for professionals and public
- Online Study Groups

Additional Resources

- Books for therapists and public
- ACT self-assessment by Jason Luoma
- Trainings listed on www.contextualpsychology.org
- ACT Summer Institutes & World Conferences

Additional Resources

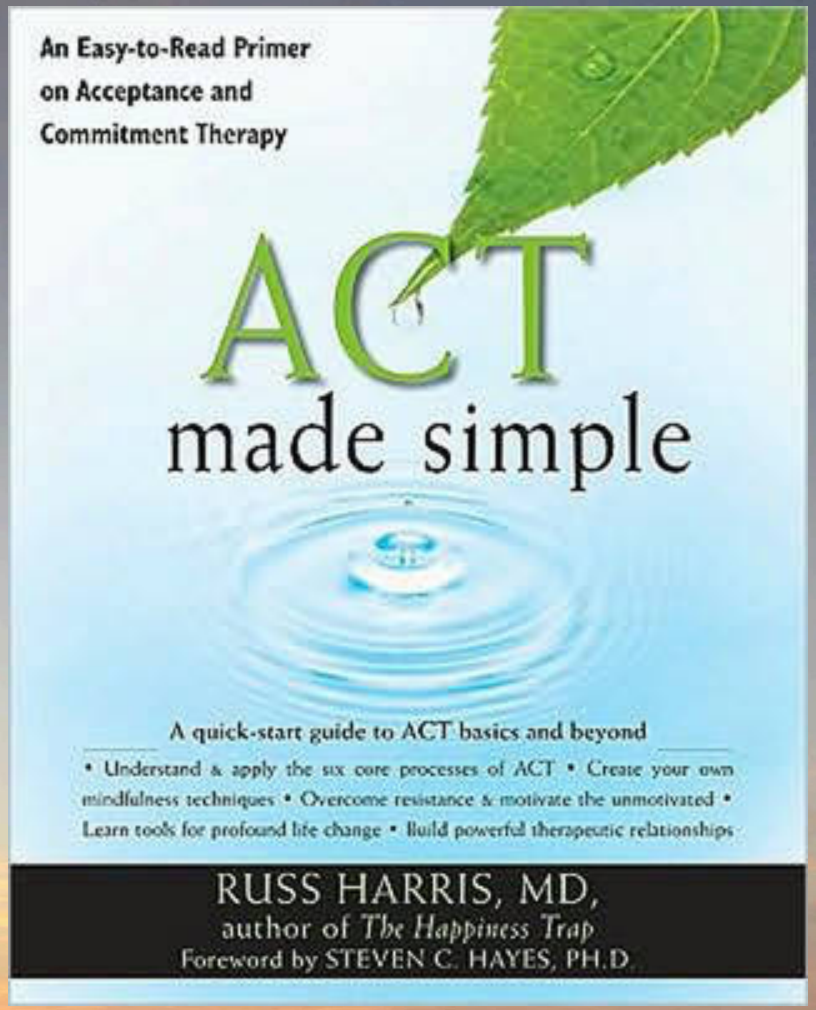
Books!

- Your local bookstore!
- Context Press (www.contextpress.com)
- New Harbinger (www.newharbinger.com)
- Amazon (www.amazon.com)

Additional Resources

ACT Made Simple

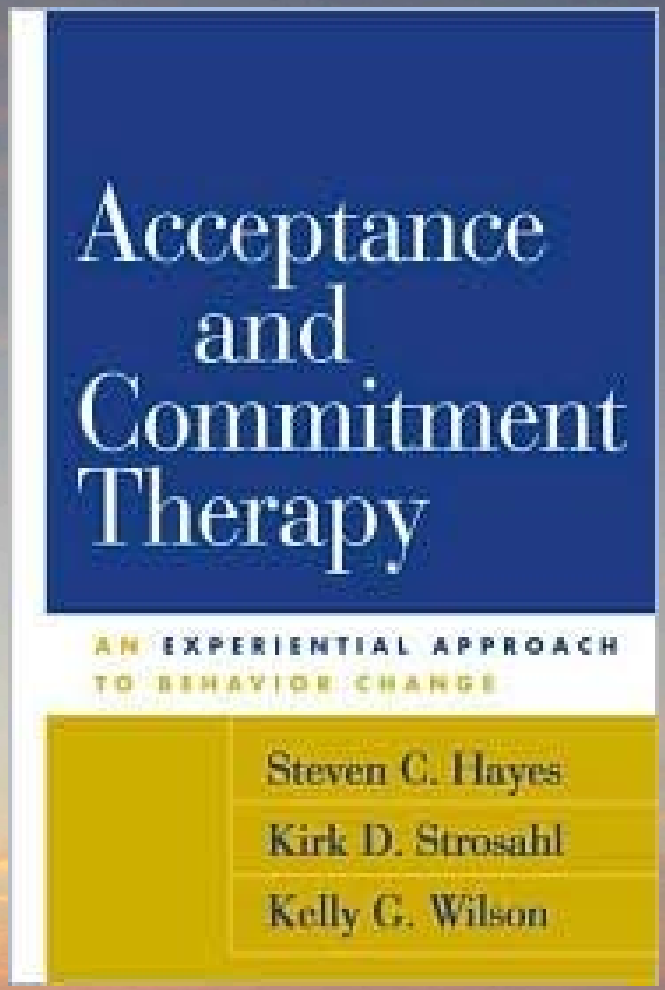
Russ Harris



Additional Resources

Acceptance & Commitment Therapy: An Experiential Approach to Behavior Change

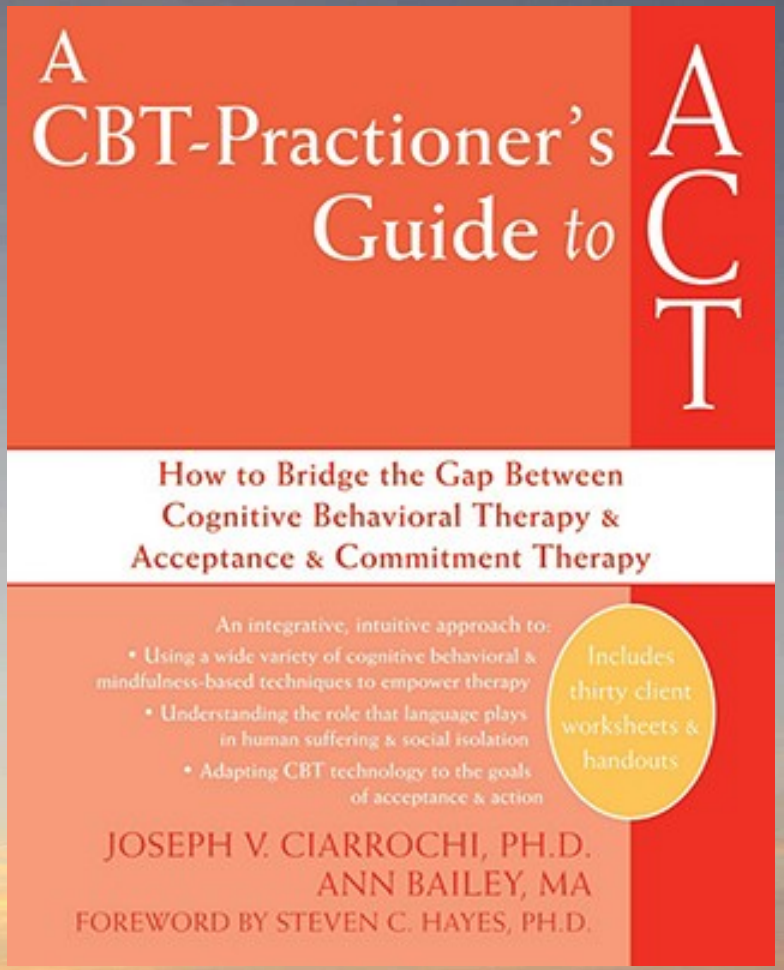
Steven Hayes, Kelly Wilson, Kirk Strosahl



Additional Resources

A CBT-Practitioner's Guide to ACT

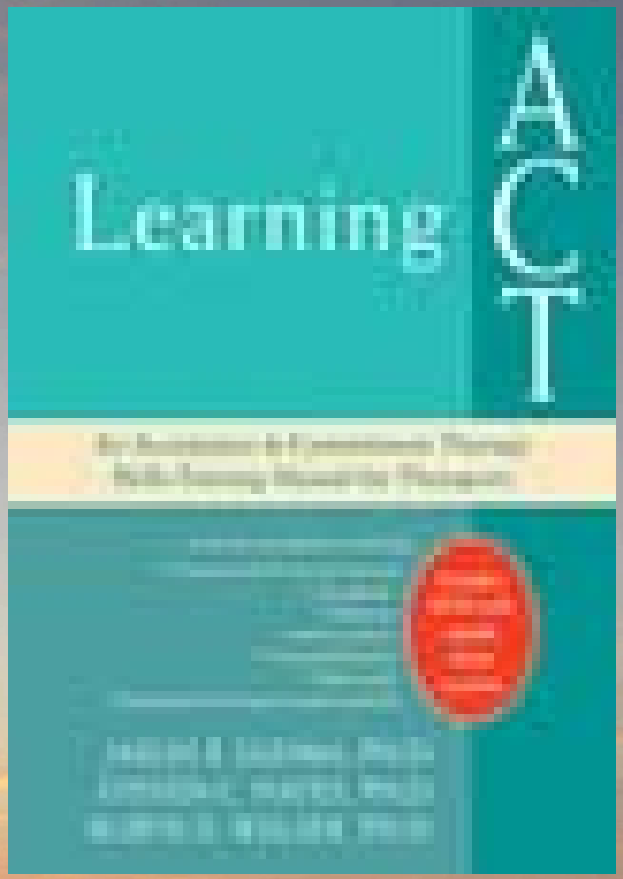
Joseph Ciarrochi & Ann Bailey



Additional Resources

Learning ACT

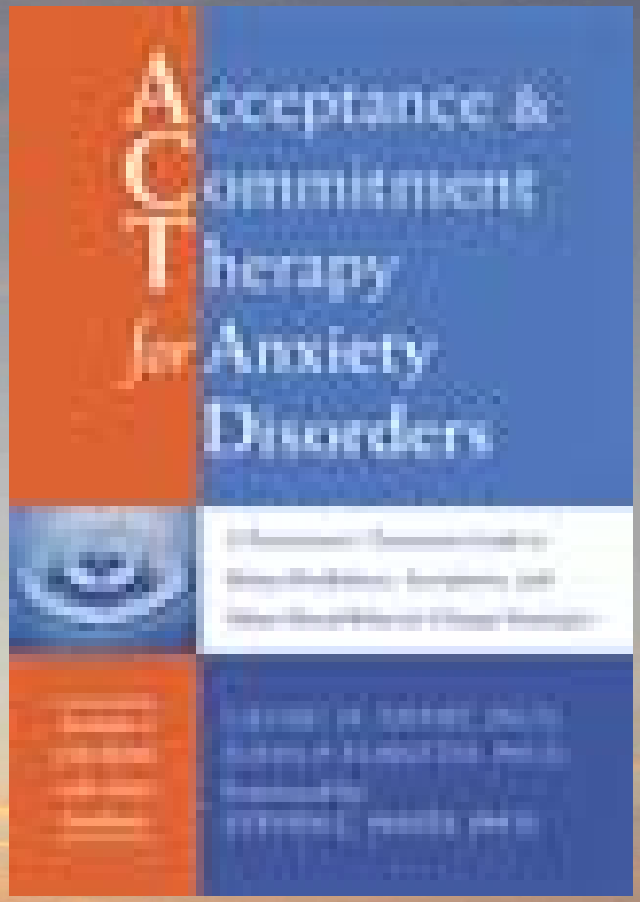
Jason B. Luoma, Steven C. Hayes, Robyn D. Walser



Additional Resources

Acceptance and Commitment Therapy for Anxiety Disorders

Georg H. Eifert, John P. Forsyth



Additional Resources

