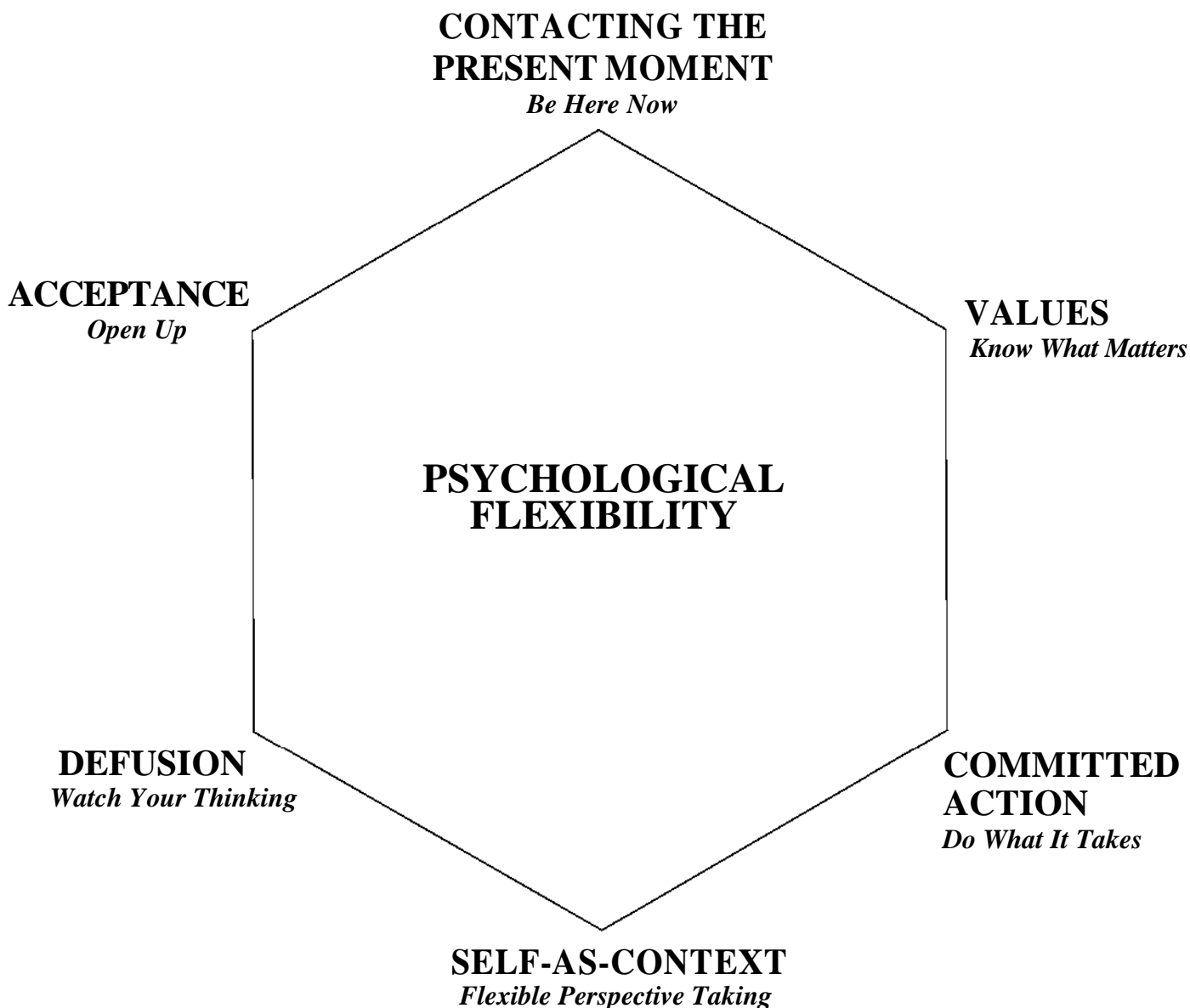


# ACCEPTANCE & COMMITMENT THERAPY



## **Taking a history in ACT**

- Identify main external barriers – i.e. situations, relationships, events -- and how these problems impact. What does this stop you from doing (or being)?
- Identify fusion (past/future/self/rules/reasons/judgments)
- Identify experiential avoidance (emotions, memories, images, thoughts, sensations)
- Identify unworkable action (what is the client doing that doesn't help or makes life worse)
- Identify values & goals (important life domains, values, valued activities, values-congruent goals)
- Identify strengths and resources and areas of life that are working well
- Identify past life history directly relevant to the current issue

## **Informed Consent**

- The name reflects a key message: accept what is out of your control, and commit to action that improves your life
- It's a very active form of therapy/coaching; it's not just talking about problems
- 'Learning skills to handle thoughts and feelings more effectively, so they have less impact and influence over you'
- 'Clarifying what matters to you, what you want to stand for in life, what strengths and qualities you want to develop, how you want to treat yourself and others
- 'Taking action to solve problems, face challenges, and do things that make life better
- Requires practice between sessions – like learning to play guitar
- At times, may be a roller-coaster ride. Pre-empt urge to drop out, if relevant.
- Agree on number of sessions

## **Mindfulness**

- 'Paying attention with openness, curiosity and flexibility'
- At the 'core' of mindfulness is contact with the present moment
- The basic instruction is 'notice X' - where X is anything that is here and now
- The first step in defusion is 'notice your thoughts'
- The first step in acceptance is 'notice your feelings'
- To access the observing self, 'notice that you are noticing'

## **Self-As-Context**

- In late 2011 the meaning of 'Self-As-Context' changed. In almost all current ACT textbooks, SAC is defined as or described as the 'observing self' or 'observer self'. But as these textbooks are revised, this will change. Now the term has come to mean 'flexible perspective taking' and it can include interventions based around developing any or all of the following: the observing self, empathy, compassion, self-compassion, "inner child" work, and defusion from the conceptualized self.

## **The Observing Self**

- 'Strengthens' or 'enhances' defusion/acceptance/contact with the present moment
- Becomes a 'short cut' for the above: e.g. 'look at this from your observing self'
- Facilitates defusion from the conceptualised self
- Increases willingness for exposure to feared private experiences(e.g. traumatic memories)
- For trauma survivors: a part of you came through unharmed
- Transcendence is an important part of any spiritual journey

## **Three types of interventions for the observing self:**

- metaphors (chessboard/ documentary of Africa/ stage show/ sky and weather/ thinking self and observing self)
- defusion exercises aimed at defusion from the conceptualized self (the good self & bad self card trick/ naming the story)
- contacting the observing self ('continuous you'/ notice who's noticing)

---

## DISSECTING THE PROBLEM

This form is to help gather information about the nature of the main challenge, issue, or problem facing you. First, please summarize, in one or two sentences, what the main issue or problem is:

Second, please describe, in one or two sentences, how it affects your life, and what it stops you from doing or being:

Regardless of what your problem is—whether it is a physical illness, a difficult relationship, a work situation, a financial crisis, a performance issue, the loss of a loved one, a severe injury, or a clinical disorder such as depression—when we dissect the problem, we usually find four major elements that contribute significantly to the issue. These are represented in the boxes below. Please write as much as you can in each box about the thoughts, feelings, and actions that contribute to or worsen the challenge, problem, or issue facing you:

<p><b>Entanglement with Thoughts</b> What memories, worries, fears, self-criticisms, or other unhelpful thoughts do you dwell on or get “caught up” in that are related to this issue? What thoughts do you allow to hold you back or push you around or bring you down?</p>	<p><b>Life-draining Actions:</b> What are you currently doing that makes your life worse in the long run: keeps you stuck; wastes your time or money; drains your energy; restricts your life; impacts negatively on your health, work, or relationships; maintains or worsens the problems you are dealing with?</p>
<p><b>Struggle with Feelings</b> What emotions, feelings, urges, impulses, or sensations (associated with this issue) do you fight with, avoid, suppress, try to get rid of, or otherwise struggle with?</p>	<p><b>Avoiding Challenging Situations:</b> What situations, activities, people, or places are you avoiding or staying away from? What have you quit, withdrawn from, dropped out of? What do you keep “putting off” until later?</p>

# **Where to start in ACT?**

## **2 Questions We Always Have In Our Head:**

*Q: What valued direction does the client want to move in?*

*Q: What is getting in the way?*

So we could start from:

*Q: What's the valued direction?*

- Values clarification
- Goal setting & Committed Action

Or we could start from:

*Q: What's in the way?*

- Fusion => Defusion
- Avoidance => Acceptance
- Automaticity => Awareness/ engagement

For clients in crisis/panic/dissociative states:

Start with grounding/centering (i.e. contacting the present moment)

'dropping an anchor in the midst of an emotional storm'

For clients with major grief/loss:

Start with self-compassion

## **Step-by-step: Defusion**

### **1. IDENTIFY 'PROBLEMATIC' THOUGHTS**

- What does your mind say to you about that?
- When your mind wants to beat you up/ hold you back/ bring you down, what kind of things does it say to you?
- If I could listen in, what would I actually hear inside your head?

### **2. IDENTIFY CONSEQUENCES OF FUSION.**

- When you get hooked by these thoughts, what happens?
- How does your behaviour change?
- If I was watching on a video, what would I see or hear?
- And what happens after that? And then? And then? And then?
- And how does that impact on your life?

### **3. FUSION IS THE PROBLEM.**

- So when you get hooked by/pushed around by/ caught up in/ fused with these thoughts, they have a big impact on you.
- The more you get fused/hooked/caught up/pushed around by them, the more stressed you are, the more you get you stuck, the harder life gets.

### **4. NORMALISE 'NEGATIVE THOUGHTS'**

- These are perfectly natural thoughts that most people have
- My mind is very much like your mind
- Psycho-education: how the mind evolved to think negatively

### **5. NEW POSSIBILITY.**

- I don't know how to stop your mind from generating those thoughts.
- But I do know a different way of responding to them, so that when they show up, you don't have to get all caught up in them.
- You don't have to struggle with them or get pushed around by them.
- Would you be interested in learning how to do that?

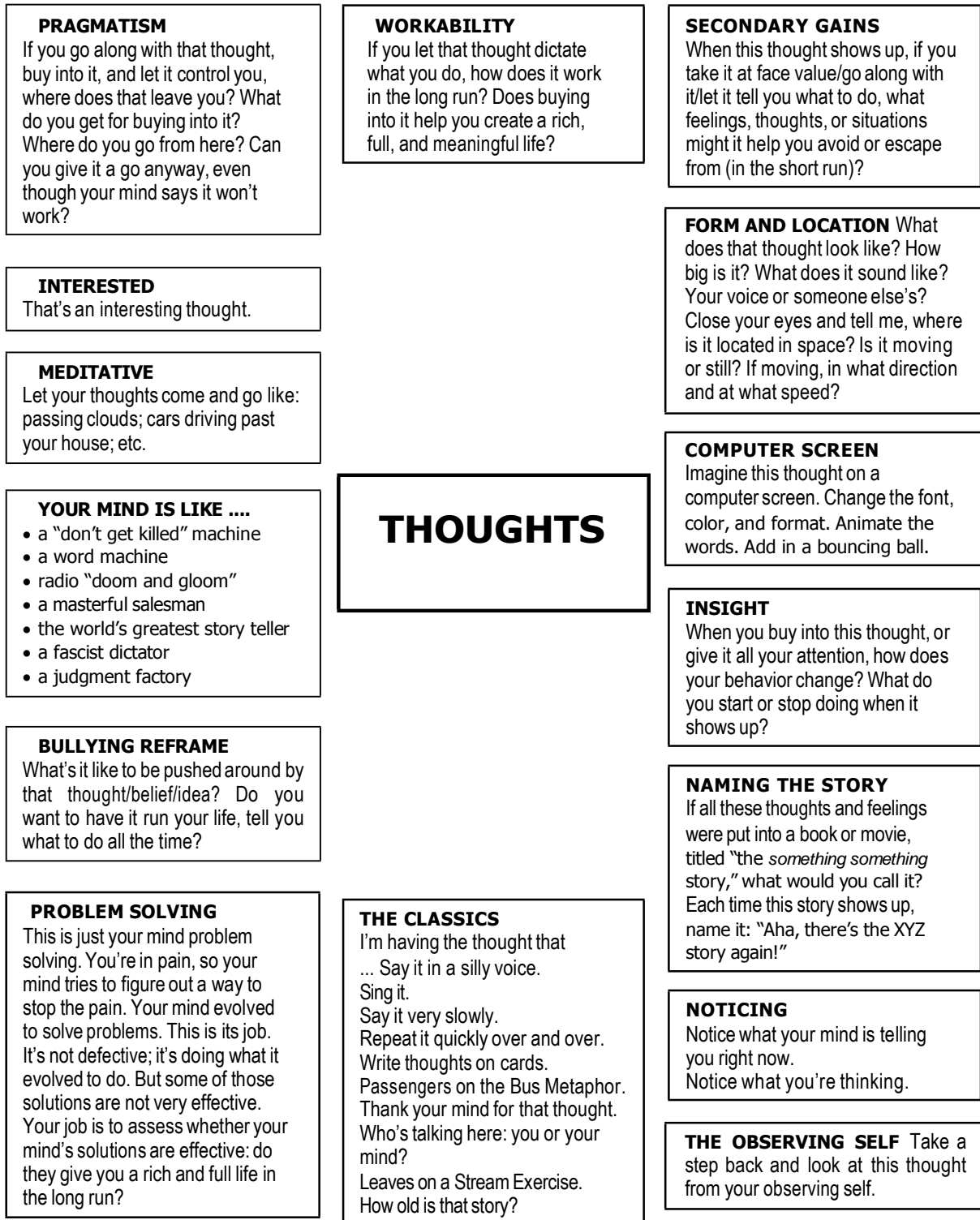


Figure 7.1 Summary of Defusion Techniques

## **Values**

Values are 'desired qualities of ongoing action'.

Colloquially: values are your heart's deepest desires for how you want to behave as a human being.

Values are like a compass: guide you, give direction, help you stay on track.

Goals versus values: marriage versus being loving

Values-focused life versus goals-focused life

Values are NOT: goals, desires, needs, ethics, morals, feelings, rules, beliefs, codes of conduct

1. Values are here and now; goals are in the future.

2. Values never need to be justified.

3. Values often need to be prioritized.

4. Values are best held lightly.

5. Values are freely chosen.

In ACT, values come first: then goals.

Once values are clarified: short term, medium term and long term goals are set:

SMART goals, and Live Person's goals!

## **The Sweet Spot Exercise (adapted from Kelly Wilson)**

*Bring to mind a memory that conveys some of the sweetness and richness of life.*

*For example: a memory to do with love, affection, achievement, connectedness, or one of life's simple pleasures.*

*Make it vivid.*

*Make room for all the feelings that arise (sadness often shows up)*

*Share it - in plain, simple English*

*Describe it as if it is happening in the present moment: 'This is what I see; This is what I hear, etc.'*

- What does this memory reveal about what matters to you?
- What personal qualities were you showing?
- How were you treating yourself, others, the world around you?
- What does this suggest about the way you'd like to behave, or the things you'd like to do, moving forwards?

**YOUR VALUES:** *What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities do you want to develop?*

**1. Work/Education:** includes workplace, career, education, skills development, etc.

**2. Relationships:** includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

**3. Personal Growth/Health:** may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc

**4. Leisure:** how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

**THE BULL' S EYE:** make an X in each area of the dart board, to represent where you stand today.

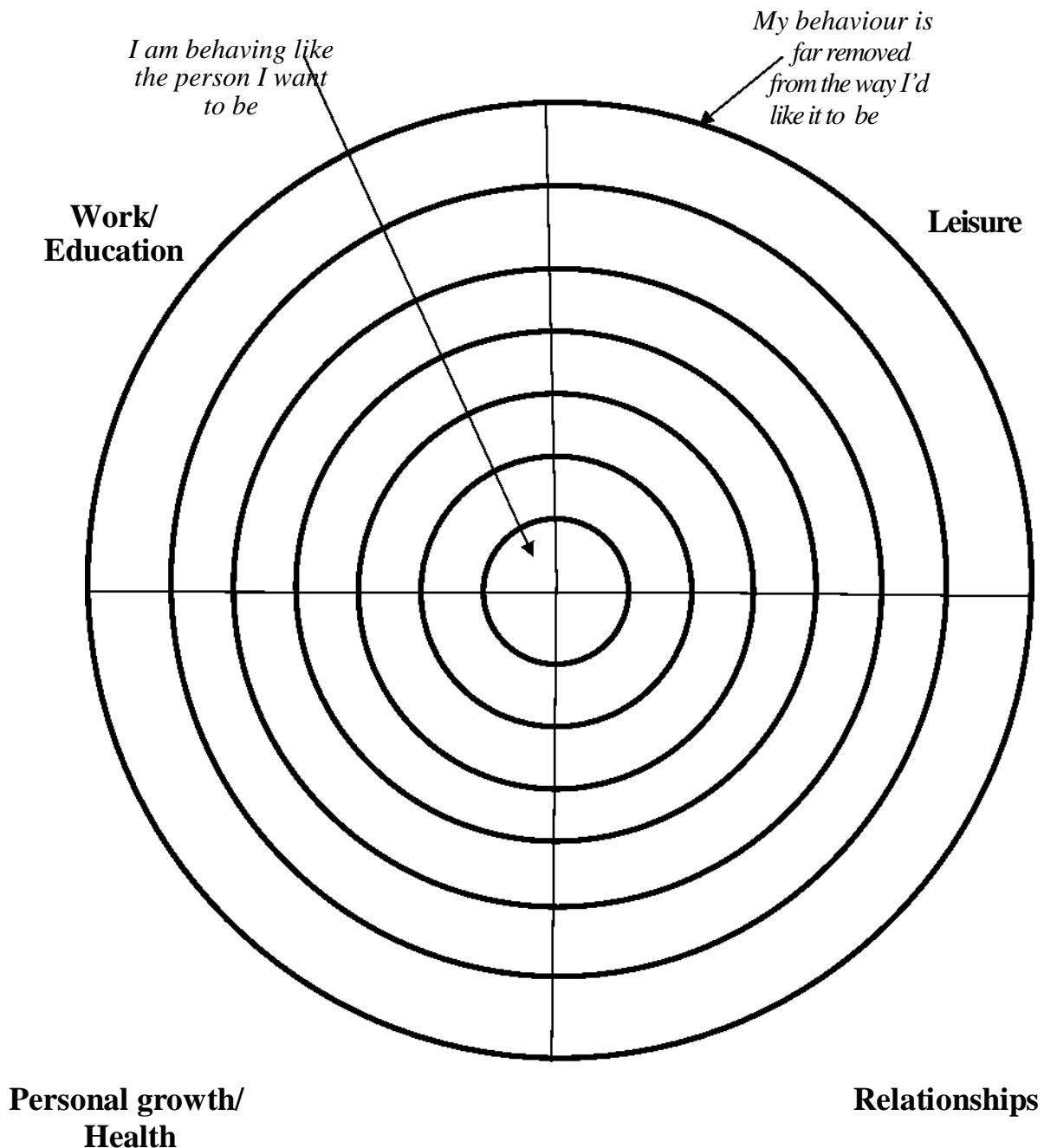


Figure 11.1 Common Values Clarification Techniques

**SPEECHES**  
 Imagine your eightieth birthday (or twenty-first or fiftieth or retirement party, and so on). Two or three people make speeches about what you stand for, what you mean to them, the role you played in their life. In the IDEAL world, where you have lived your life as the person you want to be, what would you hear them saying?

**LIFE AND DEATH**  
 a. Imagine your own funeral: imagine what you would like to hear people saying about you.  
 b. Act out your own funeral--psychodrama style  
 c. Write your obituary or fill in a blank tombstone.  
 d. Imagine you somehow know you only have twenty-four hours to live, but you can't tell anyone: who would you visit, and what would you do?

**WEALTH**  
 You inherit a fortune. What would you do with it? Who would be there to share those activities or appreciate the things you buy? How would you act toward all those people who share your new life?

**EXPLORING YOUR PAIN**  
 a. Pain As Your Ally: What does this pain tell you about what really matters, what you truly care about?  
 b. Pain As Your Teacher: How can this pain help you to grow or learn or develop new skills and strengths? How can it help you better relate to others?  
 c. From Worrying to Caring: What do your fears, worries and anxieties show you that you care about? What do they remind you is very important?

**CHARACTER STRENGTHS**  
 What personal strengths and qualities do you already have? Which new ones would you like to develop? How would you like to apply them?

**IF ... THEN ...**  
 If you achieved that goal, then how would you change as a result? What would you do differently from there on? How you would behave differently with friends, family, colleagues, customers, and others?

**MIND-READING MACHINE**  
 Imagine I place a mind-reading machine on your head, and I tune it into the mind of someone very important to you, so you can now hear their every thought. As you tune in, they're thinking about YOU--about what you stand for, what your strengths are, what you mean to them, and the role you play in their life. In the IDEAL world, where you have lived your life as the person you want to be, what would you hear them thinking?

**Clarifying Values**

**MAGIC WAND**  
 a. I wave this magic wand and you have the total approval of everyone on the planet--no matter what you do, they love, respect, and admire you--whether you become a surgeon or a serial killer. What would you then do with your life? How would you treat others?  
 b. I wave this magic wand, and all these painful thoughts, feelings, and memories no longer have any impact on you. What would you do with your life? What would you start, stop, do more of, or less of? How would you behave differently? If we watched you on a video, what would we see and hear that would show us magic had happened?

**WHAT MATTERS?**  
 What do you really want? What matters to you in the big picture? What do you want to stand for? Is there anything in your life right now that gives you a sense of meaning, purpose, vitality?

**THE SWEET SPOT**  
 Vividly recall a rich, "sweet" memory and get in touch with the emotions. What is meaningful about this memory?

**DISAPPROVAL**  
 What do you disapprove of, or dislike, in the actions of others? How would you act differently, if you were in their shoes?

**MISSING OUT**  
 What important areas of life have you given up or missed out on for lack of willingness?

**FORMS AND WORKSHEETS**  
 Valued Living Questionnaire  
 Bull's Eye  
 Life Compass  
 Valued Actions Inventory  
 List of Common Values

**CHILDHOOD DREAMS**  
 As a child, what sort of life did you imagine for the future?

**ARTISTIC METHODS**  
 Paint, draw, or sculpt your values.

**LIKES**  
 What do you like to do?

**ROLE MODELS**  
 Who do you look up to? Who inspires you? What personal strengths or qualities do they have that you admire?



## **Join the D.O.T.S.**

We all naturally try to avoid or get rid of painful or unpleasant thoughts and feelings. The aim of this exercise is a) to find out which methods you use, and b) what effects those methods may have *in the long term*. NB: Please **do this non-judgmentally** - with *genuine curiosity!* Please **do not** start judging these methods as 'good' or 'bad', 'right' or 'wrong', 'positive' or 'negative'. The aim is simply to find out if these methods are **workable** – i.e. do these methods work *in the long term* to give you a rich and meaningful life? Obviously, if any of these methods *do* actually improve your life *in the long term*, keep doing them!

**D - Distraction:** what do you do to distract yourself from, or 'take your mind off' painful thoughts & feelings? (e.g. movies, TV, internet, books, computer games, exercise, gardening, gambling, food, drugs, alcohol)

**O - Opting out:** what *important, meaningful or life-enhancing* activities, events, tasks, challenges, or people, do you avoid, quit, escape, procrastinate, or withdraw from? (If they're not *important, meaningful or life-enhancing*, then opting out is no problem!)

**T- Thinking strategies:** how do you try (consciously or not) to think your way out of pain? Tick any of the following that you have done, and write in any others:

Worrying; Dwelling on the past; Fantasizing about the future; Imagining escape scenarios (eg leaving your job or your partner) or revenge scenarios; Thinking 'It's not fair ...' or 'If only ....'; Blaming yourself, others, or the world; Talking logically and rationally to yourself; Positive thinking; Positive affirmations; Judging or criticizing yourself; Giving yourself a hard time; Analyzing yourself (trying to figure out why you are like this); Analyzing the situation (trying to figure out why this happened); Analyzing others (trying to figure out why they are like this); Planning; Strategizing; Constructive problem-solving; Making To Do lists; Repeating inspirational sayings or proverbs; Challenging or disputing negative thoughts; Telling yourself 'This too shall pass' or 'It may never happen'.

Other thinking strategies:

**S - Substances & other Strategies:** what substances do you use put into your body to avoid or get rid of pain, (include foods, drinks, cigarettes, recreational drugs, naturopathic and herbal remedies, and prescription medication)? Any other Strategies you use to avoid pain (e.g. yoga, meditation, having affairs, aggressiveness, Tai Chi, massage, exercise, picking fights, dancing, music, suicide attempts, self-harming, prayer, smashing things, staying in bed, self-help books, seeing a therapist)?

Now consider this: do these methods get rid of your unwanted thoughts and feelings, so they *never come back*?

How many of these methods give you some relief from pain *in the short term*, but keep you stuck or make your life worse *in the long term*: 'none' ..... 'a few' ..... 'about half' ..... 'most' ..... 'all'?

Clearly, some of these methods are helpful, *if you use them **flexibly, moderately, sensibly*** – in which case, keep using them! However, when you have **over-relied** on these methods – used them **excessively, rigidly, or inappropriately** - what have they cost you in terms of health, money, wasted time, relationships, missed opportunities, or increased emotional pain?

Given that a) no matter what you do, painful thoughts and feelings *keep coming back*, and b) trying very hard to avoid or get rid of them often makes life worse *in the long term* – would you be open to learning a 'new way' of responding to them; a method that is radically different to everything else you've tried ?

**HEALING HAND**  
Lay a hand on the part of your body where you feel this most intensely. Imagine this is a healing hand--the hand of a loving nurse or parent or partner. Send some warmth into this area--not to get rid of the feeling, but to open up around it, make room for it, hold it gently.

**SOFTENING**  
See if you can soften up around the feeling, loosen up, and hold it gently.

**ALLOWING**  
See if you can allow this feeling to be there. You don't have to like it or want it--just allow it.

**EXPANSION**  
See if you can open up and expand around the feeling. It's as if, in some magical way, all this space opens up inside you.

**THE OBSERVING SELF**  
Take a step back and look at this feeling from your observing self.

**THE CURIOUS SCIENTIST**  
Notice where this feeling is in your body. Zoom in on it. Observe it as if you are a curious scientist who has never encountered anything like this. Where are the edges? Where does it start and stop? Is it moving or still? Is it at the surface or inside you? Hot or cold? Light or heavy?

**THE CHOICE TO FEEL**  
Suppose I could give you a choice: (a) you never have to have this feeling ever again, but it means you lose all capacity to love and care, or (b) you get to love and care, but when there's a gap between what you want and what you've got, feelings like this one show up. Which do you choose?

**FEELINGS**

**PHYSICALIZING**  
Imagine this feeling is an object. Is it liquid, solid, or gaseous? How big is it? Is it light or heavy? What temperature is it? Is it at the surface or inside you? What shape does it have? What color? Is it transparent or opaque? What does the surface feel like--hot or cold, rough or smooth, wet or dry?

**COMPASSION**  
Hold this feeling gently as if it's a crying baby or a whimpering puppy.

**THE STRUGGLE SWITCH**  
Is the struggle switch on, off, or at the halfway point we call "tolerating it"? If the switch was like a dial with a scale of 0 to 10, and 10 is full on struggle, and 0 no struggle at all, then right now, what level are you? Are you willing to see if we can bring it down a notch or two?

**NORMALIZING**  
This feeling tells you that you're a normal human being who has a heart and who cares. This is what humans feel when there's a gap between what we want and what we've got.

**METAPHORS**  
Quicksand  
Passengers on the Bus  
Demons on the Boat  
Wade Through the Swamp  
Pushing Against a Clipboard

**BREATHE INTO IT**  
Breathe into this feeling. It's as if your breath flows into and around it.

**NOTICING**  
Notice where this feeling is. Notice where it's most intense. Notice the hot spots and cold spots. Notice the different sensations within the feeling.

Figure 8.1 Common Acceptance Techniques

## **NAME your feelings**

- Notice
- Acknowledge
- Make room
- Expand awareness

## **Step-by-step: Acceptance**

### 1. IDENTIFY 'PROBLEMATIC' FEELINGS/EMOTIONS/SENSATIONS

- Identify them
- Where are they? What are they like?
- Name them
- Validate & normalise them

### 2. NORMALISE.

- Life is painful
- The 'reality gap'
- Inevitability of fear/anxiety when you step out of your comfort zone
- Psycho-education on emotions
- Q: How would you expect someone else to feel under these circumstances?

### 3. IDENTIFY CONSEQUENCES of AUTOMATICITY & AVOIDANCE.

- When you get pushed around by these feelings, how does your behaviour change?
- If I was watching on a video, what would I see or hear?
- And what happens after that? And then? And then?
- And how does that impact on your life?
- When you get into a struggle with these feelings – what happens?
- Do you ever try to get rid of them? What sort of things do you do to make them go away?
- How long do they go away for?
- And do those strategies have any long term drawbacks/costs/side-effects?

### 4. AUTOMATICITY/AVOIDANCE IS THE PROBLEM

- So when these feelings show up, either they push you around/control you/ hold you back/ bring you down ...
- or you get caught up in a struggle with them, which in the long term makes things worse.
- And the more that happens, the more you get you stuck, the harder life gets.

### 5. NEW POSSIBILITY.

- I don't know how to stop painful feelings showing up. Everybody has them.
- But I do know a different way of responding to them ..
- So that when they show up, you don't have to get caught up/ pushed around/ overwhelmed by them ...
- And you don't have to struggle with them or fight them, either.
- It's a new way of handling painful feelings, so they have much less impact and influence over you.
- It's radically different from everything else you've tried.
- Would you be interested in learning how to do that?

## **Commitment Exercise**

**PART 1** Pick a value of high importance that you have been neglecting or have lost touch with.

My value(s) is(are) to be ...

What I've been doing that's inconsistent with my value(s) is ....

What that has cost me is ...

(Think of relationships, health, wasted time, wasted money, emotional distress, etc)

**PART 2** My commitment is to take the following action(s). (Be specific: specify when will you do it - day, date, time - and what will you actually do) ....

In order to do what I value, I am willing to make room for (accept and defuse) the following thoughts, images, feelings, urges, memories & sensations:

I am willing to make room for thoughts & images such as:

I am willing to make room for emotions/feelings such as:

I am willing to make room for sensations in my body such as:

I am willing to make room for urges to:

I am willing to make room for memories such as:

## INFORMED CONSENT

- ACT is a very active form of therapy or coaching – not just talking about problems.
- Learning skills to handle difficult thoughts and feelings more effectively, so they have less impact and influence over you
- Clarifying your ‘values’: what matters to you, what you want to stand for, how you want to treat yourself and others, what gives you a sense of meaning or purpose
- Taking action: to solve problems, and do things that make life better
- Like playing a guitar – needs practice both *in* session and *between* sessions.

## EXPANSIVE AWARENESS EXERCISE

- I can see something very painful (e.g. thought/feeling/memory) has just shown up, for you, and I want to help you handle it
- Push your feet hard into the floor
- Sit forward in your chair
- Push your hands hard together,
- As well as this painful thought/feeling/memory, notice your body in the chair – hands, feet, back
- Also look around – notice 5 things you can see
- And notice 3 or 4 things you can hear
- And also notice you and I, working together
- So there is a painful thought/feeling/memory here
- And your body in the chair
- And a room around you
- And you and I working together

## HANDS AS THOUGHTS AND FEELINGS

- Imagine in front of you is everything that matters: the people, places, activities you love etc. And all the **real life problems and challenges** you need to deal with
- Now pretend your hands are your thoughts & feelings.
- Now copy me - get caught up in your thoughts/feelings
- Notice 3 things: 1) How much are you missing out on? 2) How disconnected and disengaged are you from the people and things that matter? How difficult is it to keep your attention focused on the task at hand or the problem you face? 3) How difficult is it to take action, to do the things that make your life work? (give examples)
- Now slowly separate from your thoughts & feelings
- What’s your view of the room like now? How much easier is it to engage and connect? How much easier is it to take action?
- Notice these things (i.e. hands) haven’t disappeared. If you can use them, do so. Thoughts and feelings often give us important information we can make good use of. But if not, just let them sit there.

## PUSHING AWAY PAPER

- Imagine in front of you is everything that matters: the people, places, activities you love etc. And all the **real life problems and challenges** you need to deal with
- Imagine this paper is all the **thoughts & feelings** you don’t want. Push them away, hard!
- Notice 3 things: 1) How tiring is it? 2) How distracting is it; how difficult is it to fully engage or connect with the things and people that matter? How difficult is it to keep your attention focused on the task at hand or the problem you face? 3) How difficult is it to take action, to do the things that make your life work? (give examples)
- Now rest it on your lap.
- How much less effort is that? How much easier is it to engage and connect, or keep your attention focused on the task or problem facing you? How much easier is it now to take action?
- Notice your **thoughts & feelings** (i.e. the paper) haven’t disappeared. But you have a new way of responding to them, so they don’t hold you back or tie you down or stop you taking effective action and engaging in your life.

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be

Choice  
point

## **HOOKS**

Difficult/unhelpful thoughts, feelings, sensations, and memories that 'hook' you

## **HELPERS**

Values, strengths and skills that help you to act like the kind of person you want to be

## **CHALLENGING SITUATION**

### **At the choice point, STOP:**

**S**- Slow down - Slowly breath; or slowly press your feet down; or slowly stretch

**T**-Take note - Notice what you are feeling & thinking; notice the world around you & what you are doing

**O**-Open up - Make space for your thoughts & feelings; allow them to freely flow through you

**P** -Pursue values - Remember your values, and find a way to act on them (no matter how small)

## RESOURCES

### **ACT Basic Training: Parts 1, 2 and 3-throughout Australia, all year round: [www.actmindfully.com.au](http://www.actmindfully.com.au)**

2-day introductory workshops (ACT training part 1) – one to four times a year (depending on city size)

2-day advanced workshops (ACT training part 2) – two a year in Brisbane, Sydney, Melbourne; once a year elsewhere

2-day ACT 'Boot Camps' (ACT training part 3) – once a year, only

### **ACT 1-day Master Class Workshops, throughout Australia, all year round: [www.actmindfully.com.au](http://www.actmindfully.com.au)**

These advanced-level 1-day and 2-day workshops are run by leading ACT authorities from around the world. They include, every year, workshops on *ACT for Youth & Adolescents* with Louise Hayes; and in 2014 they will also include *ACT as a Brief Intervention* with Kirk Strosahl (USA), one of the original pioneers of ACT, and specifically for coaches and org psychs, *Turbo-charge Your Workplace Coaching With ACT* with Rachel Collis.

### **Public Workshops: 'The Happiness Trap'**

Russ runs self-development workshops for the general public. The 2-day Happiness Trap workshops for wellbeing, confidence and vitality, are open to everyone and anyone. For details: [www.thehappinesstrap.com](http://www.thehappinesstrap.com)

### **Free Online Resources to Use With Books**

There are a stack of free resources –for both professionals and the public - to use with all Russ's books, on the 'Free Resources' pages of both [www.thehappinesstrap.com](http://www.thehappinesstrap.com) and [www.actmindfully.com.au](http://www.actmindfully.com.au)

### **The Happiness Trap – by Russ Harris**

The best-selling ACT self-help book, for everyone and anyone; now published in 30 languages.

### **The Happiness Trap *Pocketbook* – by Russ Harris & Bev Aisbett**

A fun, comic-book version of the original – especially for teenagers and adults who are not into reading

### **The Reality Slap – by Russ Harris**

An ACT-based self-help book for grief, loss, crisis, and trauma. It has a major emphasis on self-compassion, and anchoring yourself in the midst of emotional storms.

### **ACT With Love – by Russ Harris**

A popular self-help book, based on the use of ACT for common relationship issues.

### **The Confidence Gap – by Russ Harris**

An ACT look at confidence, success, and peak performance, especially suitable for life coaching and executive coaching; aimed at the 'high-functioning' or 'worried well'.

### **ACT Made Simple – by Russ Harris**

An introductory textbook on ACT, packed full of practical information, presented in an entertaining, accessible, easy-to-read style. (Russ originally wanted to call it 'ACT For Dummies'.)

### **Getting Unstuck In ACT – by Russ Harris**

The first ever advanced-level textbook on ACT. It does not cover any of the basics; it assumes you already know the model. Instead it covers common sticking points for both clients and therapists; especially lack of motivation; how to deal with challenging client behaviours; complex cases; and mandated/coerced/reluctant clients.

### **The Weight Escape – by Joe Ciarrochi, Ann Bailey, and Russ Harris**

A self-help book on ACT for weight loss & wellbeing.

### **Annual Australia & New Zealand ACT Conference: [www.anzact.com](http://www.anzact.com)**

In October 2014, the ANZ ACT conference will be in the Sunshine Coast. In 2015: Wellington, New Zealand

### **The Official ACT Website: [www.contextualpsychology.org](http://www.contextualpsychology.org)**

This website is packed full of resources! Membership is via values-based dues – i.e. you pay whatever you think it's worth. (The minimum joining fee is \$10.00) Membership entitles you to a vast array of free resources, plus access to a world-wide email 'chat group' for ACT therapists to support and learn from each other.





# Acceptance & Commitment Therapy Workshop

I would greatly appreciate your feedback on this workshop

A brief personal reflection on the value of this workshop for you:

What was valuable to you?

What did you enjoy the most?

Was there anything you didn't like?

Would you recommend this workshop to others?

Place an X on the line to answer the following questions:

How would you rate the workshop overall?

Not very useful

Very useful to your work

1 \_\_\_\_\_ 10

How engaging was the workshop overall?

Not very

Highly engaging

1 \_\_\_\_\_ 10

Will you attend the 2-day advanced ACT workshop (part 2 of the basic 6-day ACT training)?

Yes

No

Undecided

Will you attend the 2-day intensive ACT 'Boot Camp' (part 3 of basic 6-day ACT training)?

Yes

No

Undecided

Will you attend an ACT For Adolescents & Youth workshop?

Yes

No

Undecided

Would you like to make any other comments?

Finally, we are always open to running new types of ACT workshops. Is there anything in particular you would like to see?

**Thank you**

# **ACT Two-Day Advanced Workshop (ACT Training: Part 2)**

## **Move from "chunky, clunky" ACT to "fluid, flexible" ACT**

*This workshop is worth 12 specialised CPD hours*

This workshop is part of the 3-day basic ACT-training program. It is both didactic and experiential, and covers the use of ACT with both clinical and non-clinical populations.

The workshop will cover case conceptualisation in both clinical and non-clinical populations: how to conceptualise any client problem in terms of the ACT model, from clinical disorders such as depression, anxiety, addiction to non-clinical issues such as work stress, performance anxiety, fear of failure and low self-confidence.

It also covers working with mandated or coerced clients; getting unstuck (for both clients and therapists); 'selling ACT' to your clients; getting to values when your client says 'I don't know'; overcoming resistance and motivating the unmotivated; anger and resentment; compassion and forgiveness DQG PFK PRUH.

*In this workshop, you will discover:*

- **The 7 key factors in resistance to change- and how to overcome them**
- **A variety of new and powerful metaphors**
- **Experiential exercises in forgiveness and compassion**
- **New cognitive defusion techniques**
- **New mindfulness techniques**
- **The art of self-compassion**
- **The secrets of motivating the unmotivated**
- **ACT as a brief intervention**

You'll also learn how to:

- **Rapidly and easily conceptualize cases and figure out ACT interventions**
- **Get to values with clients who say 'I don't know'**
- **Strengthen and utilize the therapeutic or coaching relationship**
- **Get 'unstuck' when coaching or therapy is not progressing**
- **Interrupt disruptive behaviour in session**
- **Improve your own confidence, ACT-style**
- **Use ACT to help you cope with the stresses of difficult clients and prevent 'burnout'**
- **Turn 'stuckness' into a positive**
- **Interpret the ACT model in a new, more flexible way**
- **Get on and stay on track with clients who get easily distracted (and train task-focused attention while you're at it)**
- **Turn boring, frustrating sessions into vital, engaging encounters**
- **Effectively utilise ACT with non-clinical issues, such as work stress, performance anxiety, fear of failure**
- **Effectively utilise ACT with clinical disorders such as depression, anxiety, addiction**
- **Develop empathy in those who lack it**
- **Move from "chunky, clunky" ACT to "fluid, flexible" ACT**

You will receive:

- **Articles, protocols, and research data on the clinical use of ACT with depression and anxiety**
- **Detailed handouts covering a wide array of useful ACT interventions, and scripts for experiential exercises.**
- **A variety of useful client worksheets**
- **A CD recording of Mindfulness Skills: Volume 2**

Workshops run from 9am - 4.30pm day 1, 9am- 4pm day 2

Fees: from \$475 early bird (Student Concessions available)

# GOOD SELF/BAD SELF EXERCISE

## SIDE B: **The Good Self**

Write in large letters some positive self-judgments below:

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

# GOOD SELF/BAD SELF EXERCISE

## SIDE A: **The Bad Self**

Write in large letters some negative self-judgments below:

I am ....

I am ....

I am ....

I am ...

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....

I am ....