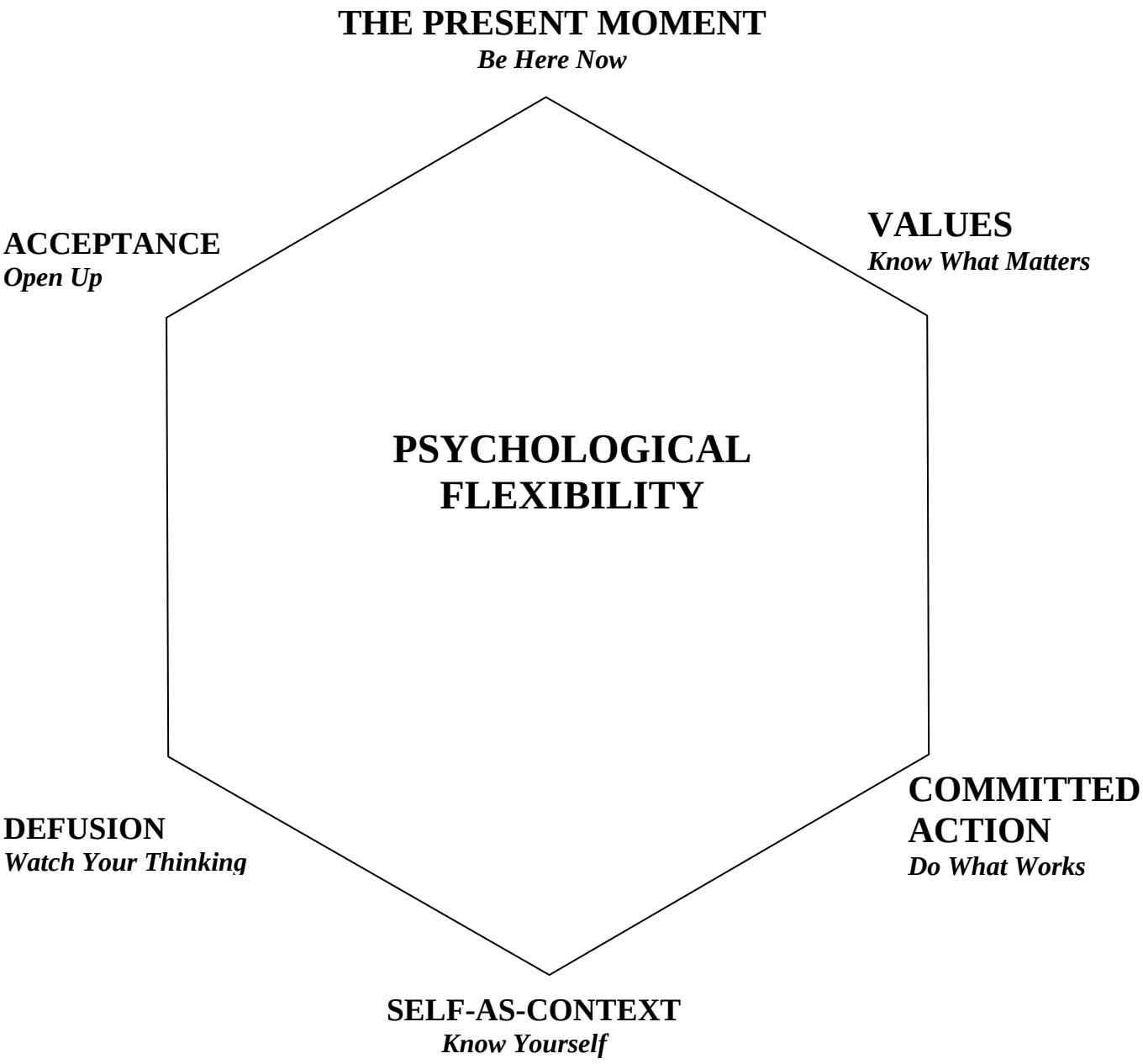
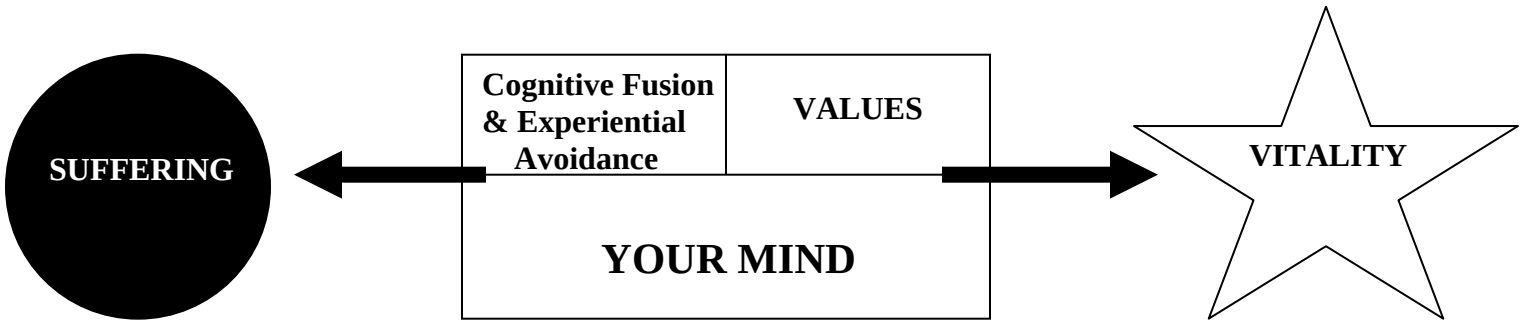
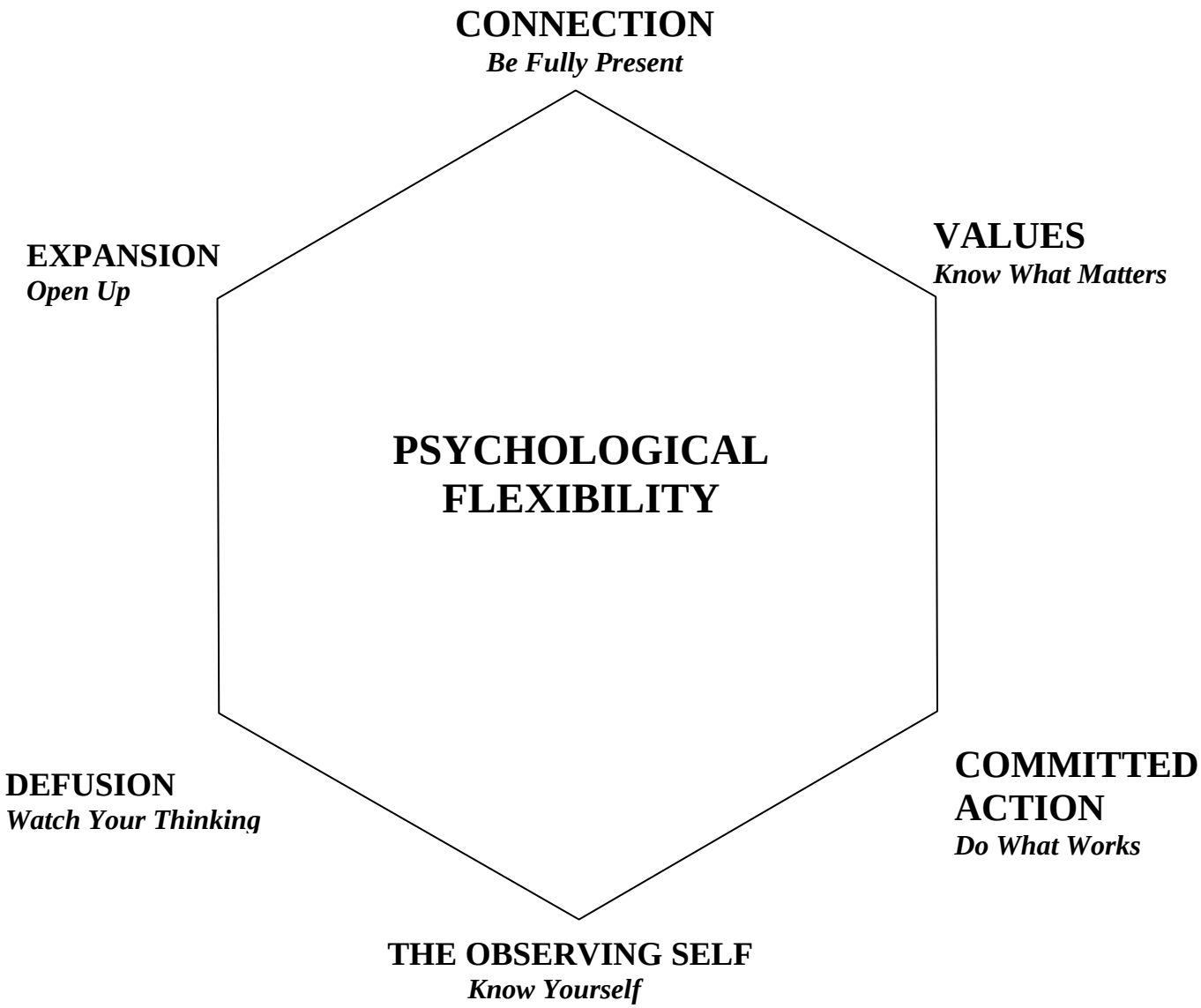
ACCEPTANCE & COMMITMENT THERAPY (In a Nutshell)

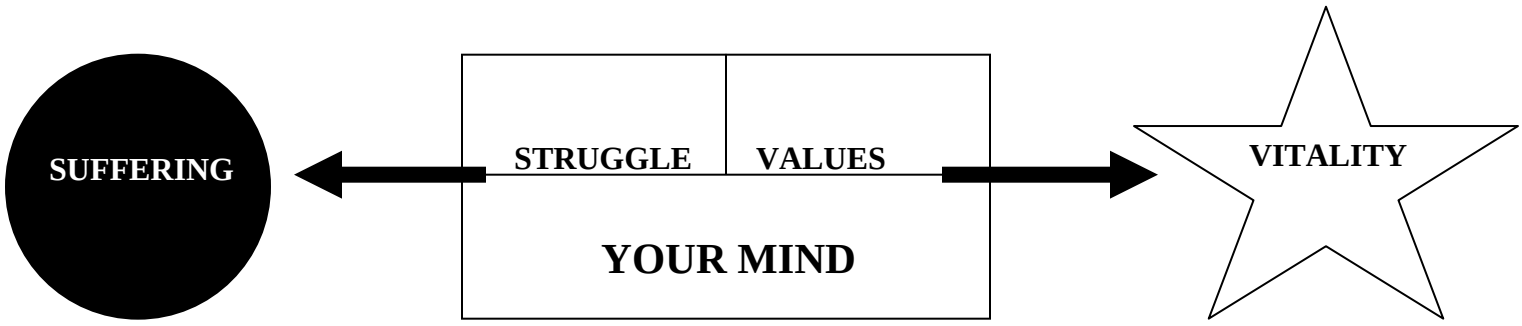




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ACCEPTANCE & COMMITMENT THERAPY (In a Nutshell)

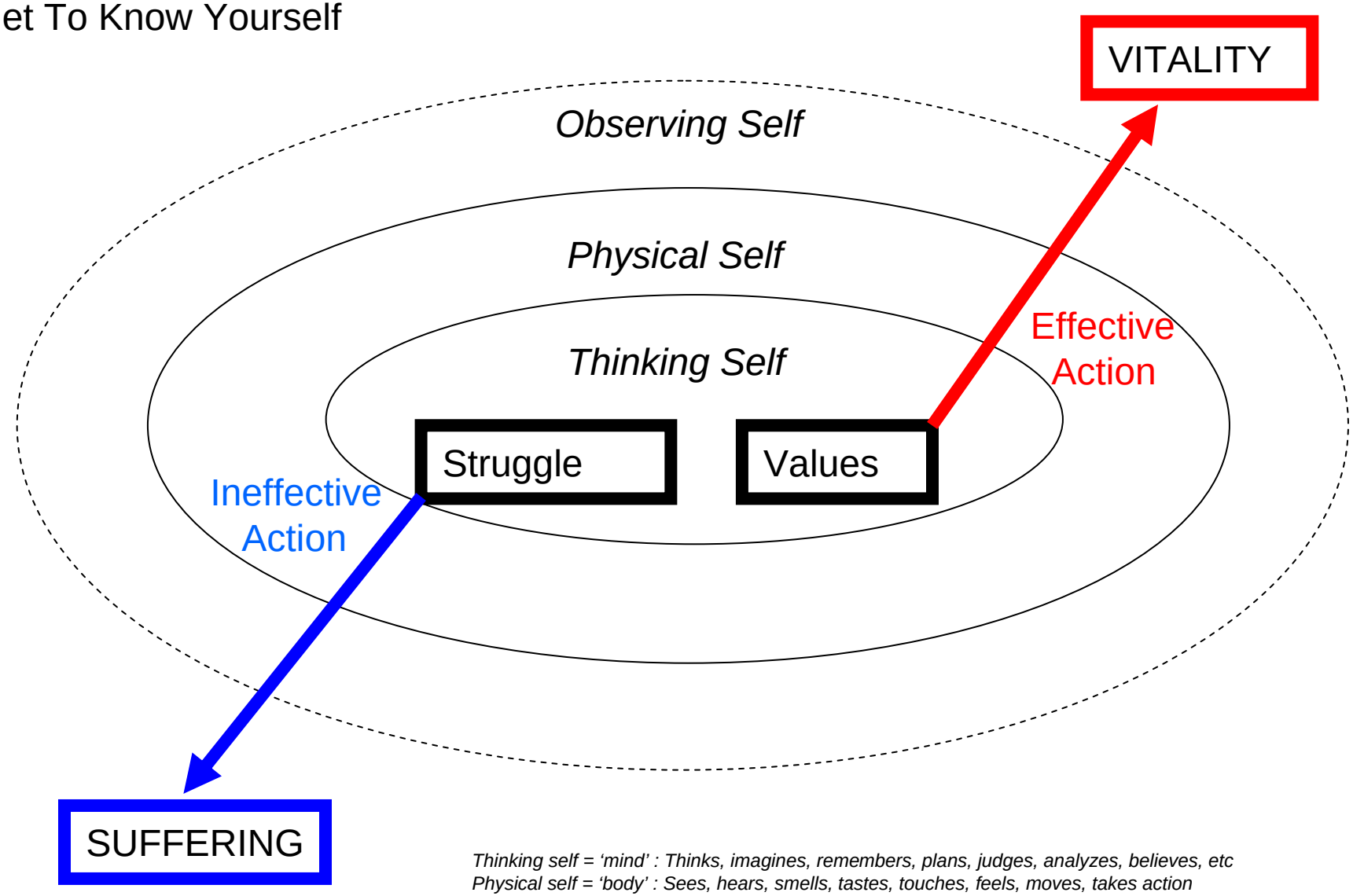




NB: This terminology is from 'The Happiness Trap' by Russ Harris. 3 technical terms have been changed: 'contact with the present moment' to 'connection'; 'acceptance' to 'expansion'; 'self-as-context' to 'the observing self'.

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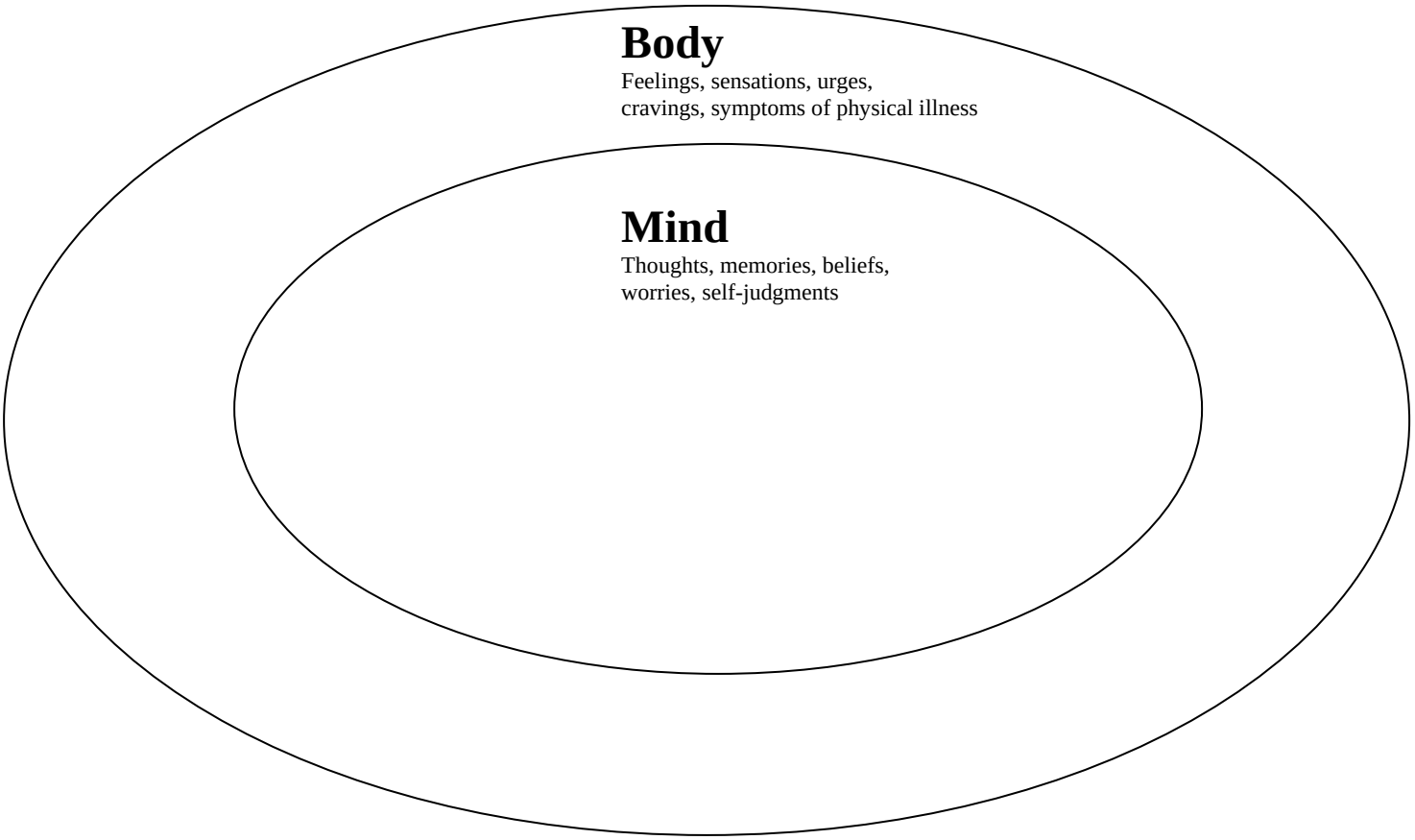
Get To Know Yourself



Thinking self = 'mind' : Thinks, imagines, remembers, plans, judges, analyzes, believes, etc
Physical self = 'body' : Sees, hears, smells, tastes, touches, feels, moves, takes action
Observing self = the part of you that's always there, unchanging, aware of everything your physical self and thinking self are doing in any moment.
Struggle = everything your mind does that pulls you into a struggle with yourself, your thoughts, your feelings, your body, your relationships, your world, or your life itself

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<u>YOUR STRUGGLES:</u> What are the main thoughts and feelings showing up in your life today, that pull you into a struggle with life, health, happiness, yourself, or others? Write these down inside the circles. Next write down everything you have ever tried to get rid of, avoid, suppress, escape or distract yourself from these thoughts or feelings. Finally, reflect on what these strategies have cost you in terms of health, vitality, relationships, money, and wasted time, effort and energy. When you join the DOTS, what picture do you see?



D - Distraction: how have you tried to distract yourself from these thoughts and feelings (eg TV, shopping, etc)?

O - Opting out: how have you opted out of (i.e. quit, avoided, withdrew from) people, places, activities, challenges, etc?

T -Thinking: what thinking processes do you use when painful thoughts and feelings show up? (e.g. blaming yourself, blaming others, worrying, rehashing the past, fantasizing, positive thinking, self-criticism, 'What if?', 'If only …', 'Why me?', 'Not fair!', analyzing, trying to make sense of it, debating with yourself, denial, etc.)

S – Substances, Self-harm, other Strategies

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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?*

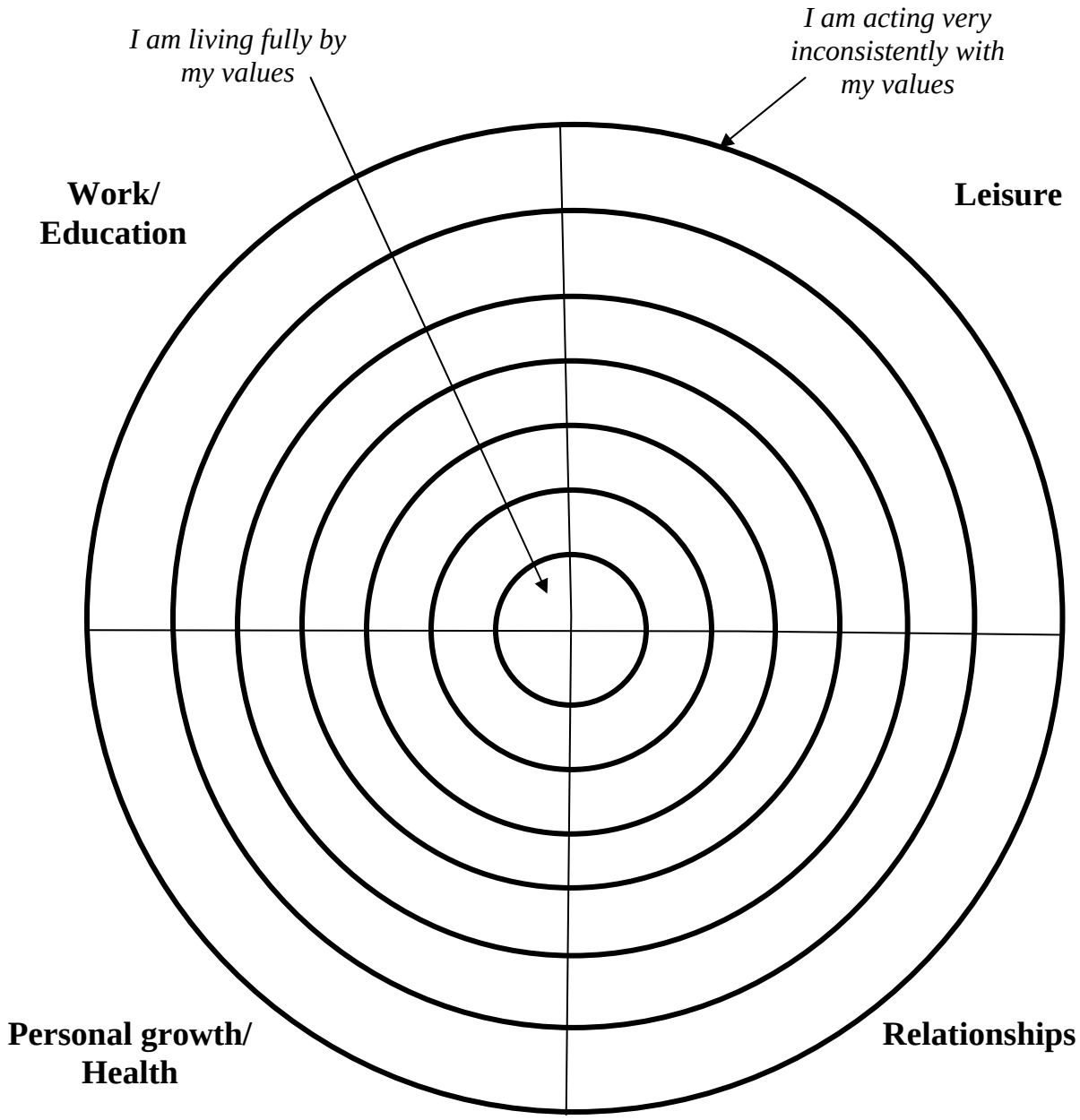
1. Work/Education: includes workplace, career, education, skills development, etc.

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.



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Commitment Exercise

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

What I value is …

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

What that has cost me is …
(Think of relationships, health, wasted time, wasted money, emotional distress, etc)

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/ allow/ accept 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 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:

THE AUSTRALIAN PSYCHOLOGICAL SOCIETY LTD

ACN 000 543 788

DIRECTORATE OF TRAINING AND STANDARDS

PROFESSIONAL DEVELOPMENT ACTIVITY EVALUATION FORM

To assist the Society and presenters of Professional Development Activities to provide activities of value to members, each participant is asked to complete an evaluation of the activity attended. Thank you for your cooperation.

ACTIVITY TITLE:	**Acceptance & Commitment Therapy (07-179)**
PRESENTER (S):	Dr Russell Harris
DATE (S) OF ACTIVITY:	
VENUE:	

Please indicate your agreement/disagreement with the following statements by circling the appropriate number.

	Not Applicable	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The publicised description of the activity was accurate	**0**	**1**	**2**	**3**	**4**	**5**
The venue (building/room/facilities) was suitable	**0**	**1**	**2**	**3**	**4**	**5**
The material was of sufficient complexity and scope for me to learn	**0**	**1**	**2**	**3**	**4**	**5**
The material was relevant to my professional development needs	**0**	**1**	**2**	**3**	**4**	**5**
I acquired new knowledge or skills	**0**	**1**	**2**	**3**	**4**	**5**
The presentation format was suitable for the content	**0**	**1**	**2**	**3**	**4**	**5**
The teaching level was appropriate	**0**	**1**	**2**	**3**	**4**	**5**
Sufficient opportunity was provided for active participation	**0**	**1**	**2**	**3**	**4**	**5**
Audiovisual aids and handouts were legible, relevant and helpful	**0**	**1**	**2**	**3**	**4**	**5**
The learning objectives were met as stated	**0**	**1**	**2**	**3**	**4**	**5**
The presenter(s) was/were well prepared	**0**	**1**	**2**	**3**	**4**	**5**
Concepts were clearly explained	**0**	**1**	**2**	**3**	**4**	**5**
The presenter(s) was/were good teachers	**0**	**1**	**2**	**3**	**4**	**5**
Overall, the activity should be presented again	**0**	**1**	**2**	**3**	**4**	**5**
The enrolment process was smooth and efficient	**0**	**1**	**2**	**3**	**4**	**5**
The National Office staff was responsive and helpful	**0**	**1**	**2**	**3**	**4**	**5**
Other Comments:						