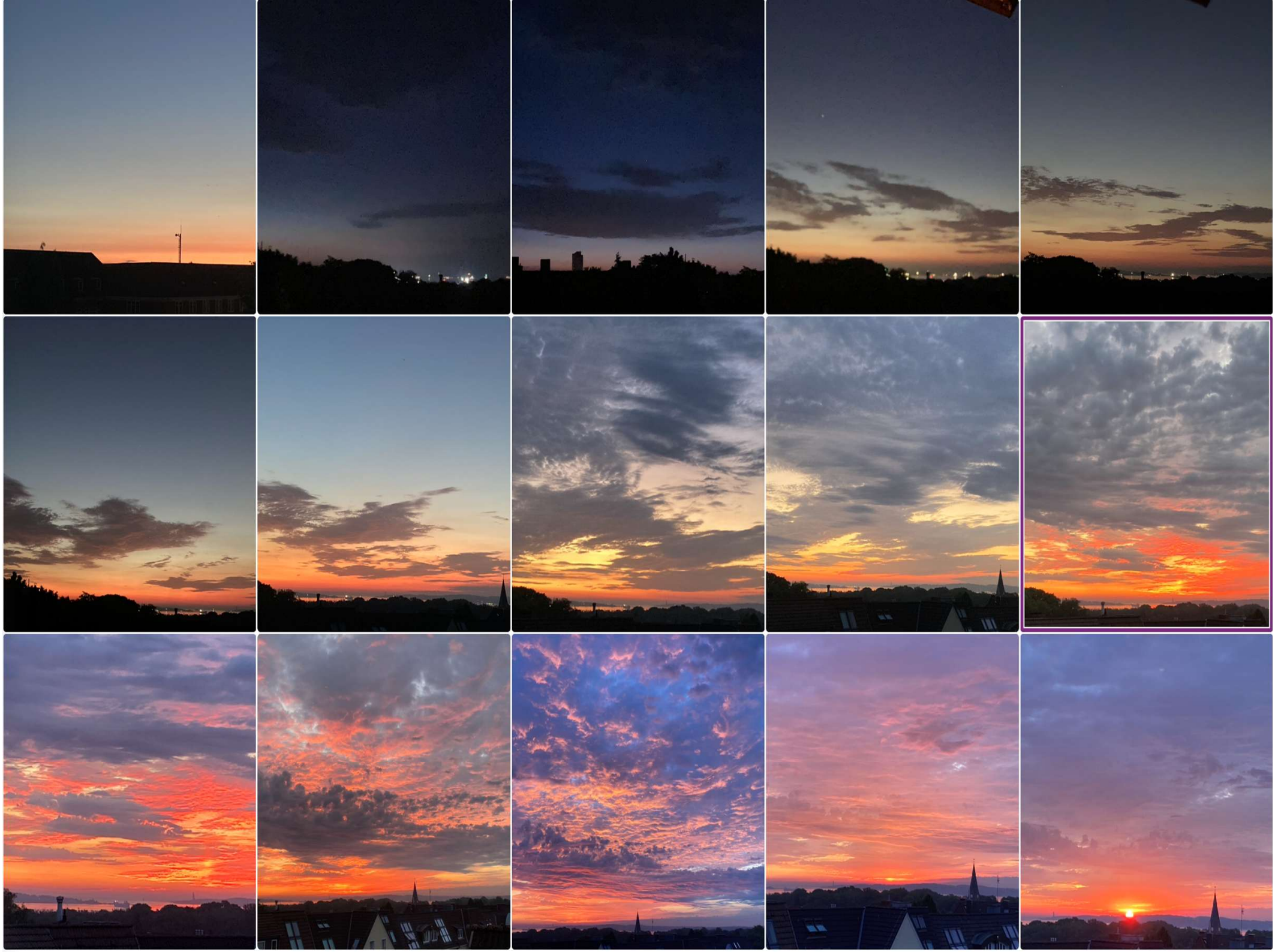






Are you in problem solving mode
or are you in sunset mode?



ACT for Health

a six session group program for students
based on Acceptance and Commitment
Therapy

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Program for today



- Short introduction into ACT
- Session by session presentation of the group program
- Time for Questions and Discussion



- Developed by psychologists at the University Hospital SH
- Originally ten sessions for in-house patients
- Adapted into six sessions for students
- Peer program by Master students in clinical psychology

ACT



Centres around Psychological Flexibility

which is the ability

- to stay present,
- open up to difficult experiences, and
- take action in alignment with personal values

Values – Session 1



- Values are not goals
- Values are guides to living.
- You cannot achieve a value, you can only manifest it by acting in accordance with it.

Steven C Hayes



Values – Session 1

Exercise: Sweet Spot

How do you know you are aligned
with your values?

You feel it.



Values – Session 1

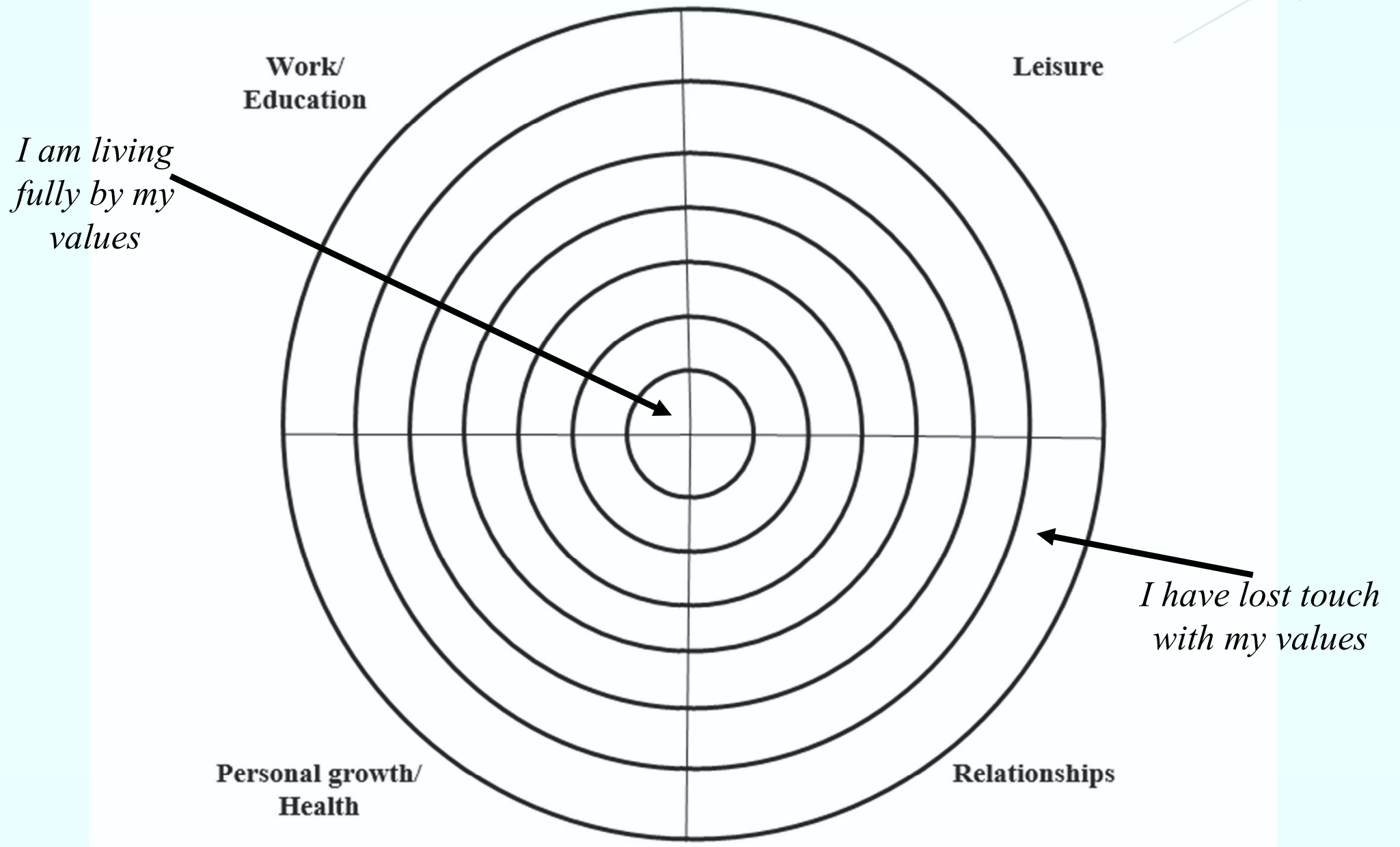


Exercise:

Write a speech for your 50s birthday!



What would you like people to say about you and how you have lived your life?



AWAY

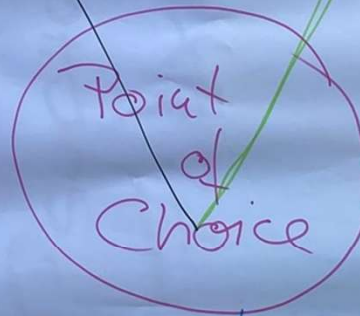


hooked

Towards



unhooked



Situation(s)
Thought(s)
Emotion(s)





**DON'T BELIEVE
EVERYTHING
YOU THINK**

Defusion – Session 2



Theory and exercises in the session:

Understanding what the mind does, how it works and that it functions mainly as a problem solving machine.

Observing thought processes and connections the mind makes without engaging with content.

Defusion – Session 2



Clap your Hands

Now say “I cannot clap my hands” and clap your hands.

Now say “I must clap my hands” and do anything else but do not clap your hands.

Defusion – Session 2



„I’m not good enough.“

„I have the thought that I’m not good enough.“

„I’m noticing that I have the thought, that I’m not good enough.“

„At this moment there is the thought that I’m not good enough.“

„At this moment one of my thoughts seems to be that I’m not good enough.“

Defusion – Session 2



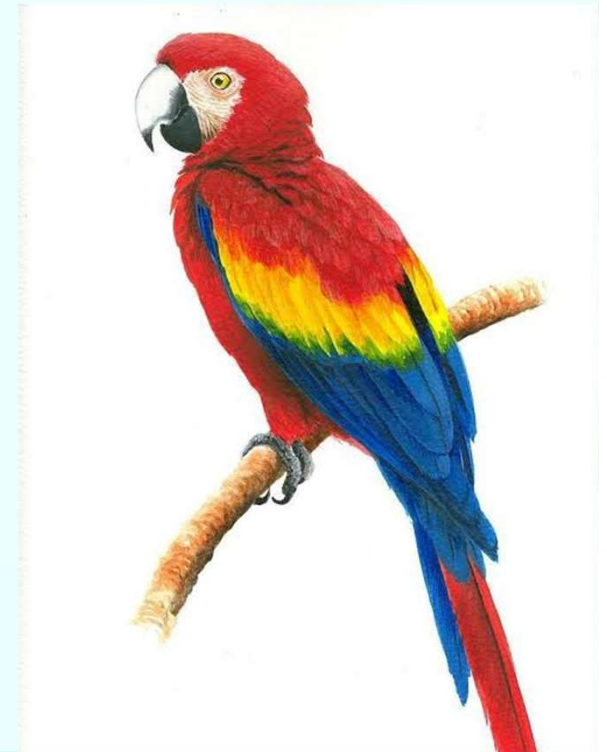
Metaphors for detaching attention from the content of the thoughts:

A parrot

A street vendor

A popcorn machine

Radio-noise





Self (as context) – Session 3



Are you the clouds or are you the sky?

Self as content or self as context

Or are you both?

Self (as context) – Session 3



A parrot

The jungle

A street vendor

The bazaar

A popcorn machine

The movie theatre

Radio-noise

The ether

Self (as context) – Session 3



In this session we examine

- ideas we have about ourselves
- roles we inhabit – or think we should inhabit
- thoughts, emotions, and actions that come with the roles

Self (as context) – Session 3



Exercise:

Introduce yourself to 3 different people in completely different ways – saying very different things about yourself that are all true.

Presence – Session 4



Are you in problem solving mode or sunset mode?

Both are important.

Presence – Session 4



Are you present or are you on auto-pilot?

Both are important.



Mind Full, or Mindful?

Acceptance – Session 5



A lot of stress comes from fighting with reality:

*Something or someone or a group of people
should or should not
be like this or behave like this.*

Acceptance – Session 5



„Acceptance means opening up and making room for difficult feelings, urges, and emotions instead of struggling with them.“

Steven C. Hayes

Acceptance – Session 5



Acceptance does not mean condoning.

I can accept that something is like this (for now)

AND

do everything in my power to change it.

Acceptance – Session 5



Having and Wanting	Not Having and Wanting
Having and Not Wanting	Not Having and Not Wanting

Acceptance – Session 5



Acceptance is an invitation
rather than an action

Self-Compassion – Bonus



If acceptance is the invitation
self-compassion opens the door

Self-Compassion – Bonus



Talk to yourself as if you were talking
to someone you truly love

Treat yourself like you would treat
someone you truly love

Self-Compassion – Bonus



Levels of behavior-based self-compassion

- Body – Allow the body to soften.
- Mind – Promote calmness.
- Emotions – Care for and comfort yourself.
- Relationships – Reach out and connect with others.
- Values – Connect with what enriches and gives meaning to your life.

"When things are difficult,
remember who you are"



"Who am I?" asked the boy
"You are loved" said the horse

Committed Action – Session 6



Choose a personal commitment (e.g., "I want to be compassionate with myself").

Then interview each other as follows:

- Chair 1: What will your life look like in one year and in five years if you let go of this commitment?
- Chair 2: What will your life look like in one year and in five years if you keep this commitment?

Committed Action – Session 6



- Writing Exercises

Writing a diary entry in the future

Writing a letter from the future

Writing a letter to the future (we will mail it)

Committed Action – Session 6



- Expressive Writing Exercise
- Set aside 20 minutes and choose a point in the future.
- Imagine that you have used your strengths, achieved your dreams and goals, and become the person you want to be.
- Write from the perspective of your future self. What are you doing on that day in the future? How do you feel? What do you notice around you?
- When you finish, put your writing aside for at least 24 hours before reading it.



Questions and discussion

Illustrationen von <https://www.act-mindful.space/>

Fotos von mir

PRESENCE

Acceptance

Committed
ACTION

PSYCHOLOGICAL
FLEXIBILITY

DEFUSION

SELF
as CONTEXT

VALUES



For information about the evaluating study please contact
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