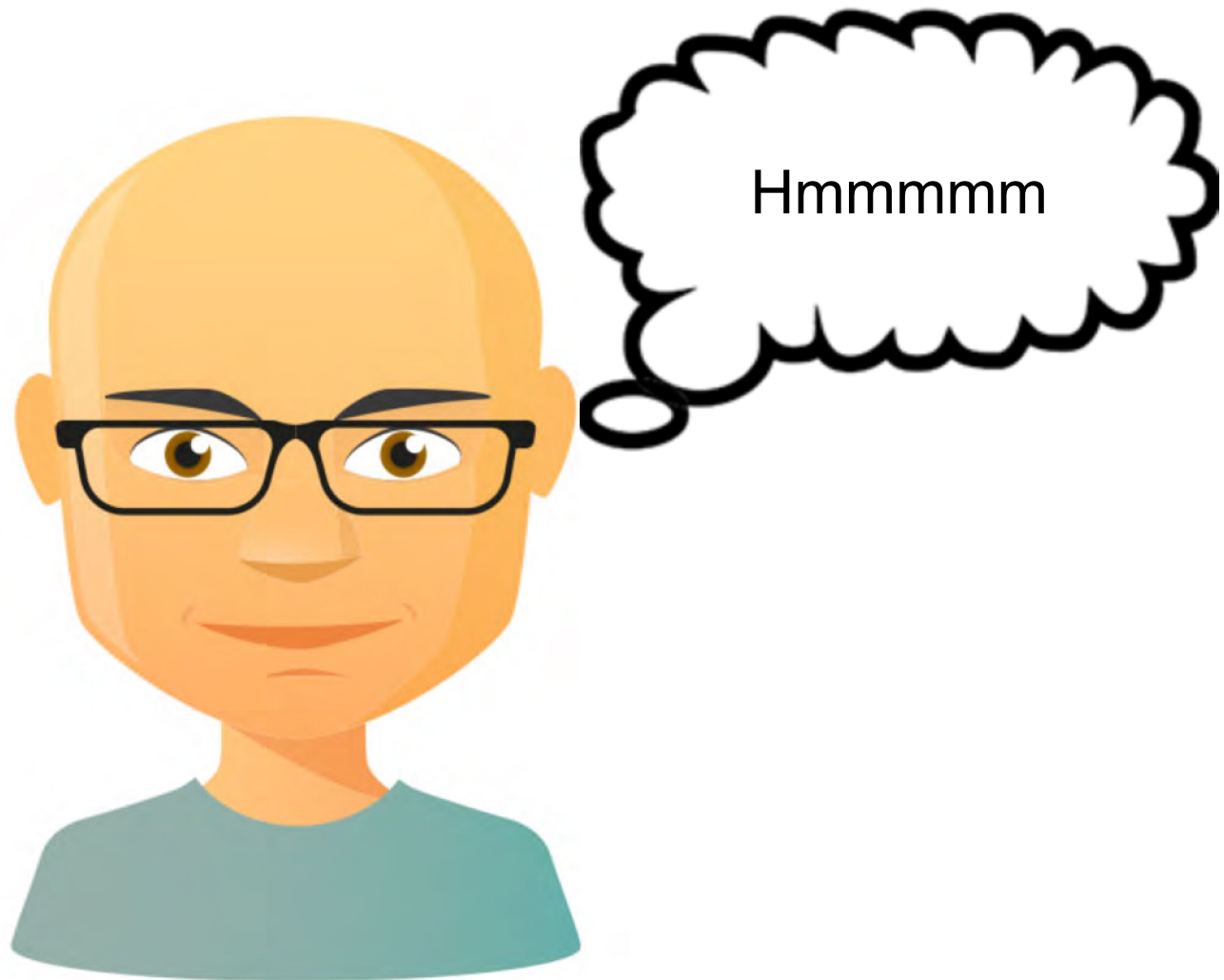


Flourishing: Enhancing Psychological Flexibility and Other Core Concepts of Acceptance and Commitment Therapy

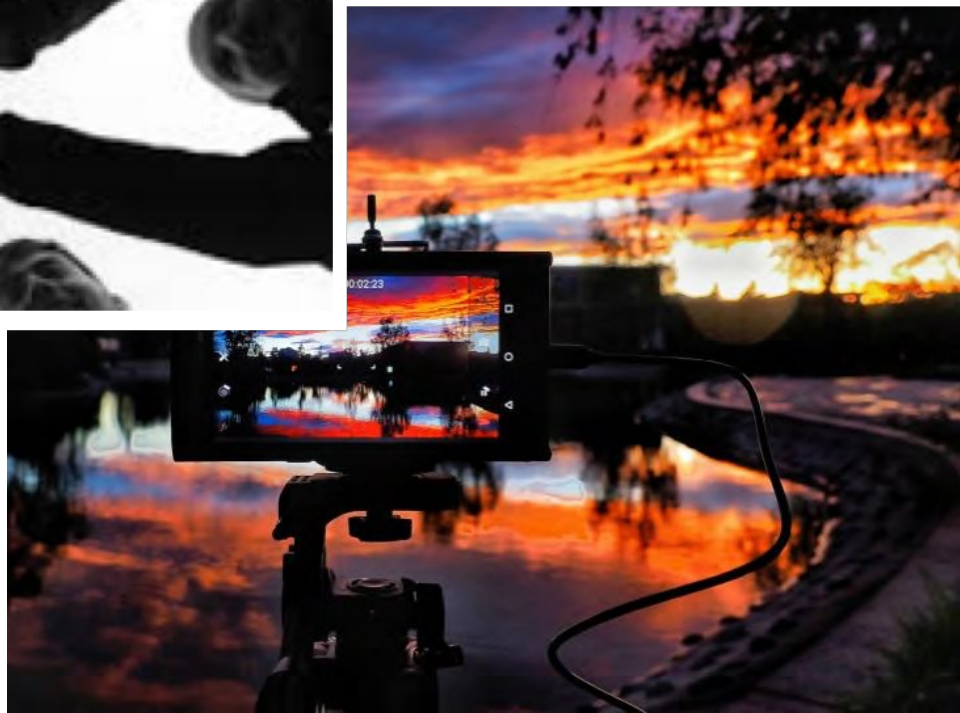
Steven C. Hayes
University of Nevada

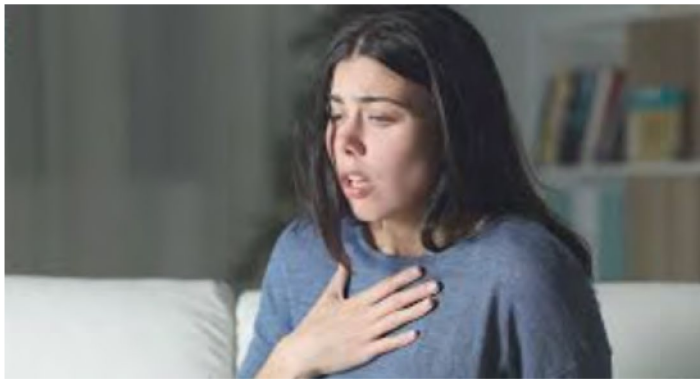
My Intention





How Can We Best Use
Evidence to Rise to the
Challenge of the Human
Condition

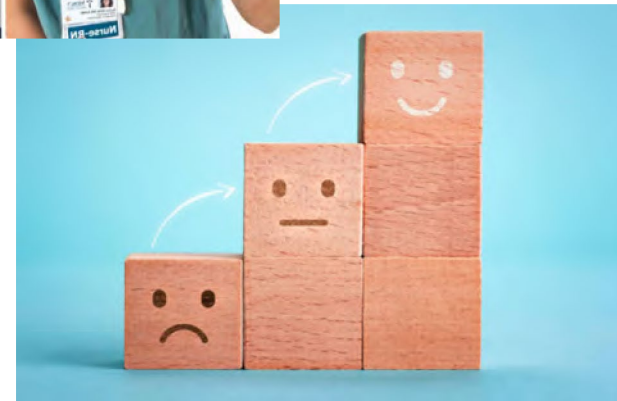
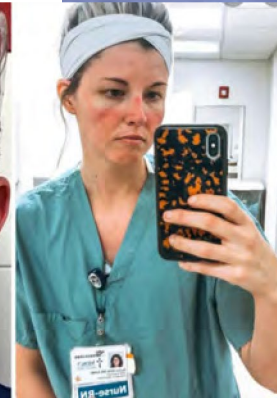






Mental Health and Mental Resilience:
In the Modern Era We Know It is Not
1 Out of 5 Anymore

Challenges of the Modern World





**Pushing People into
Boxes Does Not Work**

DSM-III DIAGNOSTIC AND STATISTICAL
MANUAL OF MENTAL DISORDERS First Edition

DSM-III-R DIAGNOSTIC AND STATISTICAL
MANUAL OF MENTAL DISORDERS
Classification Revised

DSM-IVTM DIAGNOSTIC AND STATISTICAL
MANUAL OF MENTAL DISORDERS
Fourth Edition

DSM-IV-TRTM DIAGNOSTIC AND STATISTICAL
MANUAL OF MENTAL DISORDERS
FOURTH EDITION TEXT REVISION

DIAGNOSTIC AND STATISTICAL
MANUAL OF
DSM-5TM MENTAL DISORDERS
FIFTH EDITION

This is Not Much Better

The current Div. 12 list of empirically supported treatments:

Now isn't that special?!

Acceptance and Commitment Therapy for Depression
Acceptance and Commitment Therapy for Chronic Pain
Acceptance and Commitment Therapy for anxiety disorder
Acceptance and Commitment Therapy for coping with psychosis


Applied Relaxation for Panic Disorder
Assertive Community Treatment for Schizophrenia
Behavior Therapy/Behavioral Activation for Depression
Behavioral Couple Therapy for Depression
Behavioral and Cognitive Behavioral Therapy for Chronic Low Back Pain
Behavioral Weight Loss Treatment for Obesity and Pediatric Overweight
Biofeedback-Based Treatments for Insomnia
Cognitive Adaptation Training for Schizophrenia
Cognitive Behavioral Analysis System of Psychotherapy for Depression
Cognitive Behavior Therapy for Insomnia
Cognitive Behavioral Therapy for Anorexia Nervosa
Cognitive Behavioral Therapy for Binge Eating Disorder
Cognitive Behavioral Therapy for Bulimia Nervosa
Cognitive and Behavioral Therapies for Generalized Anxiety Disorder

Cognitive Behavioral Therapy for Panic
Cognitive and Behavioral Therapies for Social Phobia/Public Speaking Anxiety
Cognitive Behavioral Therapy for Chronic Headache
Cognitive Behavioral Therapy for Schizophrenia
Cognitive Processing Therapy for Post Traumatic Stress Disorder
Cognitive Remediation for Schizophrenia
Cognitive Therapy for Bipolar Disorder
Cognitive Therapy for Depression
Cognitive Therapy for Obsessive-Compulsive Disorder
Dialectical Behavior Therapy for Borderline Personality Disorder
Emotion Focused Therapy for Depression
Exposure and Response Prevention for Obsessive Compulsive Disorder
Exposure Therapies for Specific Phobias
Eye Movement Desensitization and Reprocessing for Post Traumatic Stress Disorder
Family Based Treatment for Anorexia Nervosa
Family Based Treatment for Bulimia Nervosa
Family Focused Therapy for Bipolar Disorder
Family Psychoeducation for Schizophrenia
Healthy Weight Program for Bulimia Nervosa
Interpersonal Therapy for Depression
Illness Management and Recovery for Schizophrenia
Interpersonal Psychotherapy for Binge Eating Disorder
Interpersonal Psychotherapy for Bulimia

Interpersonal and Social Rhythm Therapy for Bipolar Disorder
Multi Component Cognitive Behavioral Therapy for Fibromyalgia
Multi Component Cognitive Behavioral Therapy for Rheumatologic Pain
Paradoxical Intention for Insomnia
Problem Solving Therapy for Depression
Prolonged Exposure for Post Traumatic Stress Disorder
Psychoanalytic Therapy for Panic Disorder
Psychoeducation for Bipolar Disorder
Psychological Debriefing for Post Traumatic Stress Disorder
Relaxation Training for Insomnia
Reminiscence/Life Review Therapy for Depression
Schema-Focused Therapy for Borderline Personality Disorder
Self Management/Self Control Therapy for Depression
Self-System Therapy for Depression
Short Term Psychodynamic Therapy for Depression
Sleep Restriction Therapy for Insomnia
Social Learning/Token Economy Programs for Schizophrenia
Social Skills Training for Schizophrenia
Stimulus Control Therapy for Insomnia
Supported Employment for Schizophrenia
Systematic Care for Bipolar Disorder
Transference-Focused Therapy for Borderline Personality Disorder

And Here is
the Dirtiest
Secret of
All: EBT
Does Not
Necessarily
Produce
Flourishing





A New
Alternative
That
Appears to
Help

*Focus on the
functionally
important
pathways of
change –
especially those
that meet our
deepest human
yearnings*

**That is the
Promise of
Psychological
Flexibility**



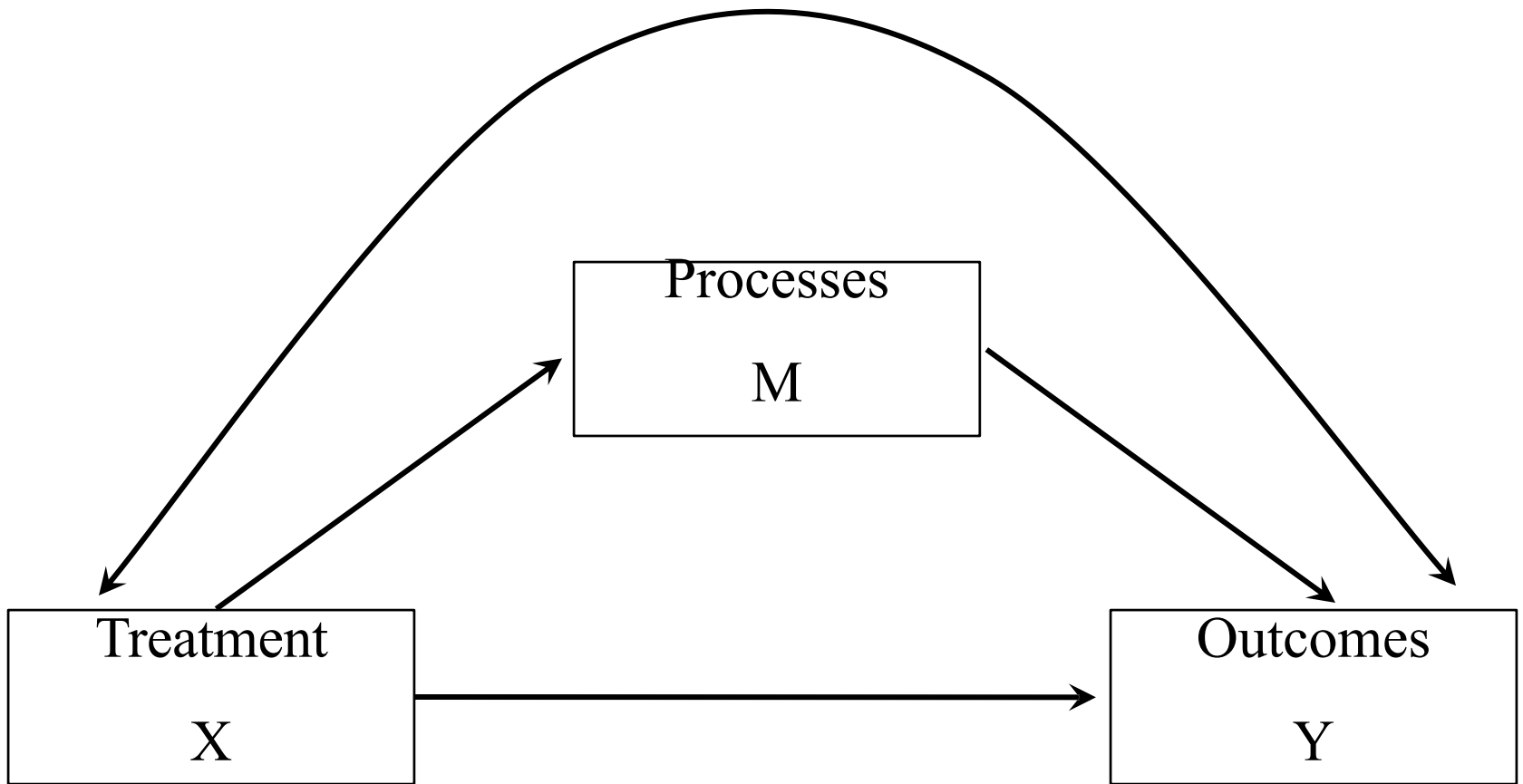
- *Flexibility* -

But Let's Not Start with ACT

- Let's start with a very broad funnel: the entire world's literature on psychotherapy



Pathways of Change



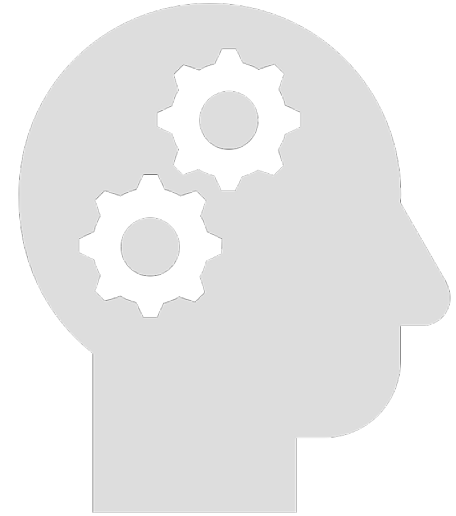


Hayes, Hofmann, & Ciarrochi's Death Star Project

- We have examined every single randomized trial ever done on any psychological intervention that claimed to identify a process of change through mediation and had a TAU or wait list control
- Just under 56,000 studies were each rated twice ...

What We Have Found

- Virtually all fit in six psychological *Dimensions*
 - Affect
 - Cognition
 - Attention
 - Self
 - Motivation
 - Overt behavior
- Or two other *Levels*
 - Sociocultural
 - Physiological



And All Had to do With

- Variation
- Selection
- Retention, or
- Contextual fit



That's not by accident. That is what any complex system needs in order to . . .



A word cloud featuring various psychological and behavioral concepts. The words are arranged in a roughly circular shape, with some words being significantly larger than others. The colors used are primarily orange, red, and dark blue/teal. The words include:

- expectancies
- self-compassion
- goals
- motivation
- cognition
- attention
- social support
- parenting
- beliefs
- self-efficacy
- affect
- values
- catastrophizing
- rumination/worrying
- coping skills
- intentions
- anxiety sensitivity
- attitudes
- neurophysiology
- dysfunctional thoughts
- acceptance
- planning
- defusion
- social perceptions
- self-regulation
- behavioral processes and skills
- mindfulness
- emotion regulation
- cognitive reappraisal
- problem solving
- psychological flexibility
- knowledge

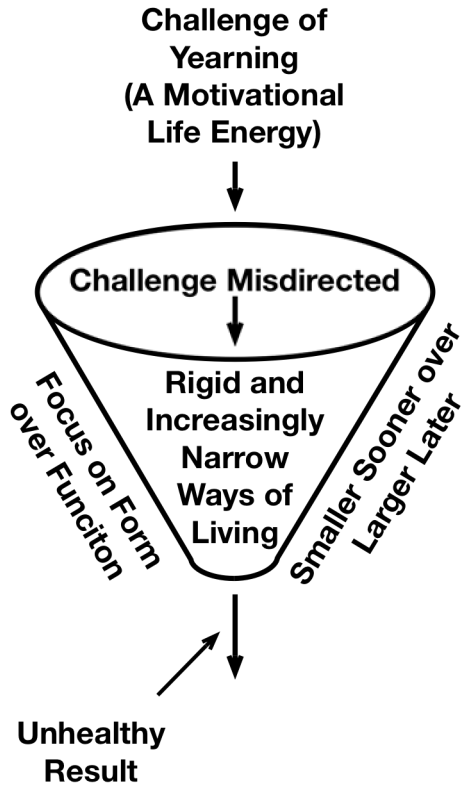
WHY This Matters Clinically



Acceptance and
Commitment
Therapy (ACT) and
its underlying
Psychological
Flexibility Model is
the best single
example available.

Why? Six reasons.





My “5 Out of 5”
Claim:
Our Yearnings Are
Being Mishandled
Due to the
Dominance
of a Mode of Mind



We Yearn to Belong



And We Do Belong in
Consciousness





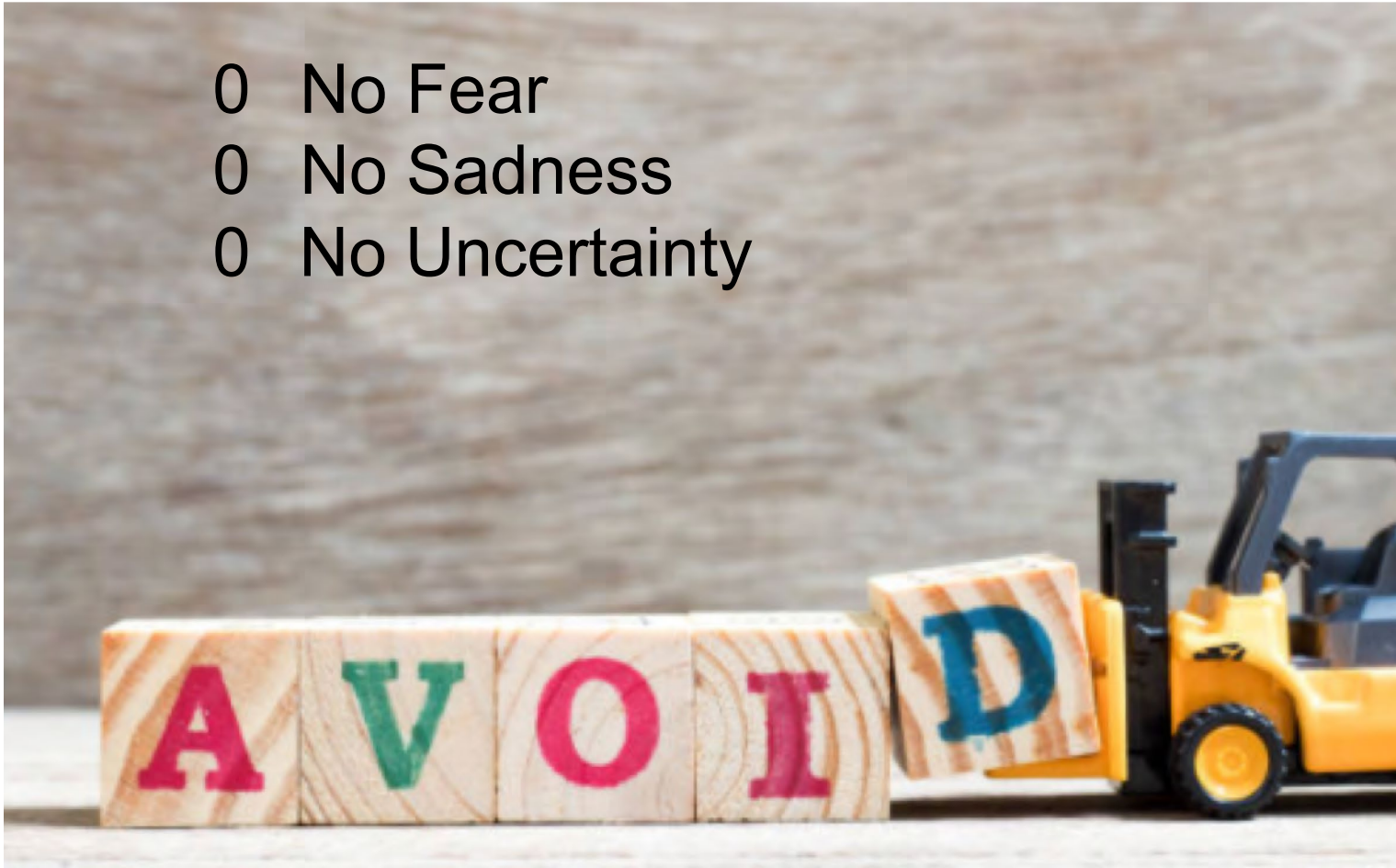
But Our Minds
Tell Us to *Earn*
Belonging By
Being Special



We Yearn to Feel

But As Judgment Emerges, We Try to Only Feel *Good*

- 0 No Fear
- 0 No Sadness
- 0 No Uncertainty





We Yearn
to For
Coherence



Instead We Get Lost
in
Mental Cha2er



We Yearn
to Be
Oriented





Missing that We Are
Here, Now |

We Yearn
to Have
Self-
Directed
Meaning



But We Laud External Goals That Falsely Seem Like Substitutes





We Naturally
Work for
Competence



Our Minds Tells
Us to Expect
Instant Success



The Toxic Six

**Rigid Attention
Toward Past and
Future**

**Unclear
values**

**Inaction or
Avoidant
Persistence**

**Conceptualized
Self (Ego)**

**Psychological
Inflexibility**

**Experiential
Avoidance**

**Cognitive
Entanglement**

We All Know Better!

Show me with your body, you at your worst



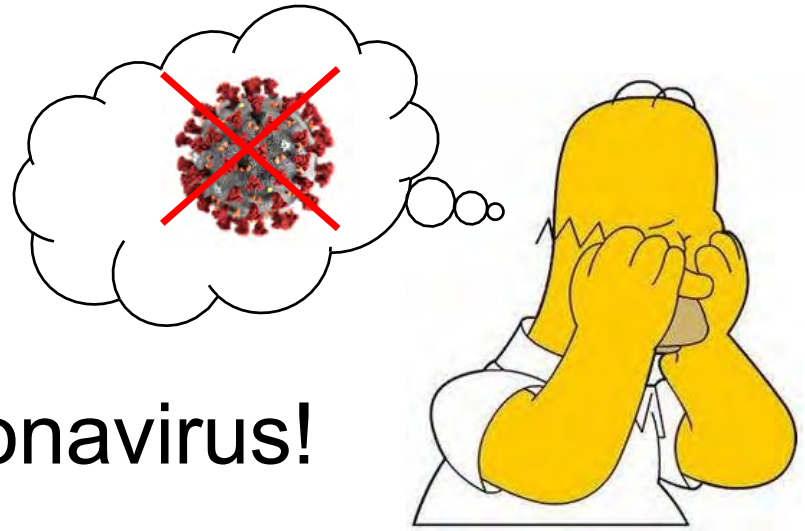
Show me with your body, you at your best







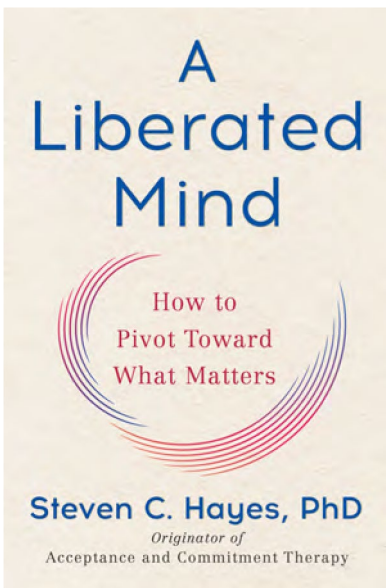
We Know Better But Our Problem-Solving Minds Do Not



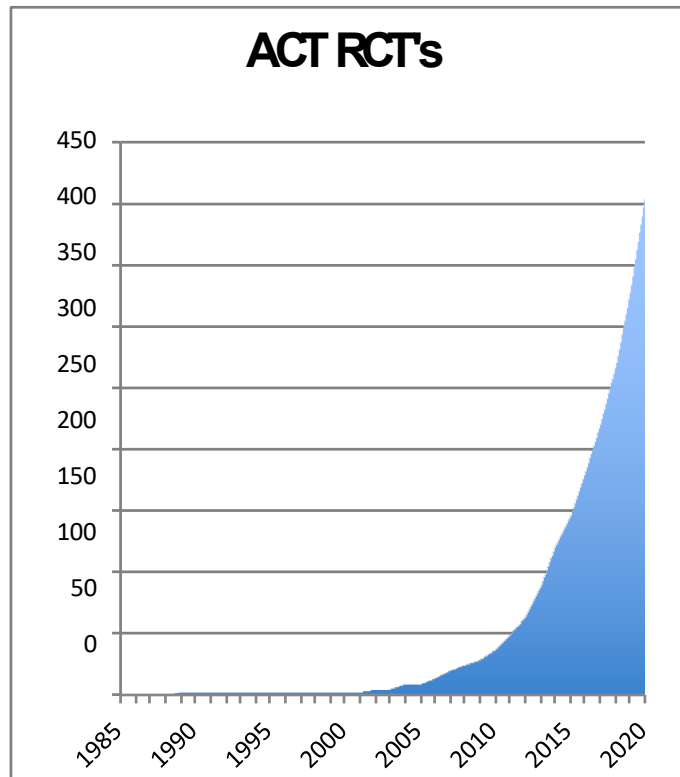
Do not think of the coronavirus!







Acceptance and Commitment Therapy



Guided self-help to reduce psychological distress in South Sudanese female refugees in Uganda: a cluster randomised trial

Wietse A Tol, Marx R Loku, Daniel P Lakin, Kenneth Carswell, Jura Augustinavicius, Alex Adoku, Teresa M Au, Felicity L Brown, Richard A Bryant, Claudio Garcia-Moreno, Rashelle J Musci, Peter Ventevogel, Ross G White, Mark van Ommeren

Summary

Background Innovative solutions are required to provide mental health support at scale in low-resource humanitarian contexts. We aimed to assess the effectiveness of a facilitator-guided, group-based, self-help intervention (Self-Help Plus) to reduce psychological distress in female refugees.

Methods We did a cluster randomised trial in rural refugee settlements in northern Uganda. Participants were female South Sudanese refugees with at least moderate levels of psychological distress (cutoff ≥ 5 on the Kessler 6). The intervention consisted of a self-help manual and audio recordings of the manual's content.

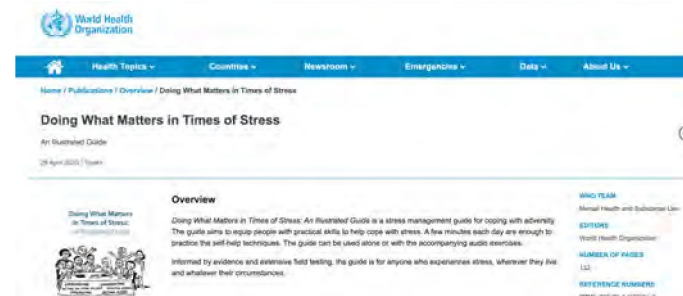


Lancet Glob Health 2020;

S: e254-63

See Comment page e165

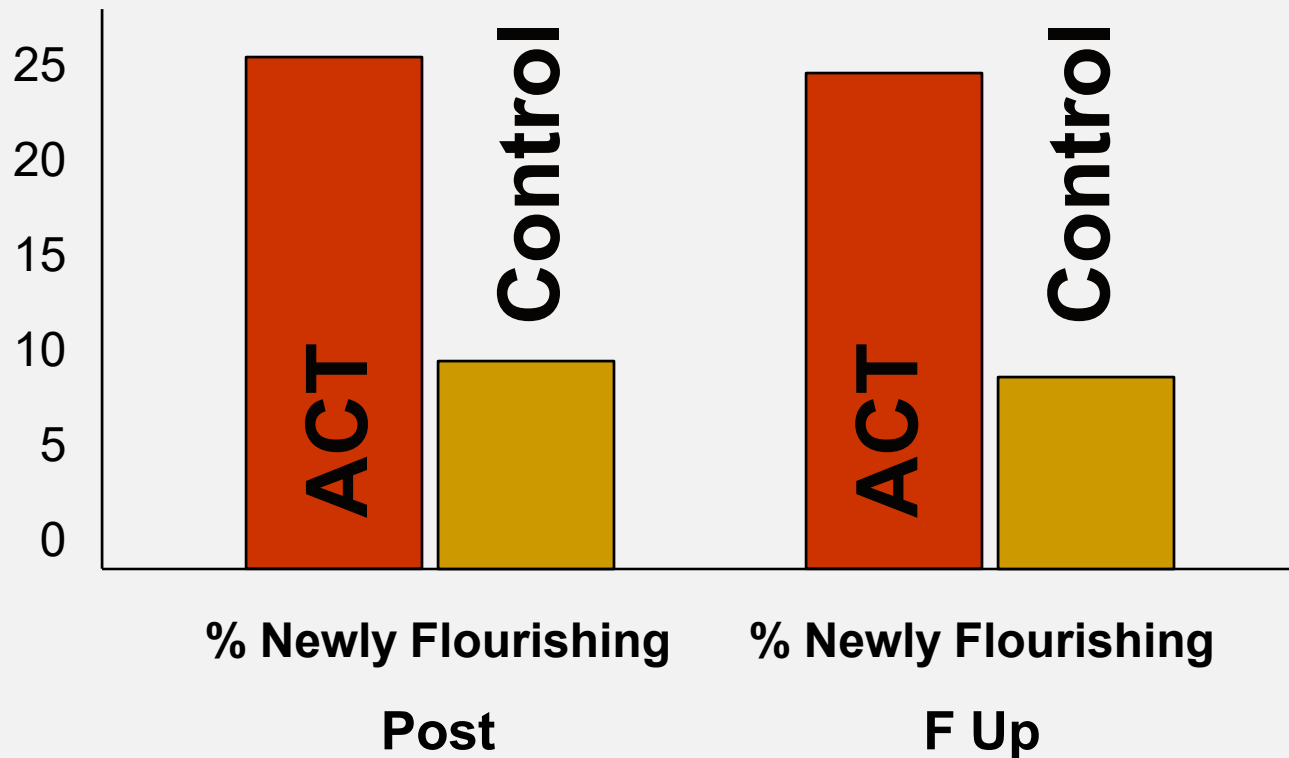
Department of Mental Health,
Johns Hopkins Bloomberg
School of Public Health,
Baltimore, MD, USA



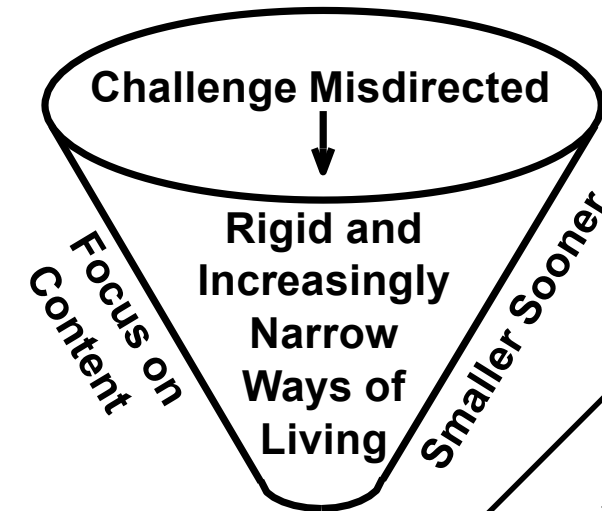
<https://www.who.int/publications-detail/9789240003927>

Percent Newly “Flourishing” w/ Majority of Areas Very High

Bohlmeijer, Lamers, & Fledderus, 2015

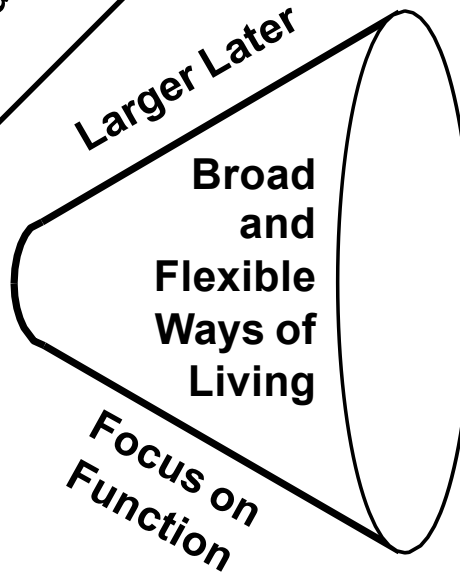


**The Challenge of
Yearning as a
Life Energy**



**Inflexibility
Result**

The Flexibility Pivots: Taking Life in a New Direction



**A New Agenda
Served by
Redirected Life
Energy**



Self as
Context
or
Perspective

"If you wake up at a different time, in a different place, could you wake up as a different person?"

Chuck Palahniuk

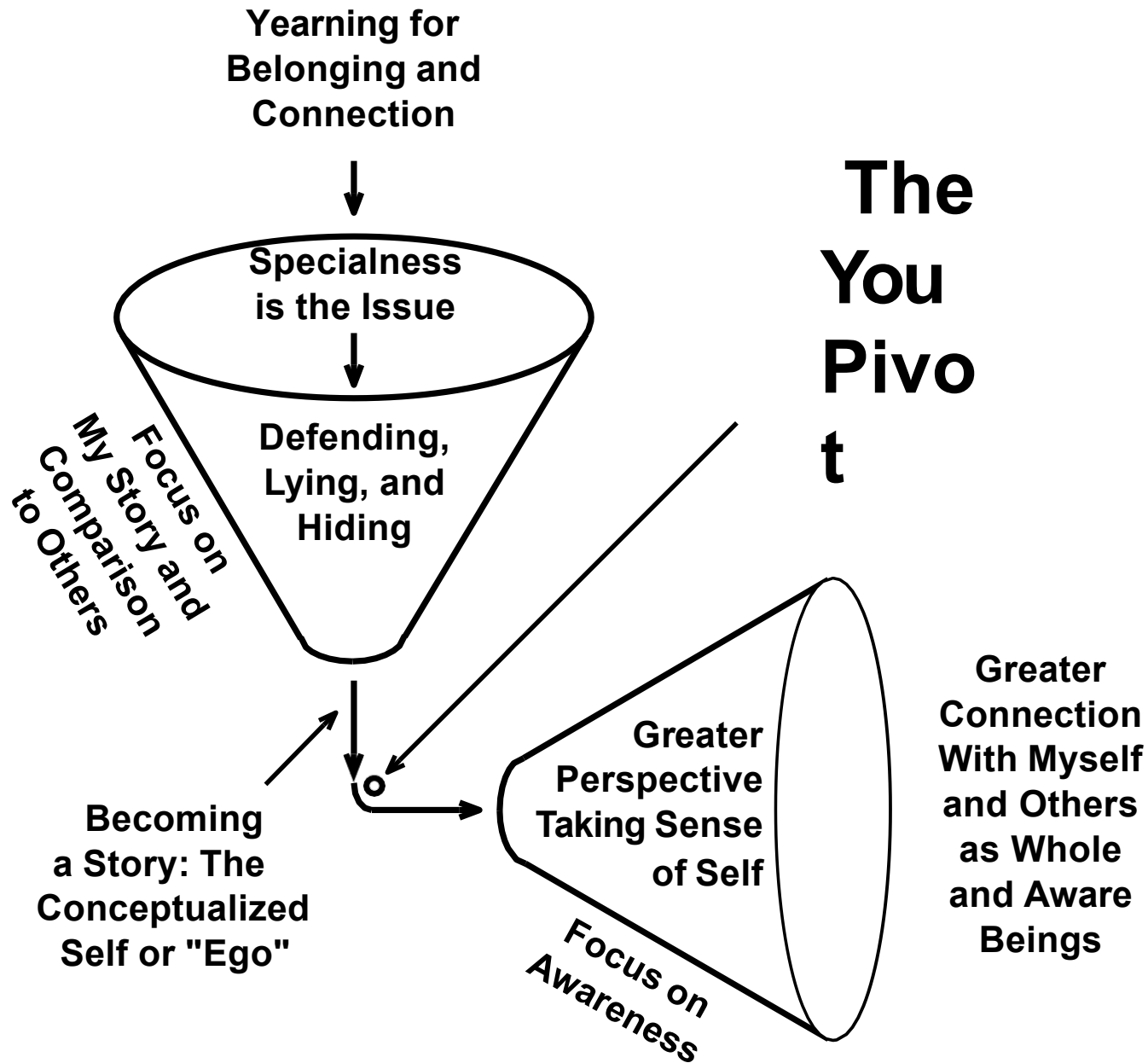


The Conceptualized Self



And Its Ally: Poor Perspective Taking





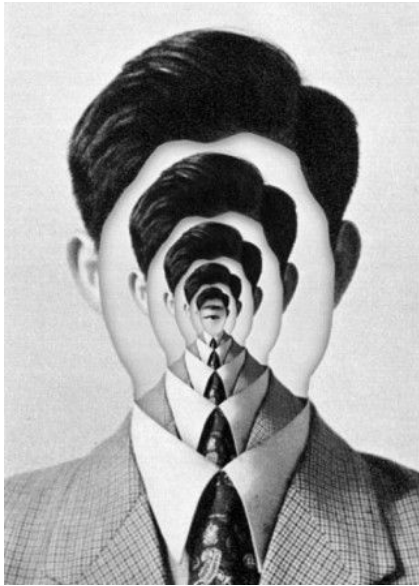
The Flip Side: A Transcendent Sense of Self



Consciousness Connects Us



Pick a Difficult Experience

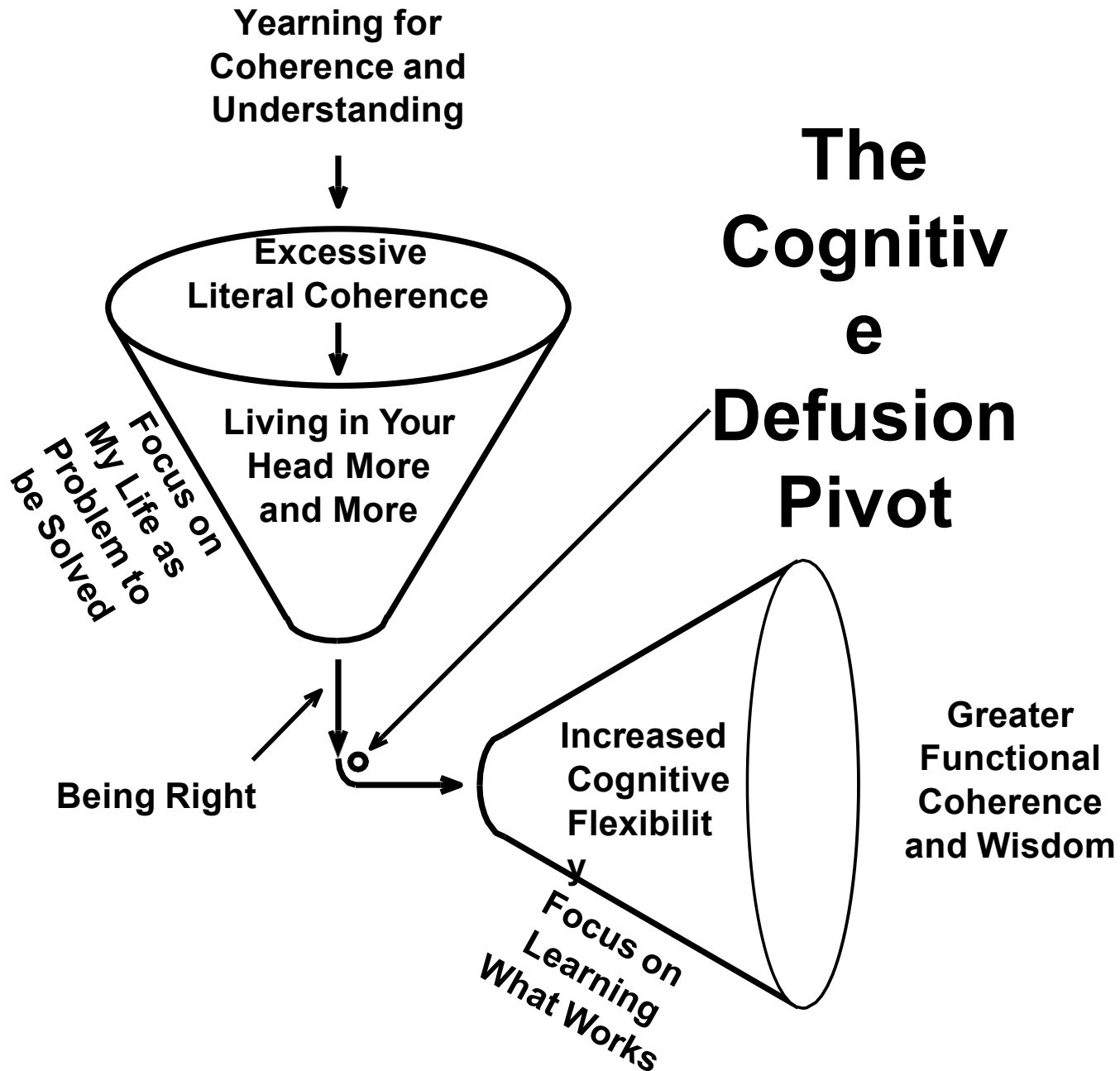




Defusion from Thoughts

I used to think that my
mind was my most
wonderful organ.
Then I realized which organ
was telling me this.

*-Emo Phillips
(tweaked)*







Let's Try a
Couples of Brief
Examples of
Defusion

Think of a
Difficult
Self-
Referential
Thought



Let's Do It
Again:
Think of a
Difficult
Self-
Referential
Thought
That is Old

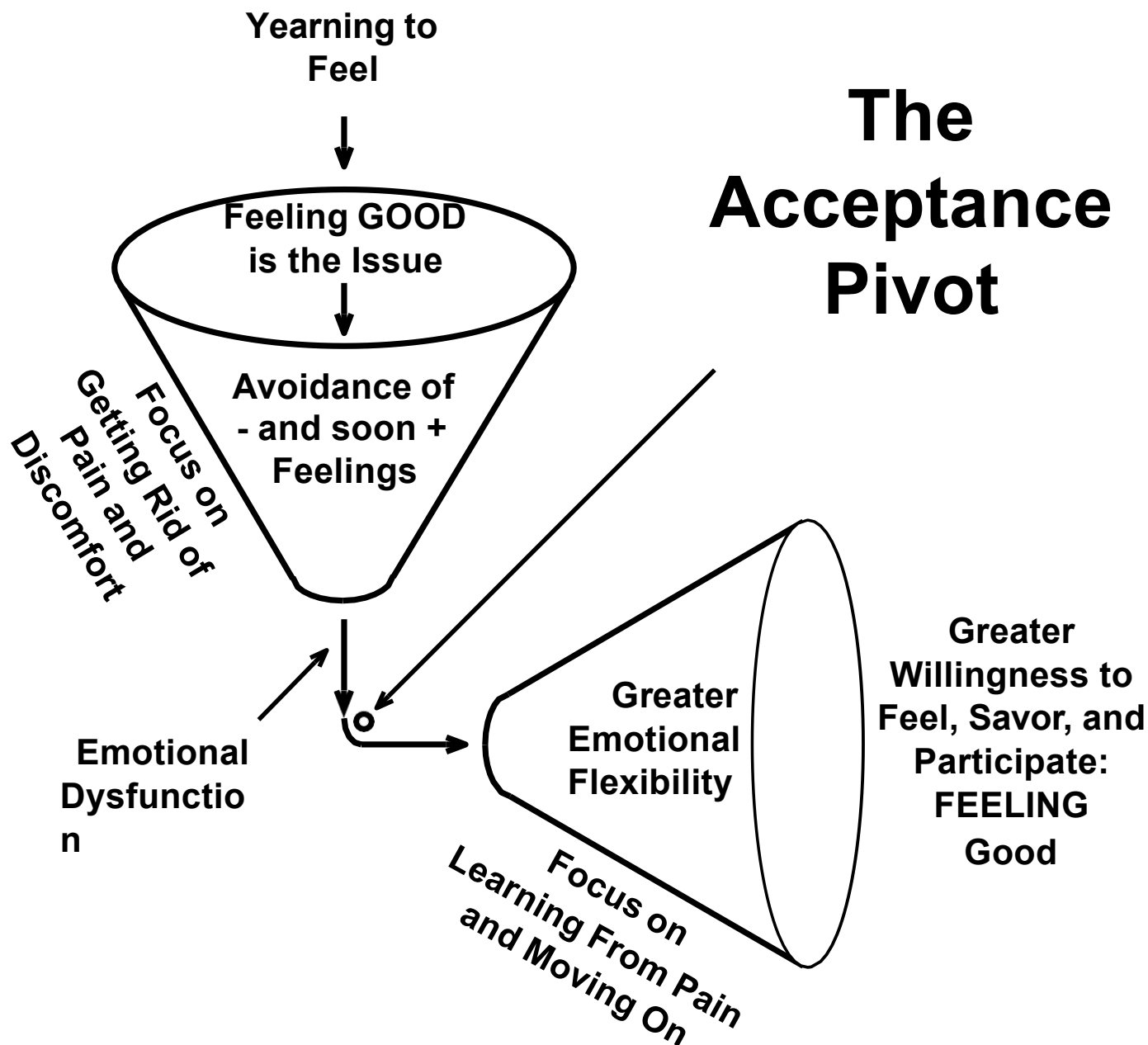




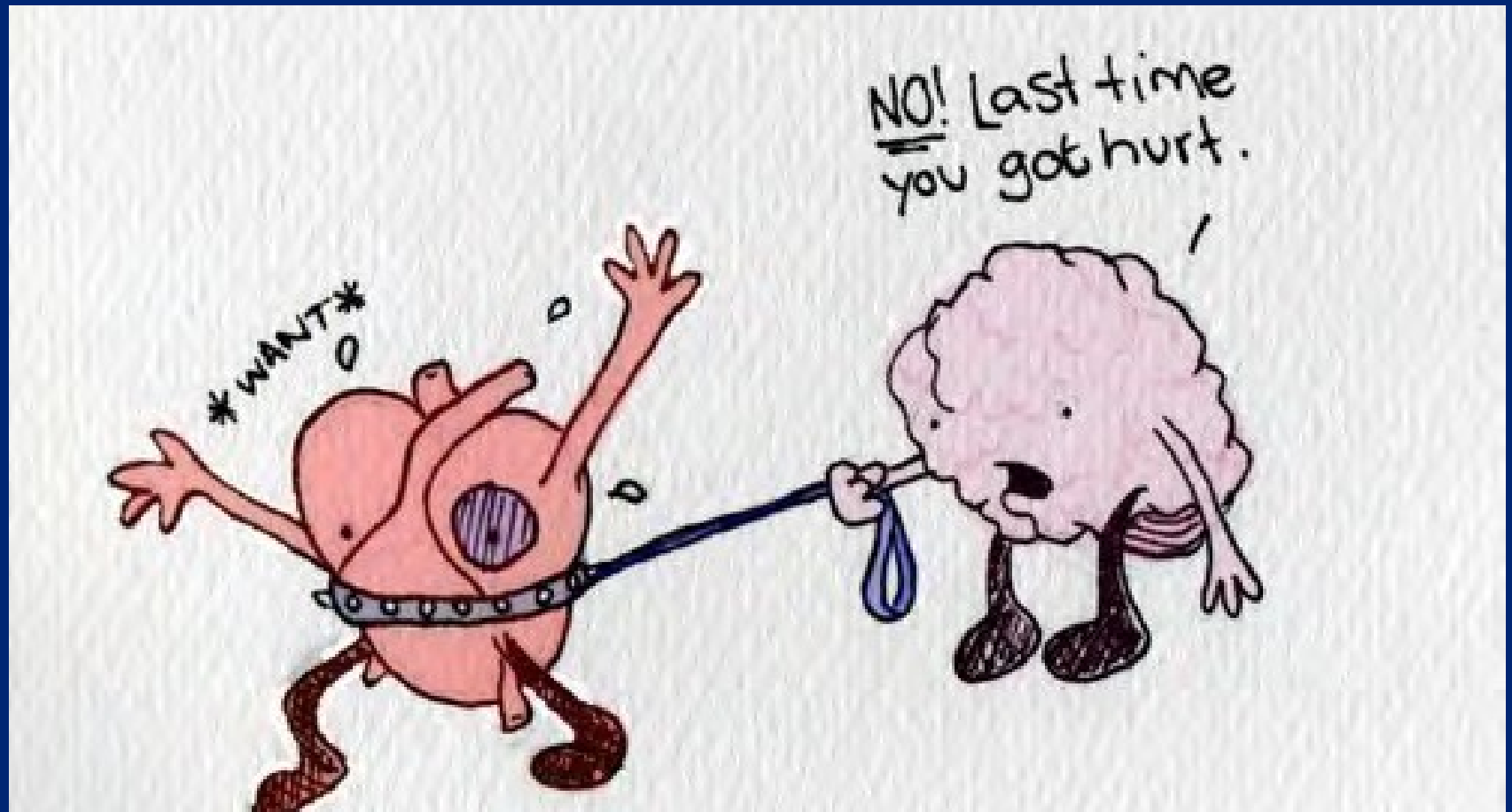
Acceptance of Feelings

- “The best thing one can do when it’s raining is to let it rain.”
- *-Henry Wadsworth Longfellow*

The Acceptance Pivot



Experiential Avoidance



Experiential Acceptance





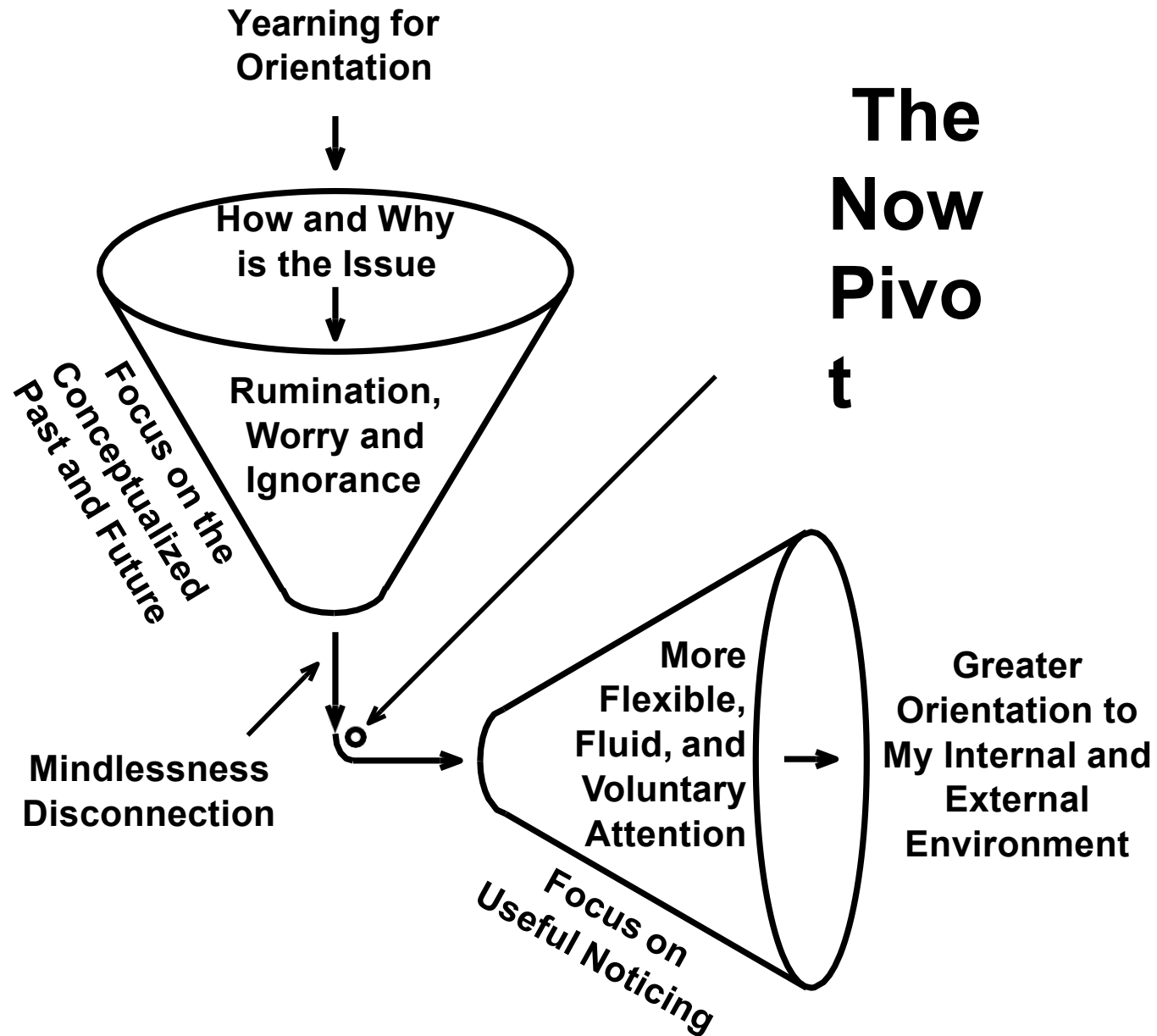




The Present Moment

"The past and future are
real illusions; they exist
in the present, which is
what there is and all
there is."

- *Alan Watts*



Rigid or Chaotic Attention



Flexible Attention to the Now



Like a Flashlight

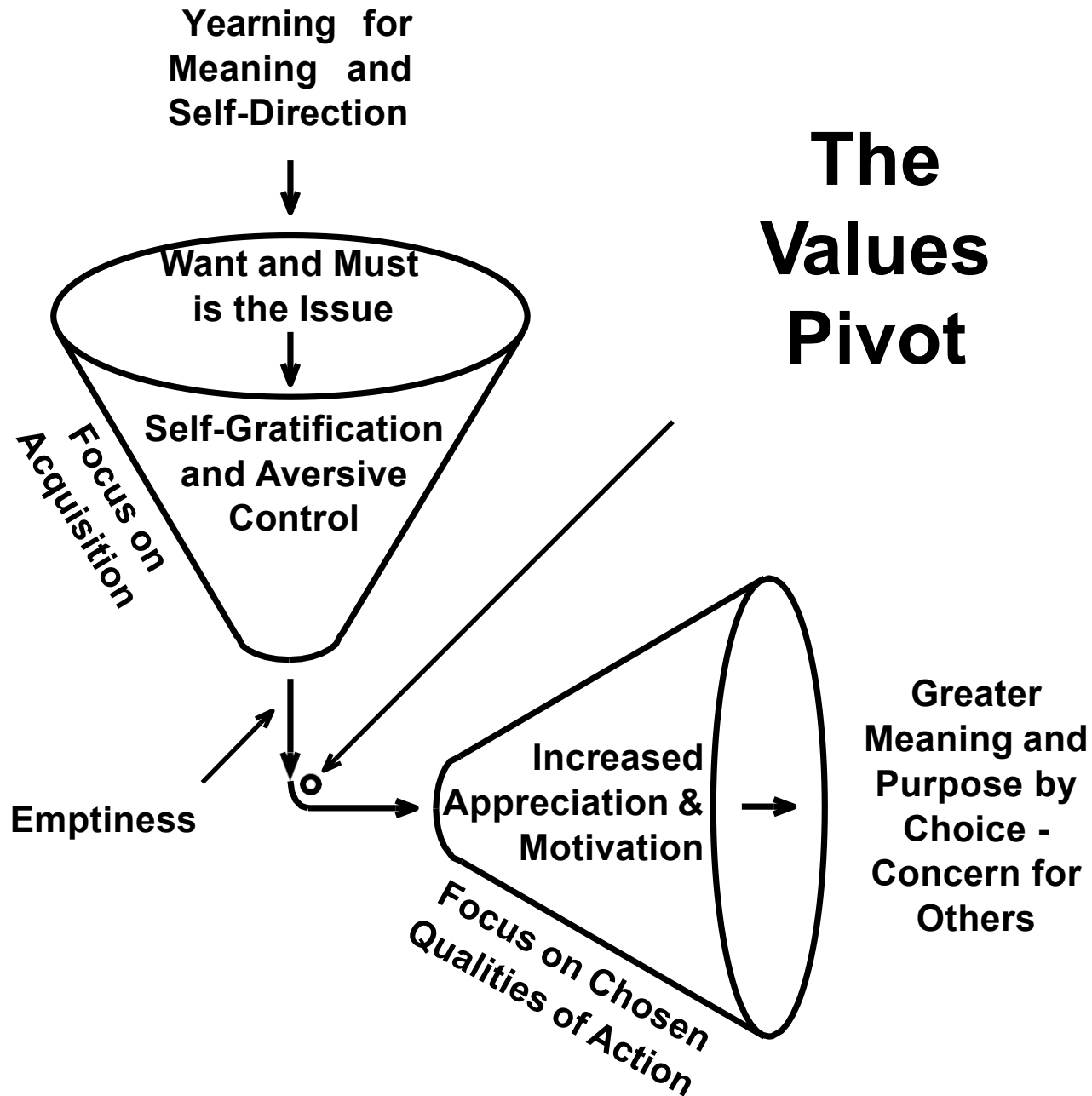




Values

"For success, like happiness, cannot be pursued; it must ensue...as the unintended side-effect of one's personal dedication to a cause greater than oneself."

-Viktor E. Frankl



What They Are Not



What They Are



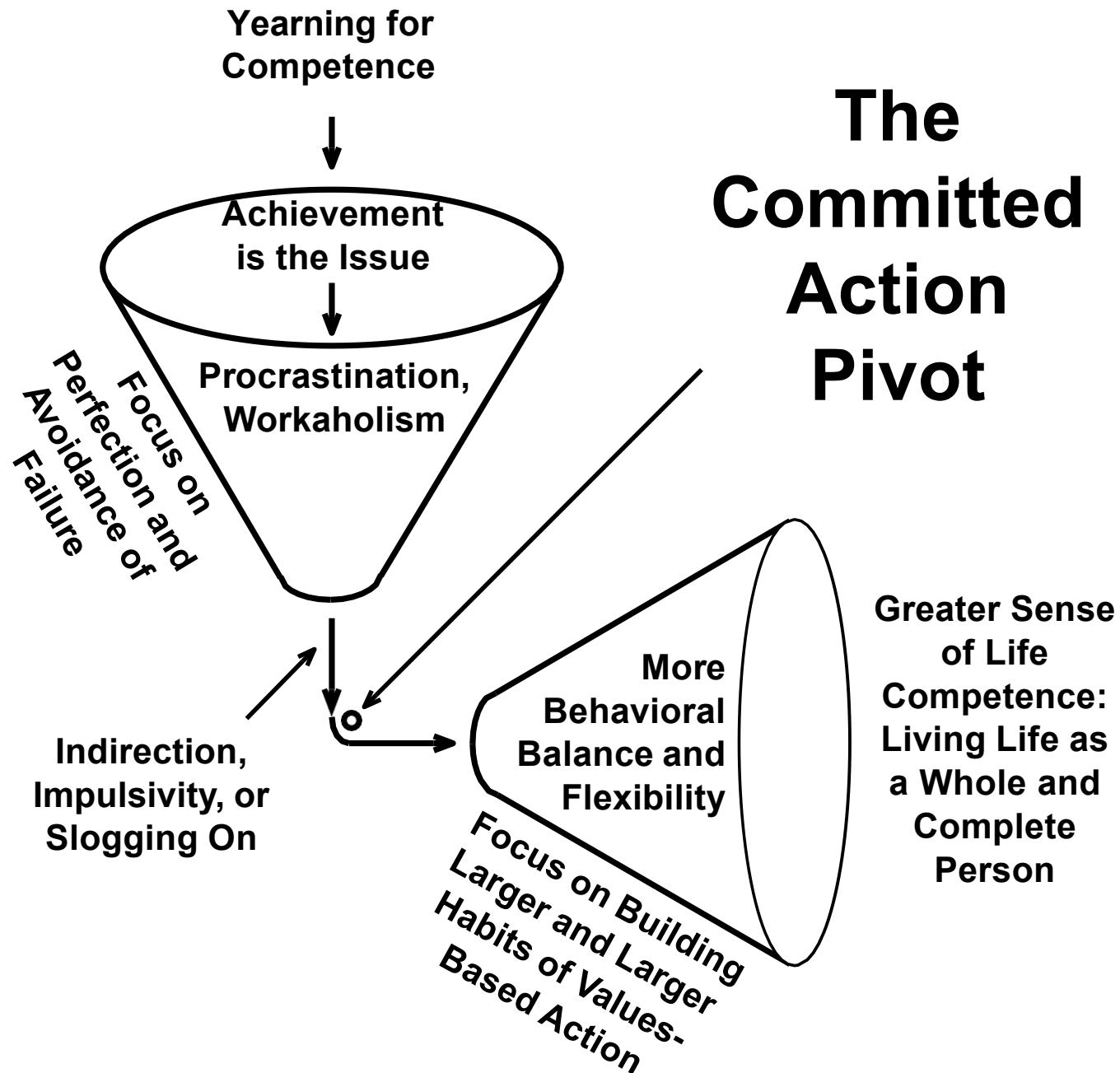
Pick a Hero



Committed Action

“A journey of a
thousand miles begins
with a single step”

- Laozi



Weak or Purposeless Habits





Committed Action

What values-
based habits do
you want to have
in your life?

Committed Action



What ACT is About

- Take the misdirected healthy energy inside pathology and solve the evolutionary mismatch
- Redirect that energy toward a life worth living
- Create a liberated mind that knows how to pivot toward what matters

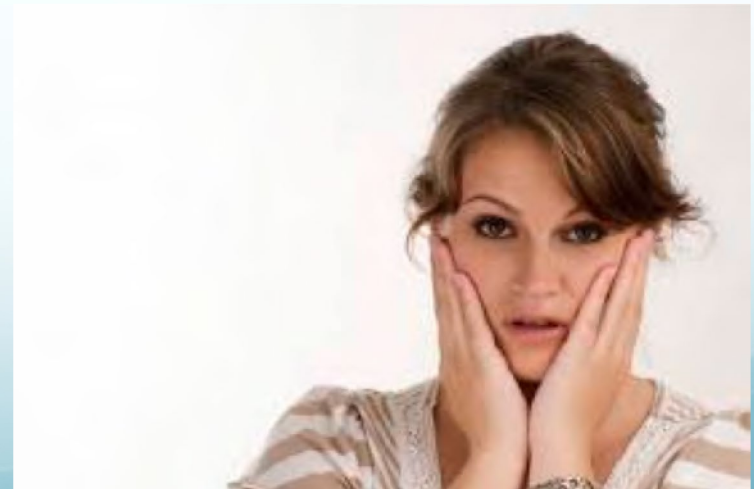
A Summary of the ACT Approach:

We Need to Learn to

Put Our Minds on a Leash



Feel More Openly



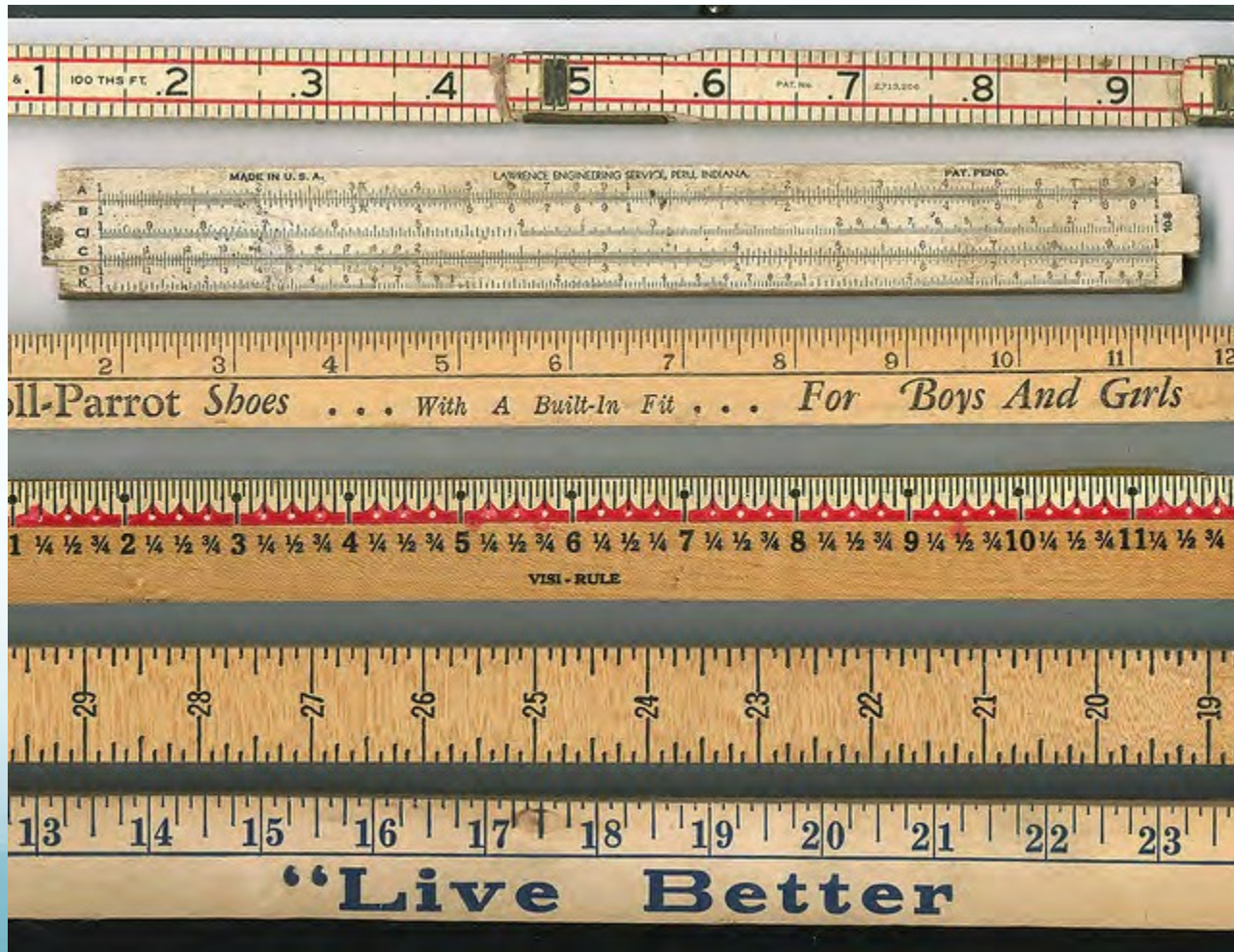
Notice the Now
Inside and Out



Consciously



Get Clear on What We Care About



And Practice What Works



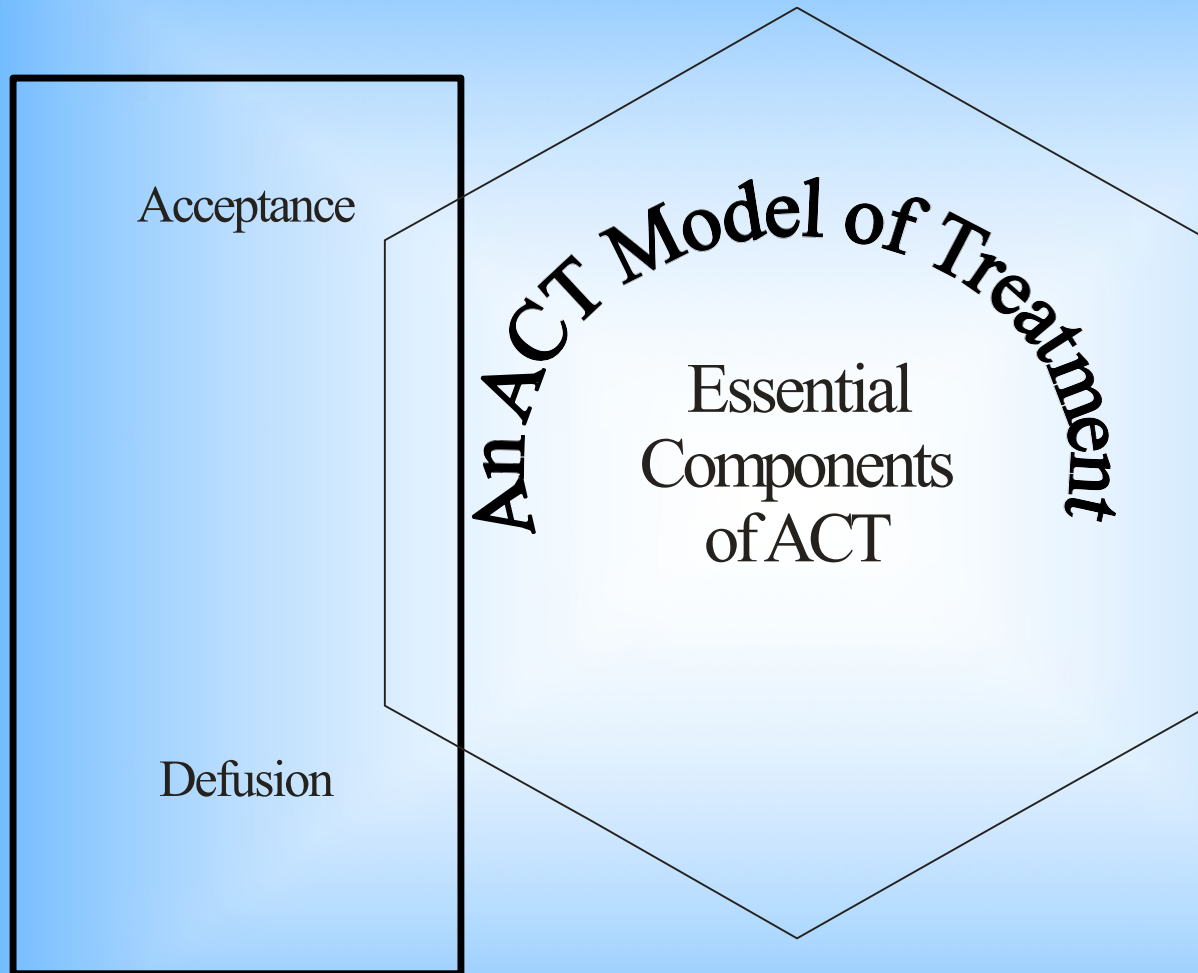
By Learning to be More

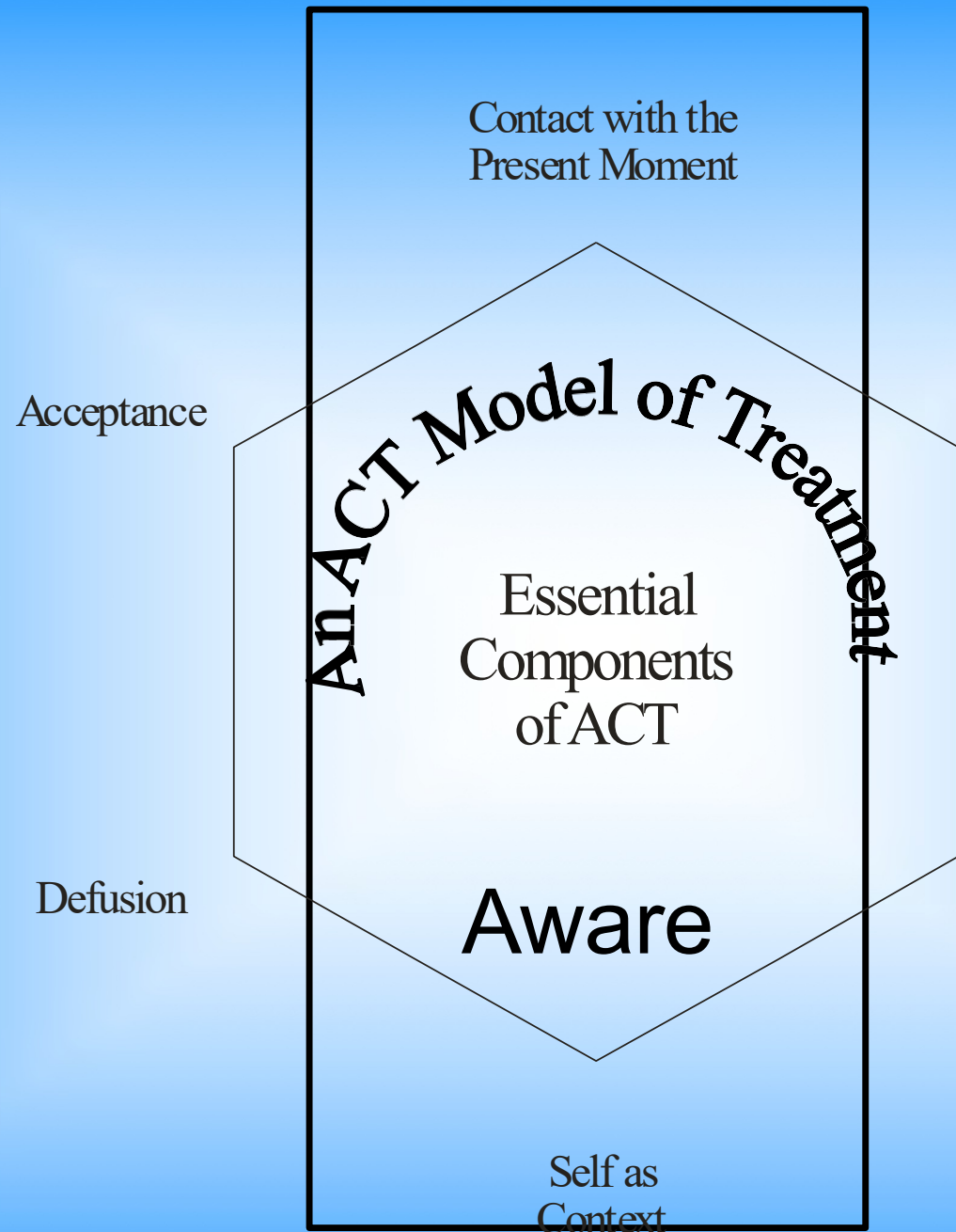
Open

Aware

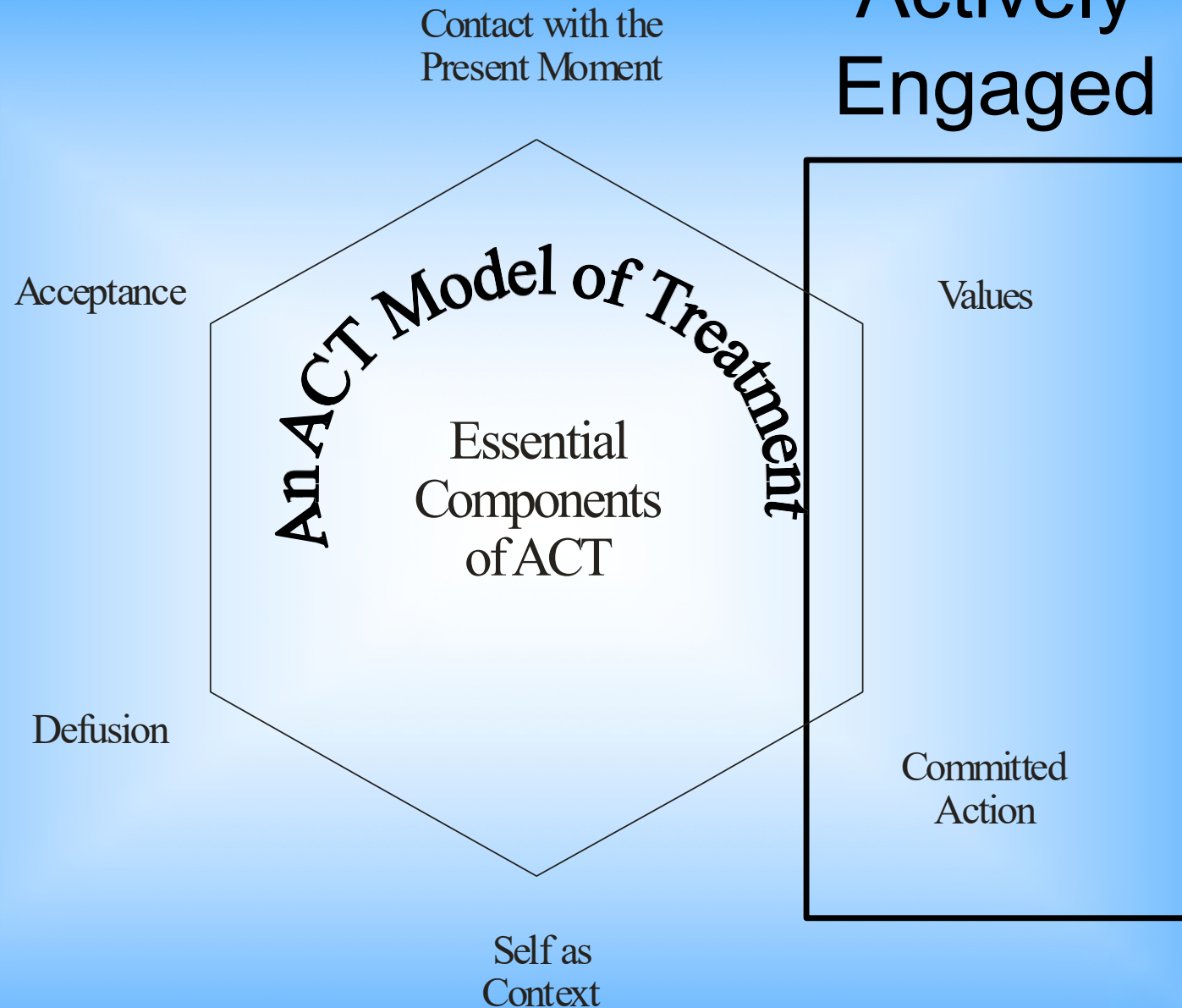
Actively Engaged

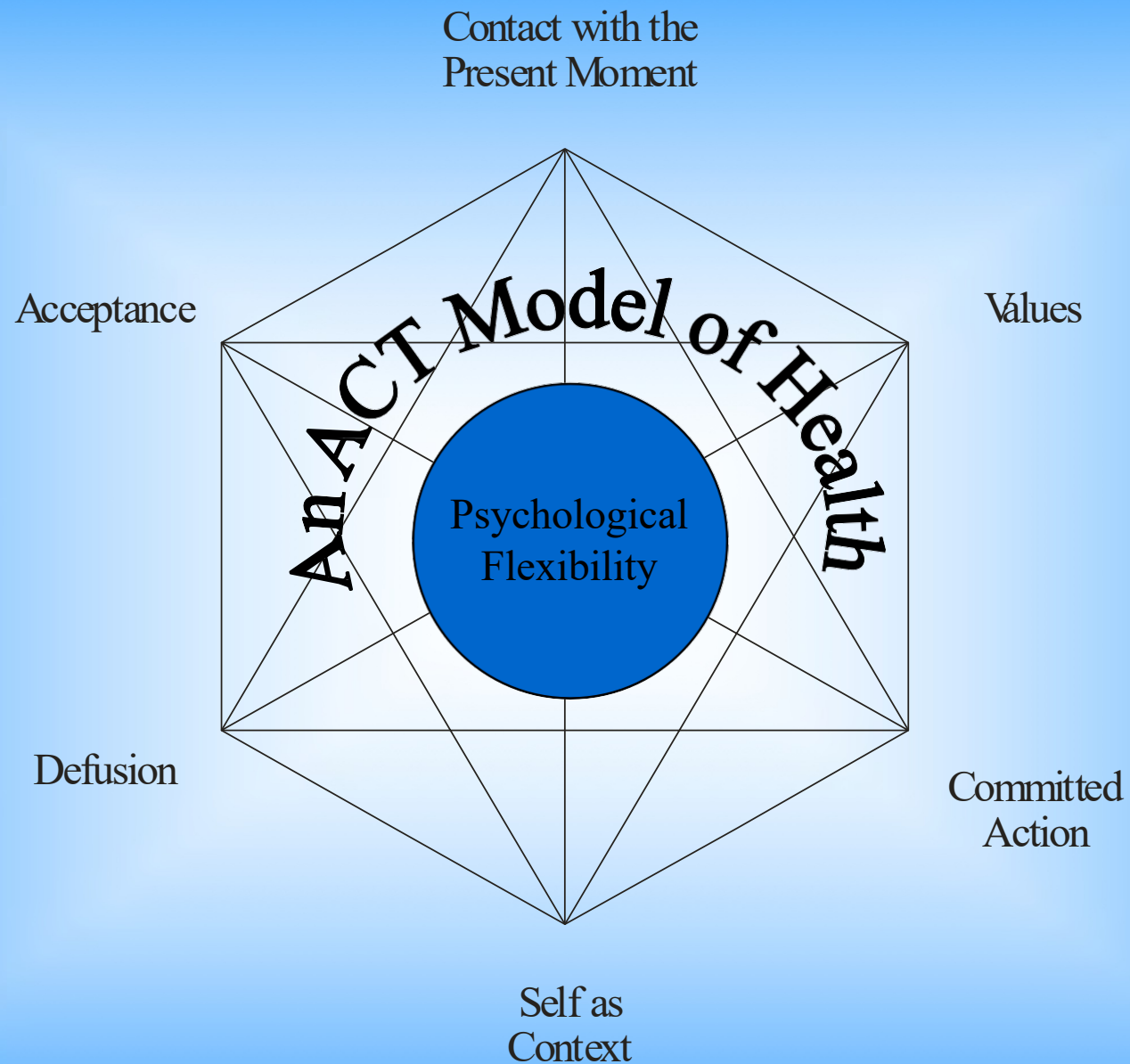
Open





Actively Engaged

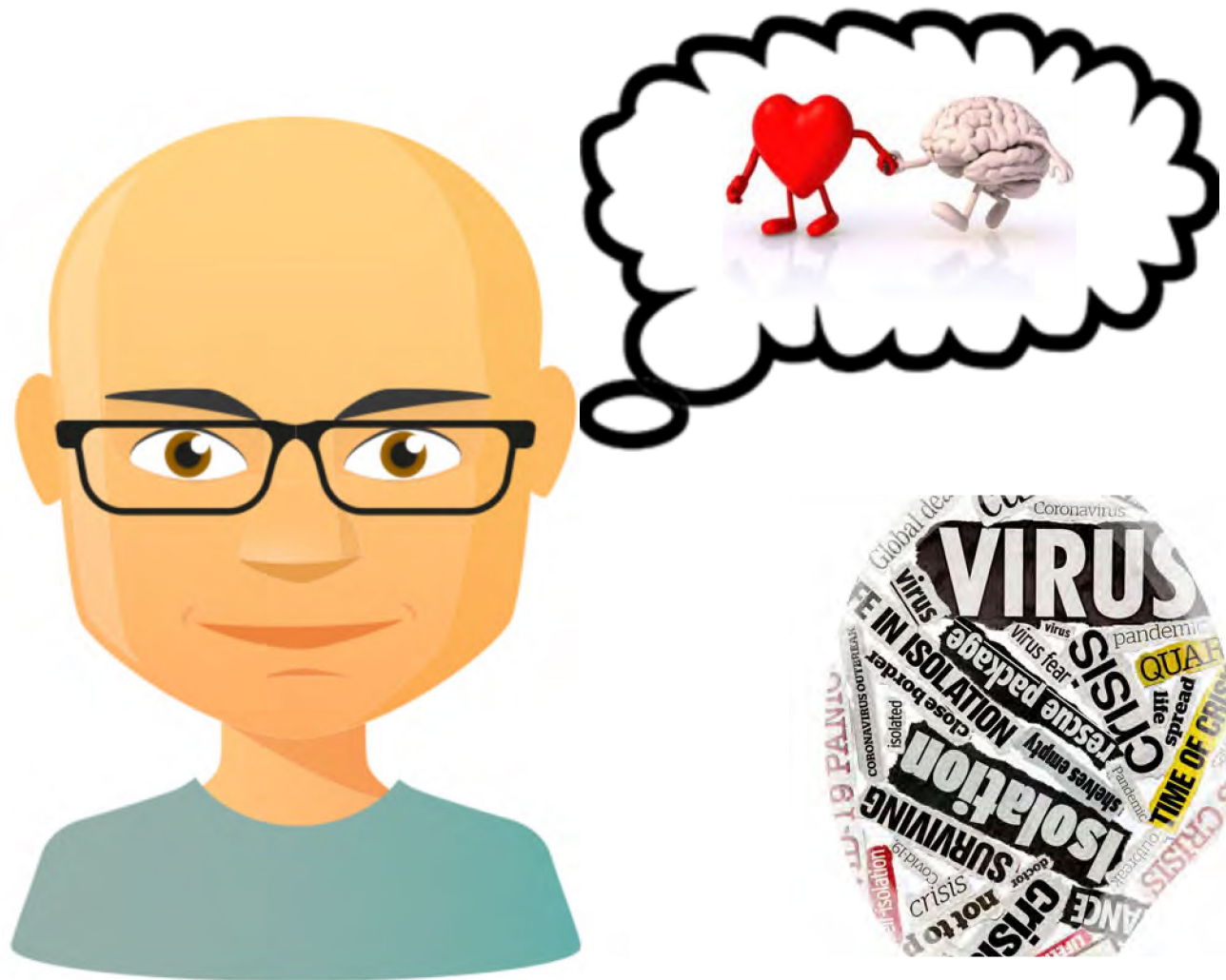




If We Follow the
Process We Can Use
all of What We Know
as Practitioners and
Still be Evidence-
Based



This is Our 5 Out of 5 Moment



Our Minds Draw Us Into This



Processes of Change May Help Our Clients Live More Like This





Questions?

Ways to Connect With the Work

- Go to www.stevenchayes.com and click on “yes, please send it to me” to get my 7 part ACT mini-series and clinical newsletter. It’s free and a 1 click opt out.

