

ACCEPTANCE COMMITMENT THERAPY AND YOU

SEPTEMBER 2020

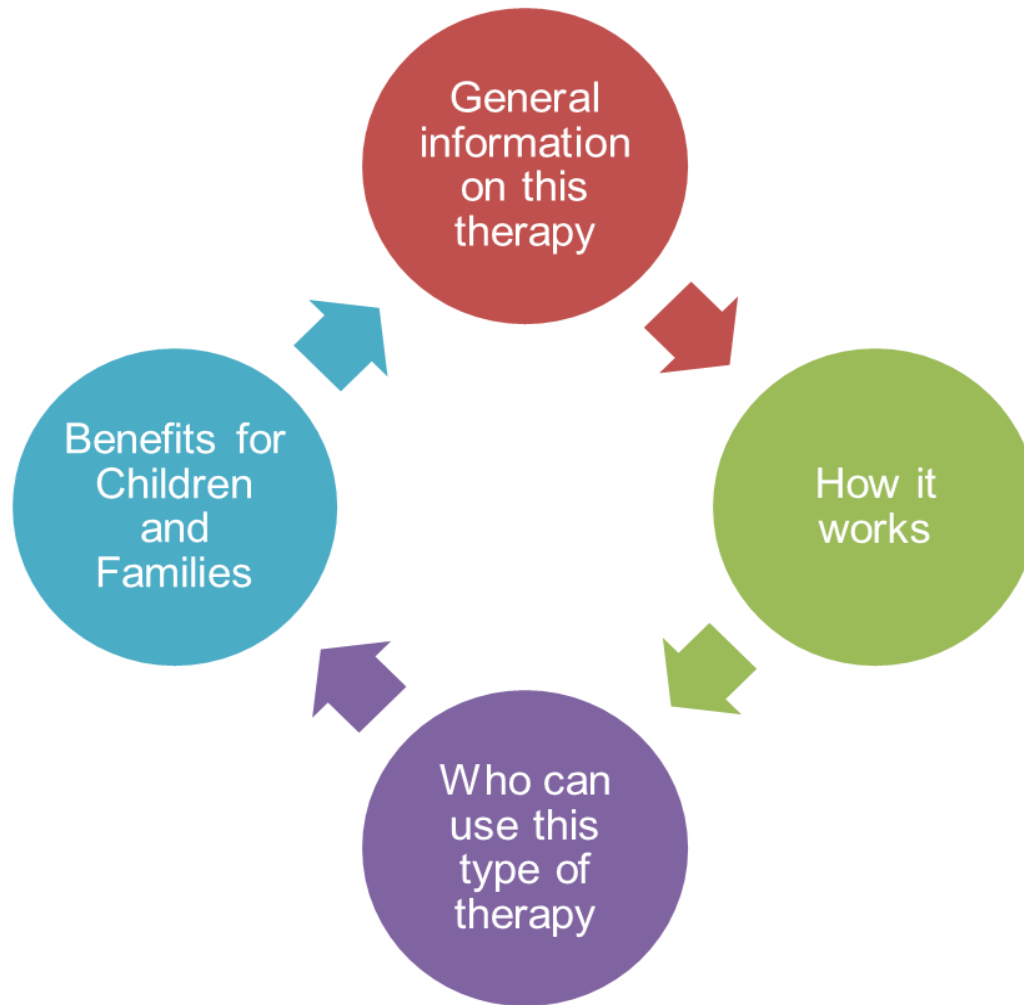
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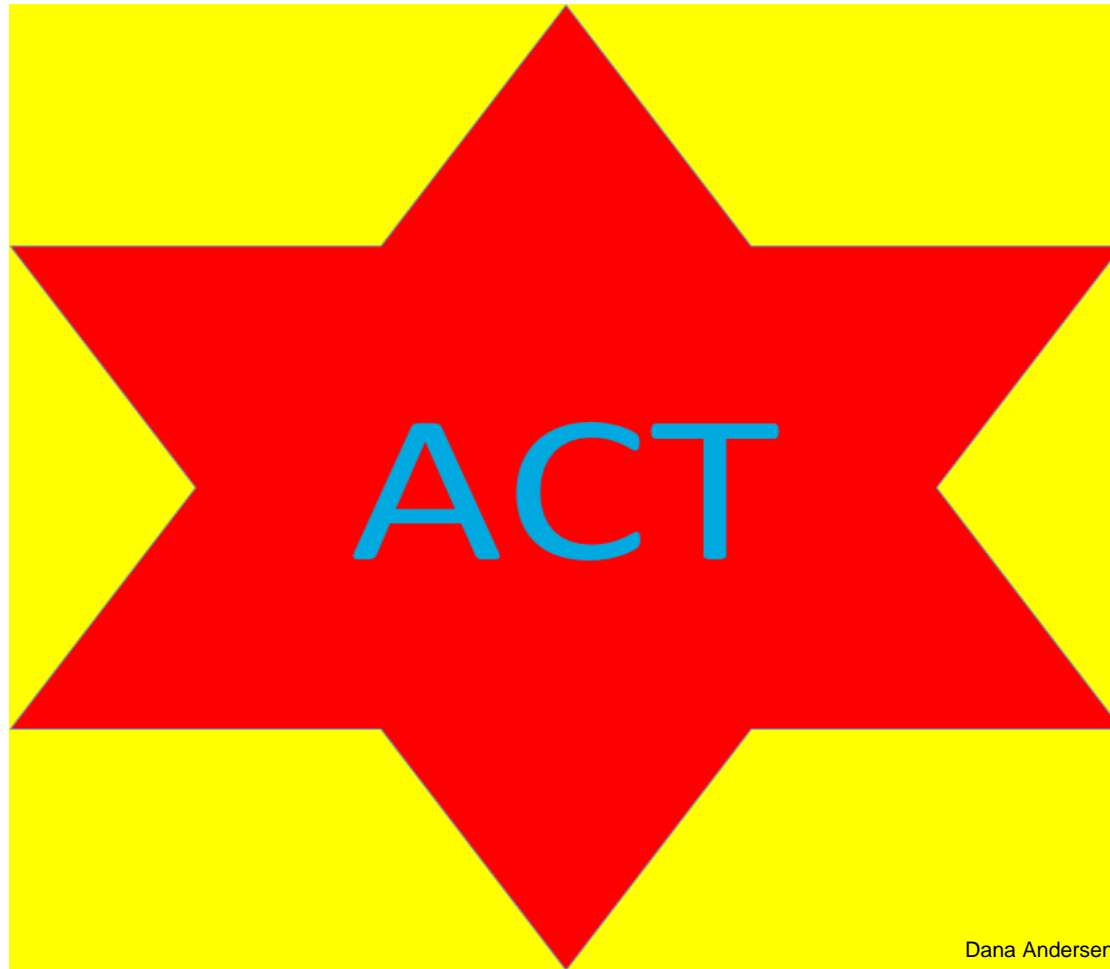
Together, all the way.®



WHAT IS ACCEPTANCE COMMITMENT THERAPY



THE SIX POINTED STAR OF ACT



Dana Andersen



USING ACT WITH CHILDREN THE SUPER HEROES AND THE POWER WHEEL



MEET CLAWS



THE BUGG



THE DEFUSOR



SKYE



PRESPECTA



T-FLEX



USING ACT WITH TEENS STRATEGIES SKILLS AND APPLICATION



GET OUT OF YOUR MIND AND INTO YOUR LIFE

NEGATIVE THOUGHTS

BE WILLING TO ACCEPT DIFFICULT THOUGHTS

FOCUS ON THE HERE AND NOW



VALUES

REMEMBER WHAT IS REALLY IMPOTANT TO YOU

WHAT IS STANDING IN YOUR WAY



ACCEPTANCE/COMMITMENT

TAKE ACTION

NEGATIVE THOUGHTS DO NOT HAVE THE POWER TO RULE YOU



WHAT ARE YOU THINKING WHAT ACTIONS DO YOU OR WILL YOU CHOOSE HOW ARE YOU FEELING

THOUGHTS

ACTIONS

FEELINGS



ACT WORD PICTURES

Fish hook



“A giant hook goes through both you and the person you’re angry at. The only way to get yourself off the hook is to let the other person off the hook first” (Harris, 2007).

The Beach Ball



“We try to stop thoughts, but that’s impossible. It’s like trying to constantly hold an enormous inflatable beach ball under the water, but it keeps popping up in front of our faces. We can allow the ball to float around us, just letting it be. So rather than stop the thoughts, we can stop fighting them, and let them be, without reacting to them”. (Vivyan, 2009)

Thought train

Standing on a train station platform, sometimes we are advised to stand back as the train may be passing through at a high speed. We hear and feel it approaching, thundering through as it buffets us with a strong blast of wind. We don’t attempt to jump on the express train and let it take us to destinations we don’t want to go to.

We can learn to notice the thoughts and feelings coming, and instead of jumping on that thought train, we can learn to stand on the platform, let it pass, and wait for the right train that will take us to where we want to go”. Hayes, S. C., Strosahl, K. & Wilson, K. G. (1999).



BENEFITS FOR FAMILIES

- **BETTER COMMUNICATION SKILLS**
- **REDUCE STRESS**
- **INCREASE PROBLEM SOLVING**
- **ENTIRE FAMILY CAN PARTICIPATE IN ACT EXERCISES**
- **BUILD TRUST**
- **INCREASE SELF ESTEEM**
- **MAKE BETTER CONNECTIONS AND RELATIONSHIP**



RECAP ACCEPTANCE COMMITMENT THERAPY



Questions? Comments!

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