

ACCEPTANCE AND COMMITMENT THERAPY FOR TRAUMA

AN ADVANCED LEVEL THERAPY



AGENDA



- Starting off Safely
- Living in the Present
- Healing the Past
- The Art and Science of Compassionate Exposure
- Building the Future
- Finding the Treasure



STARTING OFF SAFELY

Bare Minimum,
Serious Learning
Approach

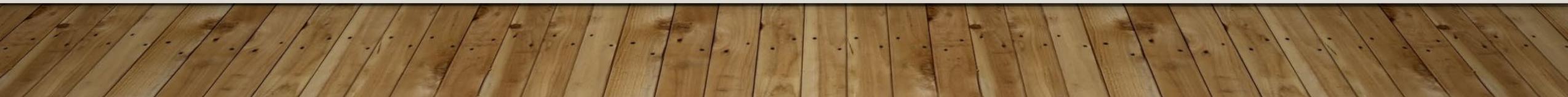
Therapeutic Relationship

Neuroscience of
Trauma

The 3 Stages of
Trauma Therapy

Polyvagal Theory

Establishing Therapy
Goals





BARE MINIMUM - SERIOUS LEARNING APPROACH





THE THERAPEUTIC RELATIONSHIP

SETTING UP FOR SESSION



Building an Alliance and Strengthening Teamwork



Obtaining a History and Informed Consent



Freedom to Say No and Introducing the Pause Button



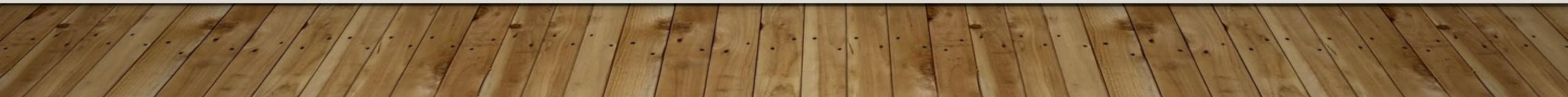
Clarifying Behavioural Goals



Dropping Anchor



NEUROSCIENCE OF TRAUMA





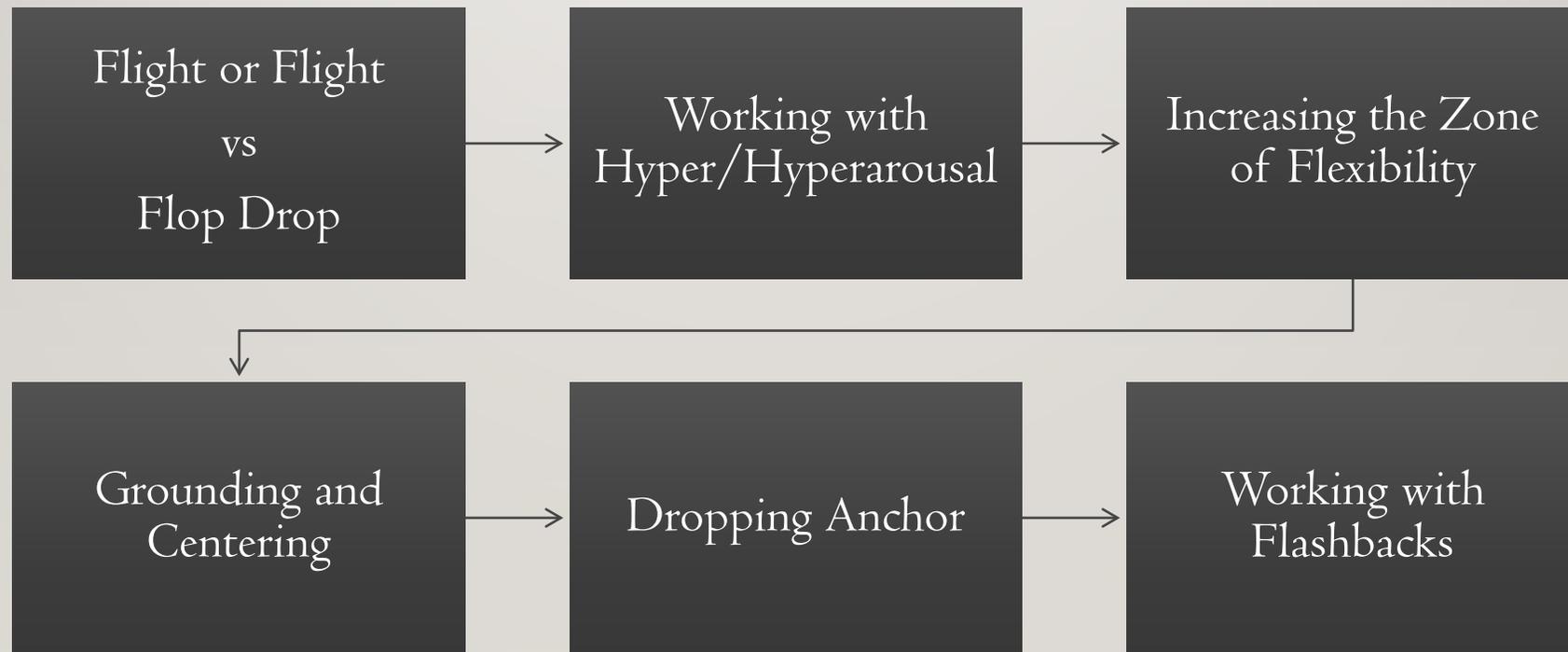
THE 3 STAGES OF TRAUMA THERAPY

- LIVING IN THE PRESENT
- HEALING THE PAST
- BUILDING A FUTURE

ESTABLISHING
THERAPY
GOALS

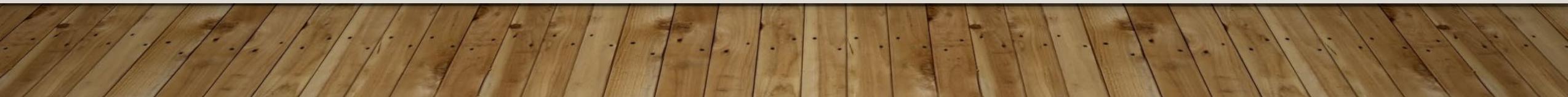


LIVING IN THE PRESENT





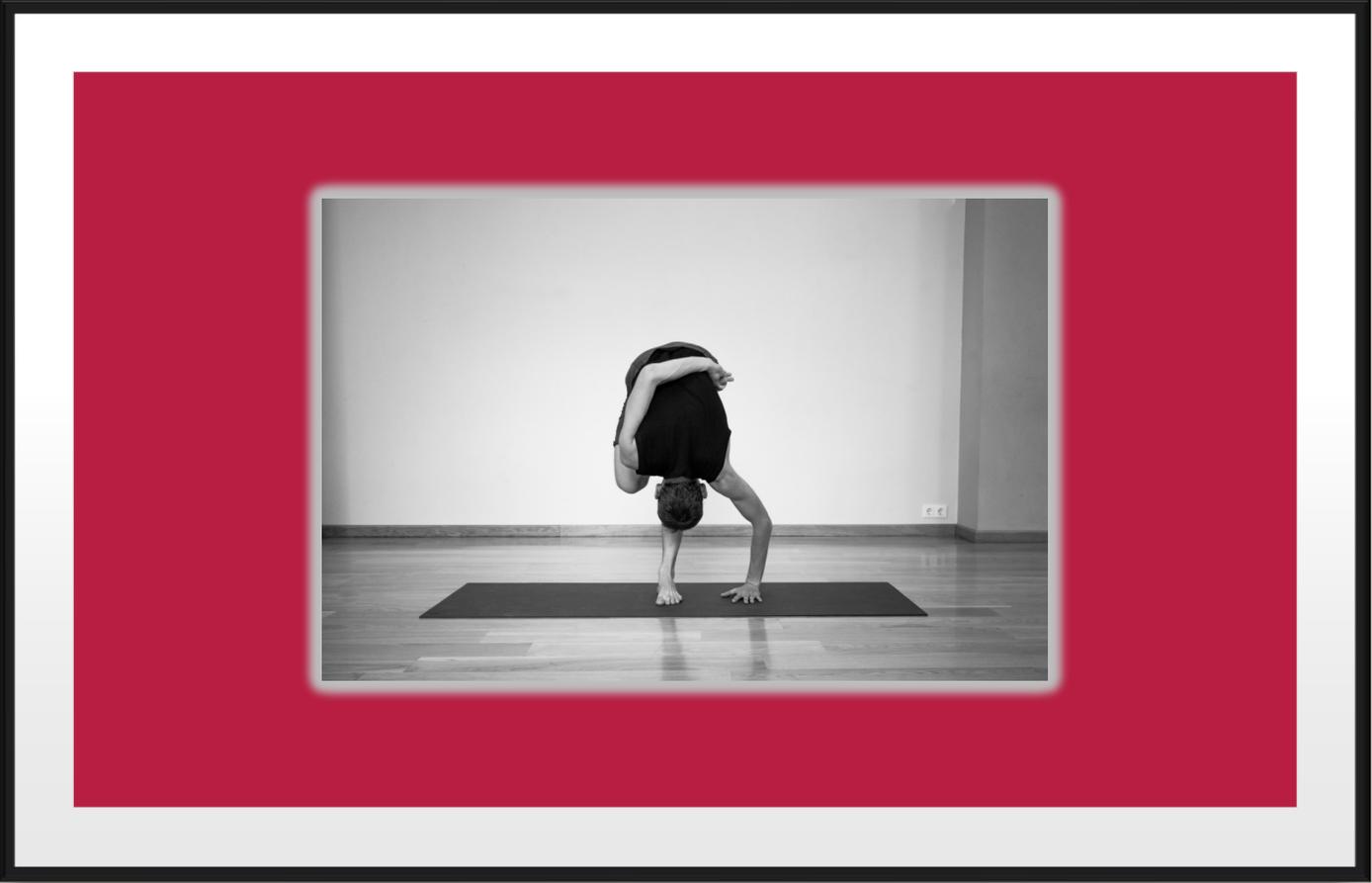
POLYVAGAL THEORY





HYPO-AROUSAL (FLOP - DROP)

HYPERAROUSAL (FIGHT - FLIGHT)



INCREASING THE
ZONE OF
FLEXIBILITY



GROUNDING
AND
CENTERING





DROPPING ANCHOR



WORKING WITH FLASHBACKS



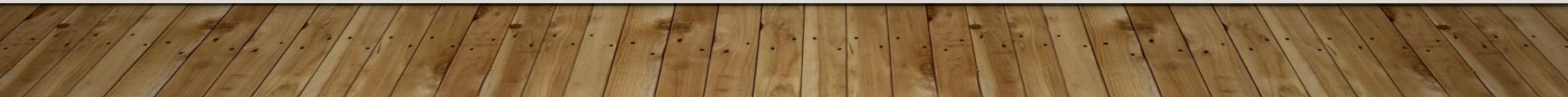


HELPFUL QUESTIONS





HEALING THE PAST



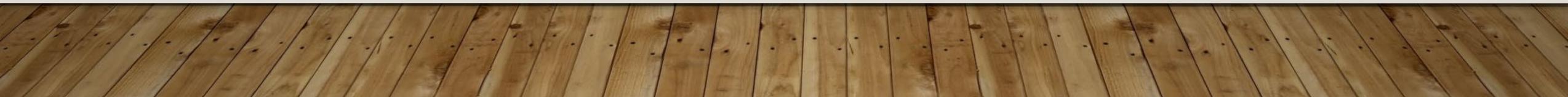


USEFUL QUESTIONS

AVOIDANCE (D.O.T.S)

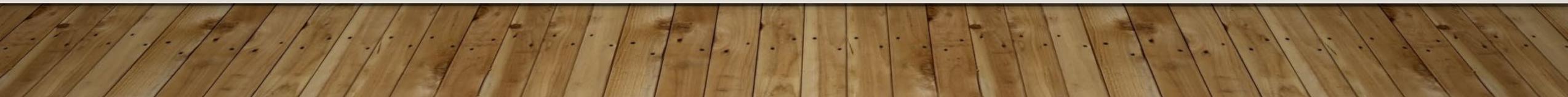
ACCEPTANCE (3 A'S)

CREATIVE HOPELESSNESS





AVOIDANCE (JOIN THE D.O.T.S)





The 3 A's of Acceptance





CREATIVE HOPELESSNESS





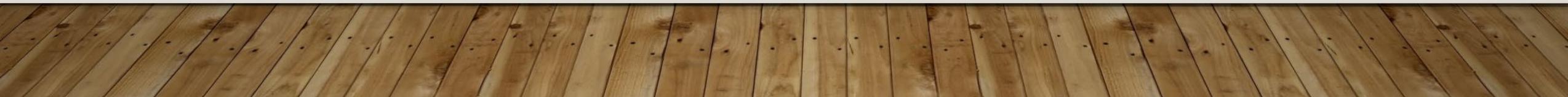
THE TRAUMATIZED BODY

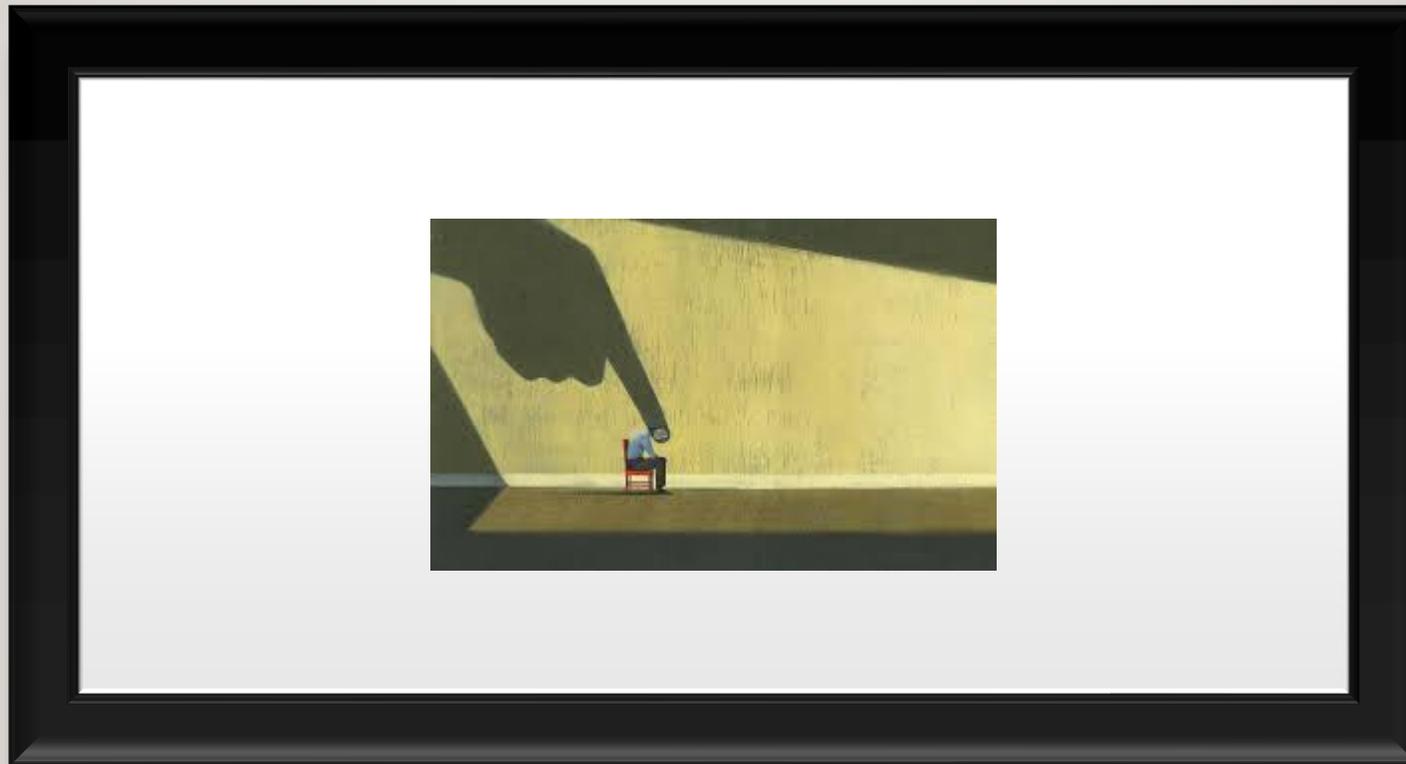
FINDING SAFETY & SECURITY WITHIN THE BODY

SELF-SOOTHING & SELF-TOUCHING



WORKING WITH NUMBNESS





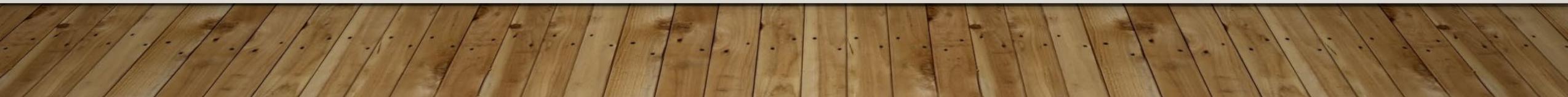
OVERCOMING SHAME





THE INNER CHILD

IMAGERY AND RE-SCRIPTING



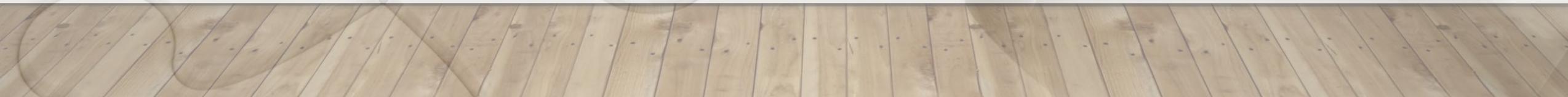
DEFUSION





THE ART AND SCIENCE OF

COMPASSIONATE EXPOSURE





THE 6 BUILDING BLOCKS OF SELF- COMPASSION

- Acknowledging Pain
- Defusion From Self-Judgment
- Acting With Kindness
- Acceptance
- Validation
- Connectedness

EXPERIENTIAL AVOIDANCE AND EXPOSURE



TAILORING
EXPOSURE TO
FIT EACH CLIENT

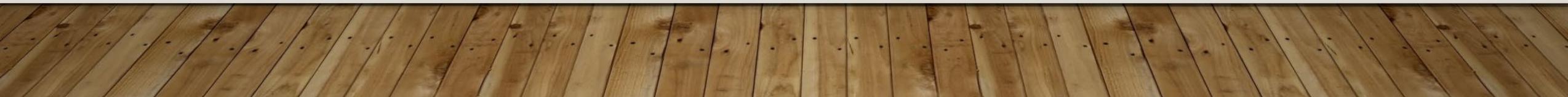


A background image featuring a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks radiating outwards. The hand is positioned in the lower right, holding the stick of the sparkler. The background is a soft, out-of-focus grey with bokeh light effects. At the bottom of the slide, there is a horizontal strip of a wooden floor with vertical planks.

CREATIVITY IN WORKING WITH MEMORIES



OVERCOMING
NIGHTMARES THROUGH
REHEARSAL AND
RE-SCRIPTING



A background image featuring a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks radiating outwards. The hand is positioned in the center-right of the frame. The background is a light, hazy grey with soft, out-of-focus circular bokeh lights. At the bottom of the image, there is a horizontal strip of a wooden floor with vertical planks.

WHEN THINGS GO WRONG

WHAT TO
LOOK FOR &
MEASURE





BUILDING THE FUTURE

CLARIFYING ONE'S VALUES





VALUES

- Using values for motivation, inspiration and guidance
- Creating life-enhancing, self-empowering narratives under-pinned by values work
- Using values to set goals and create action plans
- Overcoming common barriers to change
- Forgiveness of self and/or others



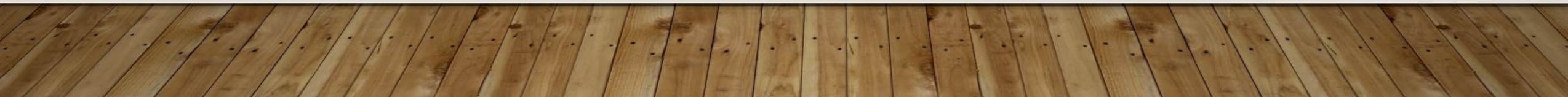
VALUES FOR MOTIVATION, INSPIRATION AND GUIDANCE





SETTING GOALS & CREATING ACTION PLANS

OVERCOMING BARRIERS TO CHANGE





FORGIVENESS OF SELF & OTHERS



FINDING THE TREASURE



- Self as Context & fusion with self-concept
- Grief and loss
- Healing and growing
- Building or rebuilding relationships
- Coping with setbacks
- What is post-traumatic growth?
- Appreciating life
- The ongoing journey



THANK YOU

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