

# ACCEPTANCE AND COMMITMENT THERAPY FOR DEPRESSION & ANXIETY

**KIMBERLY JONES**





# AGENDA

WADING IN THE SWAMP

PROBLEM HOPPING

SETTING UP SESSIONS

PAIN IS INEVITABLE

EXPERIENTIAL AVOIDANCE

PSYCHOLOGICAL FLEXIBILITY

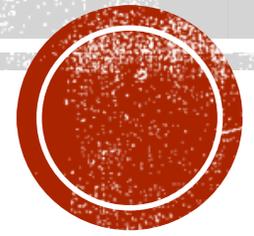
RESISTANCE

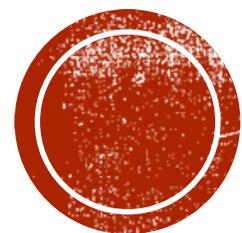




# **ACT LEANING IN**

**CREATING A RICH & MEANINGFULL LIFE  
WHILE ACCEPTING THE PAIN THAT LIFE BRINGS**





# DEPRESSION

WADING IN THE SWAMP



# **ANXIETY**

**PROBLEM-HOPPING  
EXHIBITION OF FEAR  
AND APPREHENSION**





# SETTING UP SESSIONS

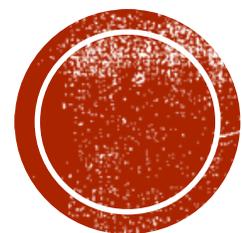
INFORMED CONSENT

PAUSE BUTTON

CLARIFYING AIM OF THERAPY

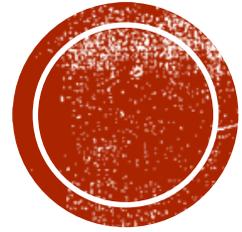
ESTABLISHING GOALS



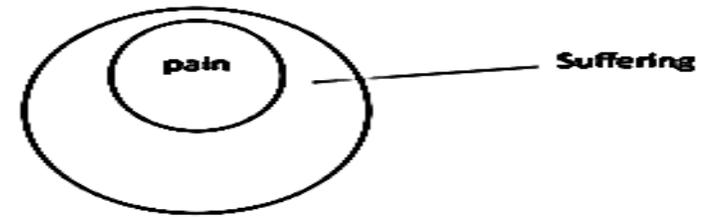


# WHERE DO I START IN ACT?

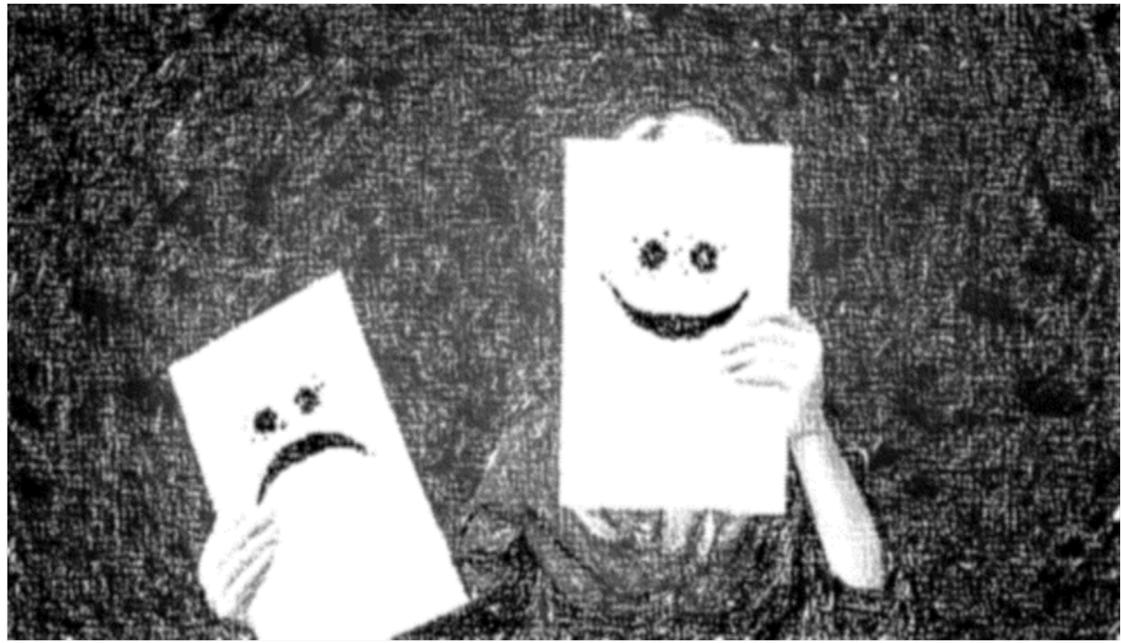
DANCING AROUND THE HEXAFLEX



# THE INEVITABILITY OF PAIN



**YOUR PAIN IS YOUR ALLY**



# THE HAPPINESS TRAP

## THE 3 HAPPINESS MYTHS

HAPPINESS IS OUR NATURAL STATE

HAPPINESS MEANS FEELING GOOD

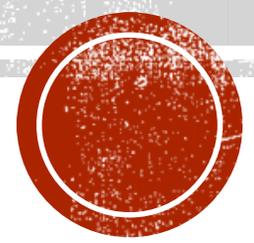
IF YOU AREN'T HAPPY YOU'RE DEFECTIVE





# WHAT HOOKS US?

RULES REASONS JUDGEMENTS PAST FUTURE SELF





# PEOPLE WILL DO ANYTHING

NO MATTER HOW ABSURD TO AVOID FACING THEIR OWN SOUL

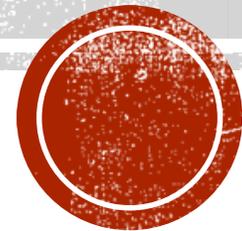
Carl Jung





# EXPERIENTIAL AVOIDANCE AND EXPOSURE

ACT IS FULL OF EXPOSURE





**PHYSICALIZING**

**EXPOSURE**

**ACCEPTANCE**

**PRESENT MOMENT**

**DEFUSION**





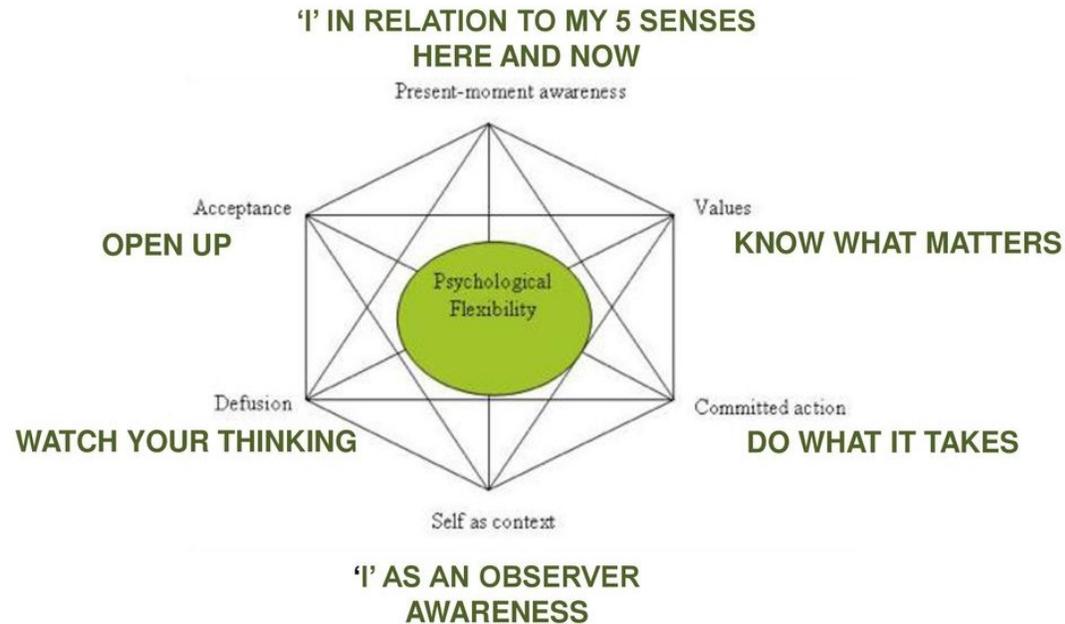
# PSYCHOLOGICAL FLEXIBILITY



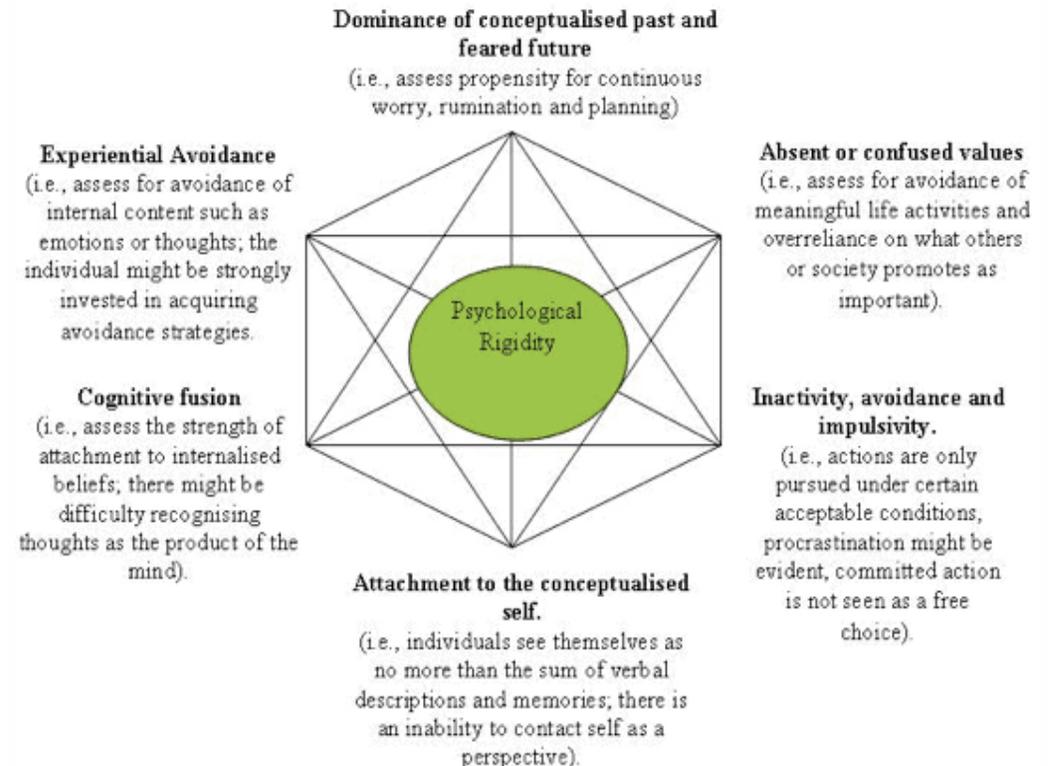
# DANCING AROUND THE HEXAFLEX

## PSYCHOLOGICAL FLEXIBILITY

OPEN - CENTERED/BE PRESENT - AND ENGAGED/DO WHAT MATTERS



## PSYCHOLOGICAL RIGIDITY



# CASE FORMULATION

FOR DEPRESSION. FOR ANXIETY

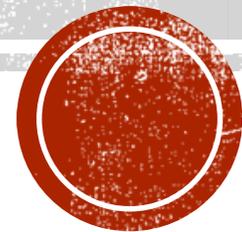




# CONTACTING THE PRESENT MOMENT

DO WHAT MATTERS

OPEN UP





# LOSS OF CONTACT WITH THE PRESENT MOMENT

THE FOUR D's







# COMMITTED ACTION

VALUES-BASED ACTIONS

WHAT IS NEEDED TO  
ACHIEVE GOALS



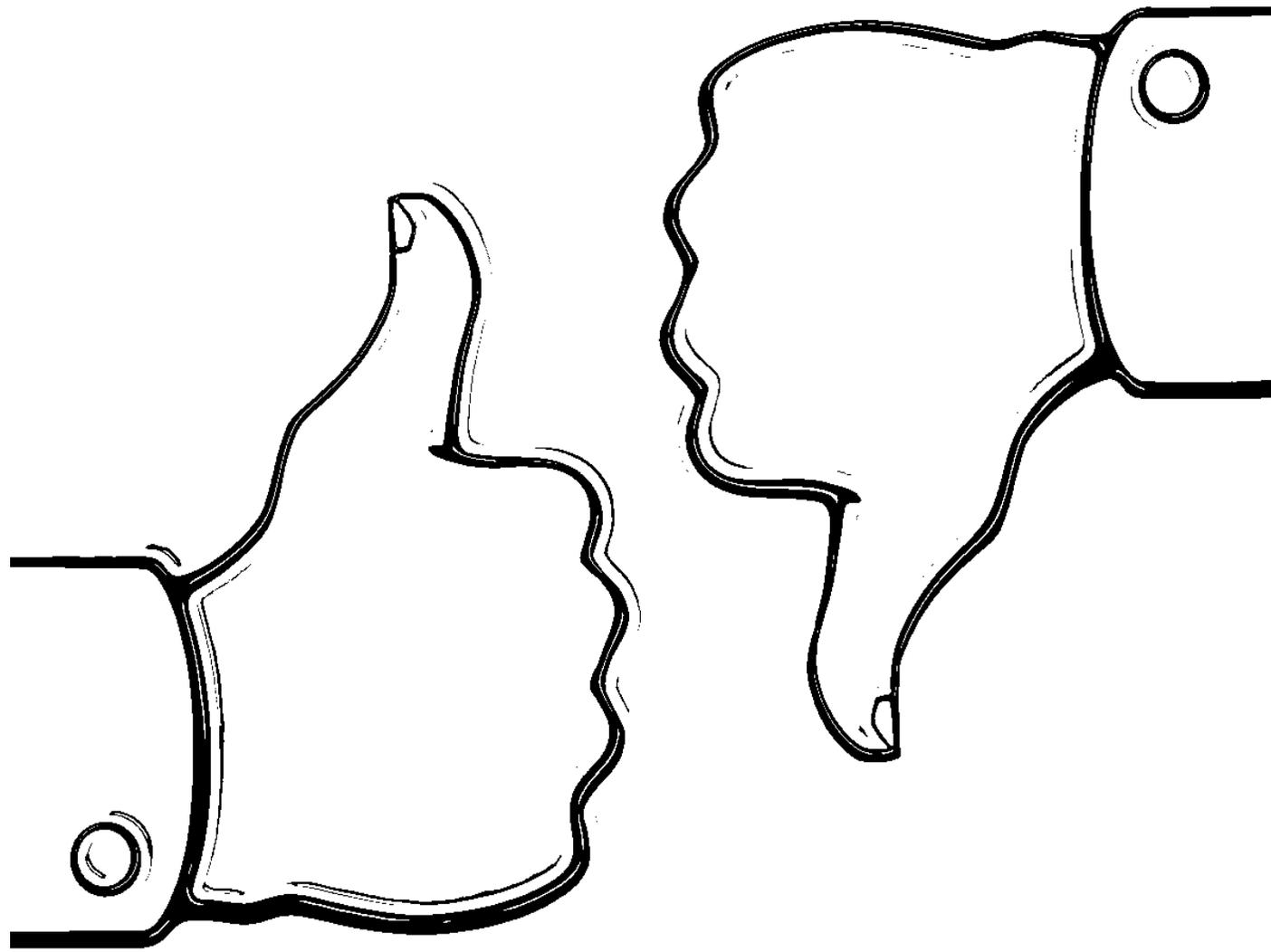


# THE OBSERVING SELF



*You are the Sky not the Clouds*





# 50 SHADES OF ACCEPTANCE

**DROP THE STRUGGLE**

**MAKE ROOM**

**EXPAND**

**OPEN UP**

**LET IT FLOW**

**HOLD IT GENTLY**





# **BALL IN A POOL**

**METAPHOR FOR  
ACCEPTANCE**

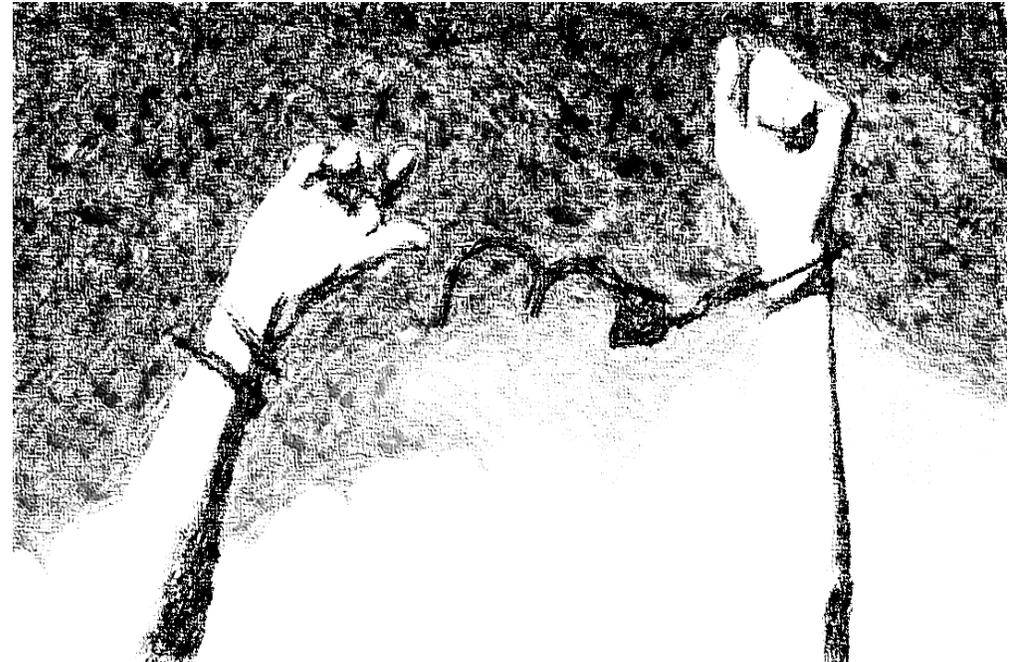


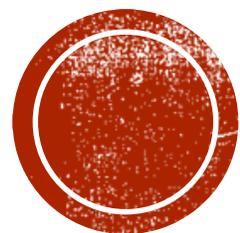
# DEFUSION FOR FUSION

FUSED STUCK HOOKED



DEFUSED UNSTUCK UNHOOKED





**FIRST DANCE IN THE DARK  
THEN LEAD TO THE LIGHT**

**THE URGE TO RUSH IN**



# METAPHORS

ALTERNATE WAYS OF  
LOOKING AT SOMETHING

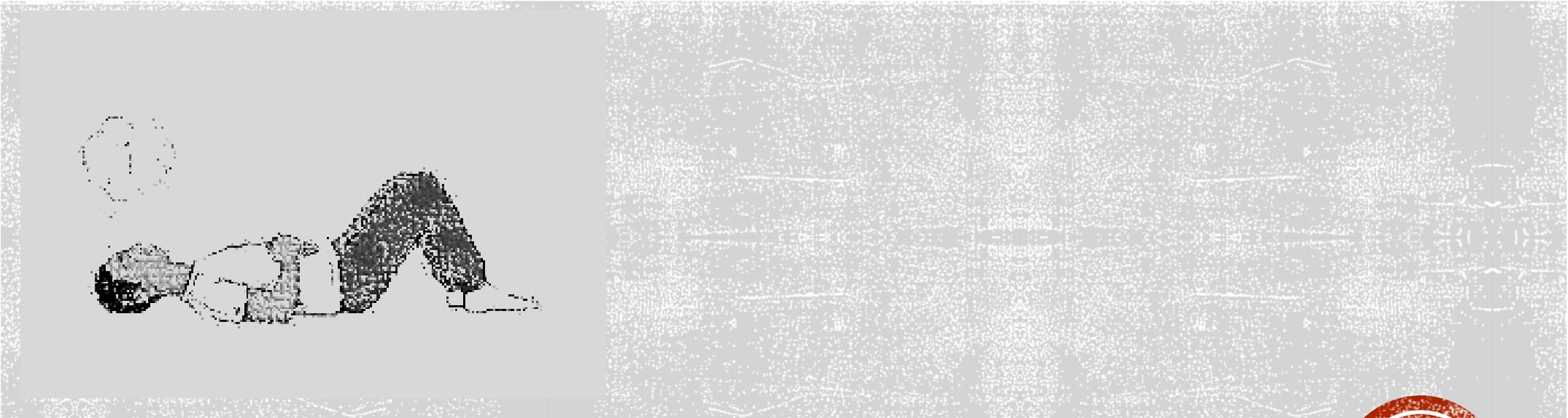




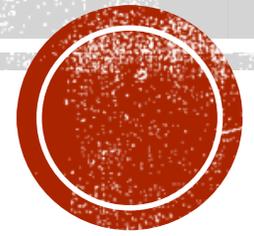
# **DROPPING ANCHOR**

**DROPPING THE STRUGGLE**





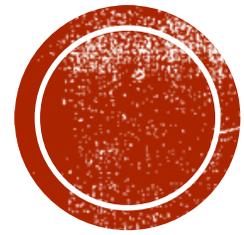
# **POLYVAGAL BREATHING THE BREATH OF LIFE**





# GROUNDING & CENTERING



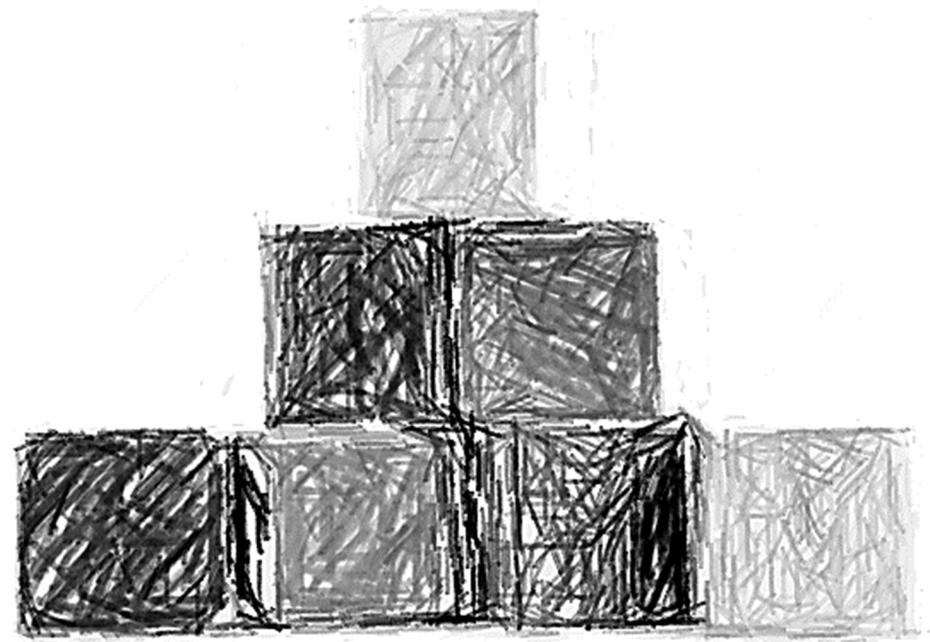


# ACT AND SUICIDE

IN SUICIDE ALL I VALUE IS GETTING RID OF MY PAIN



# SELF-COMPASSION





# UNPACKING - DECONSTRUCTING

- Acknowledging Pain
- Defusing from Self-judgment
- Acting with Kindness
- Experiential Acceptance
- Validation
- Connectedness





# **SLOW DOWN**

**SLOWING DOWN**

**LEANING IN**

**OPENING UP**

**WARM LIGHTING & COMPASSION**



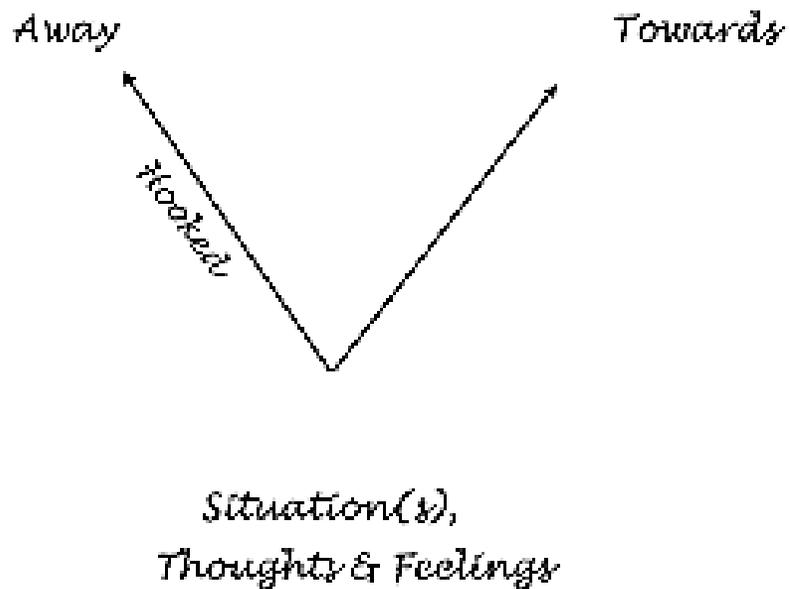
# THE CHOICE POINT

DEPRESSION



ANXIETY





# TOWARD OR AWAY

**CHOICE POINT**

**SITUATION  
(THOUGHTS OR FEELINGS)**

**AWAY MOVES (HOOKED)**

**TOWARD (VALUED LIVING)**





# CREATIVE HOPELESSNESS

CLINGING TIGHTLY TO THE AGENDA OF EXPERIENCIAL AVOIDANCE

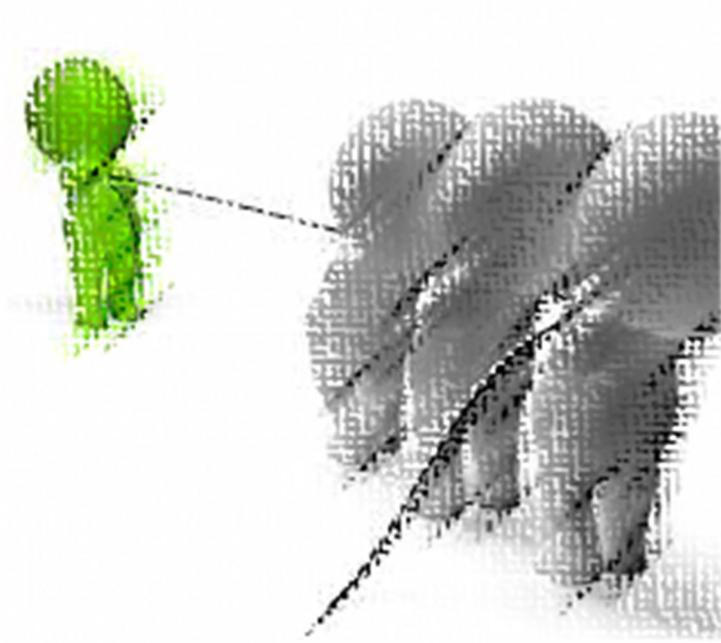




# FACTORS IN RESISTANCE TO CHANGE

**NOT MAKING PROGRESS**





# OVERCOMING RESISTANCE

PROVIDING CLARITY IN THE CONSENT

EMBODYING ACT IN SESSION

PROS AND CONS OF CHANGE

DECONSTRUCTING SELF-DEFEATING  
BEHAVIOURS





# RESOURCES

[https://www.actmindfully.com.au/upimages/2016 Complete Worksheets for Russ Harris ACT Books.pdf](https://www.actmindfully.com.au/upimages/2016%20Complete%20Worksheets%20for%20Russ%20Harris%20ACT%20Books.pdf)

<https://psychwire.com/harris>

<https://www.actmindfully.com.au/product/the-happiness-trap/>

<https://www.facebook.com/groups/941642582695315>



# QUESTIONS



**BE YOURSELF**  
**EVERYONE ELSE IS ALREADY TAKEN**

