

Adjusting to *Change*

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adjustingtochange
developing resilience

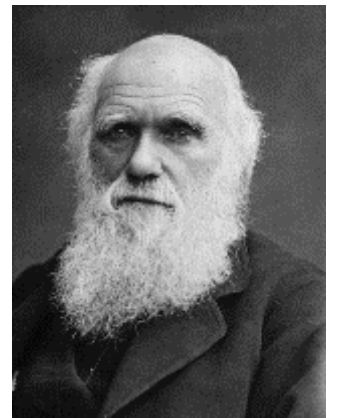
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Adjusting to *Change*

“It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change.”

Charles Darwin



Adjusting to *Change* – What's so special

- * Based on a psychological model, Acceptance and Commitment Therapy (ACT).
- * Found to be highly efficacious for the treatment of chronic pain, depression, PTSD, addiction and trauma.

Passengers on the bus

- * Video will be here.
- * <http://tinyurl.com/dxftp7ml>

Language

**Normal cognitive/verbal processes
Can contribute to psychopathology**

- * Knowledge of death
- * Living in the past or future and no longer in the moment
- * Comparison to an ideal
- * Self-loathing
- * Social inhibition (e.g., fear of negative evaluation)

Control is the problem

Control is the problem: Illusion of control

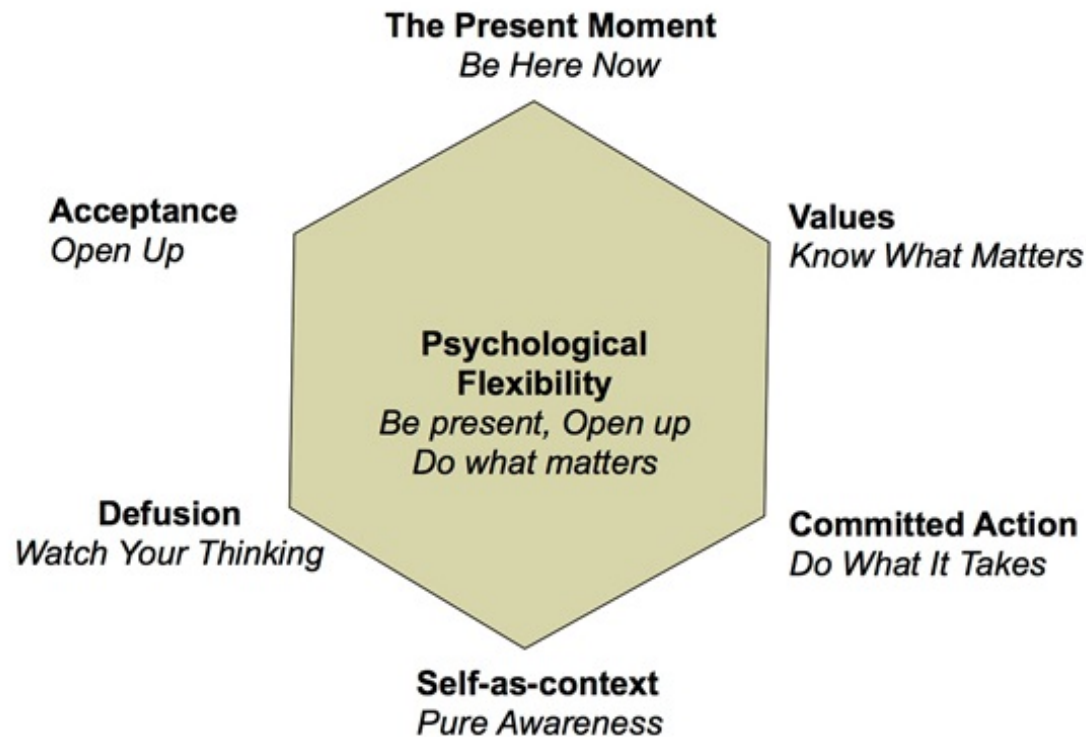
- * Don't think about favourite ice cream
- * Don't feel your leg
- * Forget what happened this morning

Experiential avoidance

Experiential avoidance

Trying to avoid, suppress, or get rid of unwanted private experiences, even when it's harmful, costly, or ineffective to do so

What do you do



Six core processes

1 Contact with the present moment

- * Conscious awareness of your experience in the present moment enables you to accurately perceive what is happening
- * Allows you to fully engage in what you are doing

Six core processes

2 Acceptance

- * Opening yourself fully to experience, as it is, not as your mind says it is

Six core processes

3 *Defusion*

- * Looking *at* thoughts, rather than *from* thoughts

Aim of Defusion is **NOT** to feel better nor to get rid of unwanted thoughts

Six core processes

4 Self-as-context

- * Often called The Observing Self

It is a process, not a thing: an awareness of awareness itself: 'pure awareness'

Six core processes

5 Values

- * *‘Your heart’s deepest desires for the sort of person you want to be and the things you want to do in your time on this planet; in other words, what you want to stand for in life’*

Six core processes

6 *Committed action*

- * *Committed action* is values-guided, effective & mindful

Some strategies (but not all!)

Cognitive defusion

- * Looking AT thoughts rather than FROM them.

Exercise – hands as thoughts

Some strategies (but not all!)

- * Thoughts are merely sounds, words, stories, bits of language, passing through our heads.
- * Thoughts may or may not be true.
- * We pay attention only if they're helpful.
- * Thoughts may or may not be wise.
- * We don't automatically follow their advice.

Some strategies (but not all!)

Helpful questions for unhelpful thoughts

- * Is this thought in any way useful or helpful?
- * Is this an old story or a new one?
- * Have I heard this one before?
- * What would I get for buying into this story?
- * Does this thought help me take effective action?

Some strategies (but not all!)

Contact with the present moment

- * Any mindfulness exercise, eg. breathing, stretching, sounds, food
- * Notice your feet on the floor; your body; your breathing etc.
- * 5-5-5 technique: Notice 5 things you can: hear, see, feel - right now

Some strategies (but not all!)

Acceptance of difficult sensation (*Exercise*)

- * Pick the strongest sensation; observe it like a scientist – non-judgmentally, without trying to interfere; accept it; repeat with next sensation etc.
- * Visualise feelings as objects: shape, colour, weight, temperature, texture etc.

Some strategies (but not all!)

Values

- * What do you want your life to stand for?
- * What sort of person do you want to be?
- * What sort of relationships do you want to build?
- * Old man looking back
- * Miracle question

Summary

- * Adjusting to Change is based on a psychological model of therapy called ACT
- * It is values based and addresses unhelpful thoughts and behaviours that can hinder rehabilitation
- * It uses a range of experiential exercises rather than just talking
- * Has shown to be effective with a diverse range of clinical conditions

Questions



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Thank you

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