

Moving Forward

Week 1: An Introduction to ACT

Week 1 Agenda

- Introduction of participants and facilitators
- Ground Rules
- What is this group all about? An introduction to ACT
- Learning objectives
- What are your goals / expectations?
- The ACT Matrix. Learning to make distinctions
- Mindfulness

Introductions

Ground rules

What is this group all about?

An introduction to ACT

Learning Objectives

1. Add to your Self Management Tracker/Plan
2. To gain awareness of how you make decisions in your life, about your health – understanding what hooks you / gets you stuck.
3. To help you learn skills that will allow you to handle painful thoughts, feelings, and experiences in such a way that they have less influence over your life.
4. To practice responding in new ways - moving forward in your life.

What are your Expectations / Goals?

Act in a Nutshell

The ACT Matrix

Behaviours that reduce unwanted mental experiences.

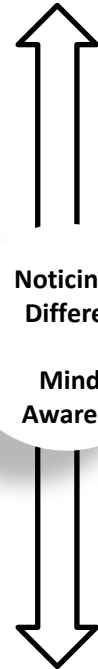
Value Based Behaviours
(Lead to Rich Meaningful life)

- Perfectionistic behaviours
- Over-planning and control strategies
- Distraction behaviours
- Lashing out
- Avoiding, isolating
- Substances, risky behaviours
- Others– shopping, eating, etc

External Experience/
Behaviours

- Eating nutritiously
- Attending family Functions

cost



Noticing the
Difference

Mindful
Awareness

Away Move

Towards Move

Hooks

Unwanted AUTOMATIC Mental Experiences

Values

Who and what is important to me?

- Uncomfortable body sensations (ie: Pain)
- Troublesome thoughts
- Unpleasant emotions
- Powerful urges
- Painful memories

Mind's Experience/
Internal World

- Relationships
- Health
- Education / Career
- Leisure

Basic Mindfulness

Mindfulness defined:

- Paying attention in a particular way: on purpose, in the present moment, without judgement (Kabat-Zinn)
- Consciously bringing awareness to you're here-and-now experience, with openness, interest, and receptiveness (Harris)

Week 1: Key Points

1. Pain is part of the human experience.
2. It is possible to move forward in life even with pain.
3. Making distinctions helps us get unstuck and move forward
 - » internal vs external
 - » towards and away moves

Week 1: Homework

1. Consider the Matrix and fill out WHAT I'd Like to Get Rid of Sheet.
2. **Notice** when you are 'in your head' (mental experiencing) and when you are connecting with the world by seeing, hearing, touching, etc. Note specific examples, and the differences.
3. **Notice** times when you are moving toward your values or away from (unwanted internal experiences). Note specific examples, and the differences.
4. Refer to Clarifying Your Values sheet if needed