

Moving Forward Welcome!

Virtual Housekeeping

The image shows a browser window displaying the website for PrimaryCare Network Calgary Foothills. The browser's address bar shows the URL 'cfpcn.ca'. The website's header includes the logo on the left and a navigation menu with the following items: 'Careers', 'Find a Doctor', 'News/Blog', 'Physician Login', and 'Staff Login'. A search bar is located to the right of the navigation menu. Below the navigation menu, the 'Health Resources' link is circled in red. The main content area features a green background with a photograph of a family (a man, a woman, and a child) on the left. To the right of the photo, the text 'COVID-19 resources' and 'Resources' is displayed, with 'Extended Health Team group classes' circled in red below it.

Virtual Housekeeping

- Teams Platform: chat, video, mute
- **Same link** each week to log on
- You will not receive a reminder for any future classes
- Technical issues: Contact EHT reception
403-374-0244 Ext. 3
- Attendance – 3 weeks, any missed content should be reviewed on our website at cfpcn.ca
- Respect, confidentiality, participate, be present/avoid multi-tasking

ICE BREAKER

Week 1 Agenda

- Learning objectives
- An introduction to ACT
- The Choice Point framework for Moving Forward
- Introduction to Mindfulness
- Clarify your values

Learning Objectives

1. Add skills to your Self-Management Tracker/Plan
2. To gain awareness of how you make decisions in your life, understanding what hooks you / gets you stuck.
3. To help you learn psychological skills that will help you self-manage chronic pain, painful thoughts, feelings, and experiences in such a way that they have less influence over your life.

So you can Move Forward!

Acceptance and Commitment Therapy – An Introduction.

Acceptance &
Commitment
Therapy for
Anxiety &
Depression

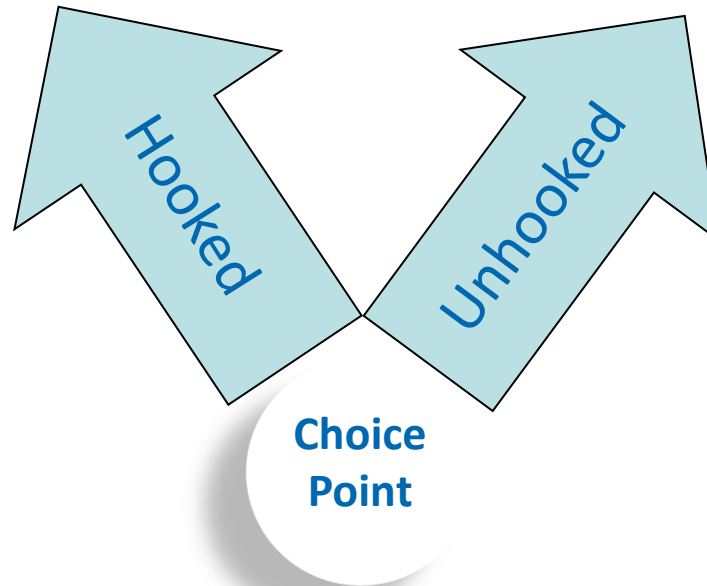


The Choice Point

Behaviours that reduce unwanted mental experiences that cost us.

Value Based Behaviours (Lead to Rich Meaningful life)

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



Attending to family /friend relationships
Taking Care of our health
Doing something meaningful/creative

Hooks or Unwanted AUTOMATIC Mental Experiences

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

Adapted from K. Polk & B. Schoendorff (2014)

Choice Point



Defusion – a core ACT skill

- Next week we will learn specific strategies to “unhook” from distressing thoughts which hook you and create away moves.
- Then, we will learn how to unhook from uncomfortable sensations including – anxiety, sadness, anger and even physical pain.
- The skills are NOT designed to get rid of these internal experiences, BUT RATHER to change our relationships with them. If we can, we decrease suffering and start to TAKE ACTION towards our values.
- It all starts with mindfulness and awareness we are hooked in the moment. Then you can use these new skills. MORE NEXT WEEK

Mindfulness Defined

- Paying attention in a particular way: on purpose, in the present moment, without judgement (Jon-Kabat-Zinn)
- Its about making room for your human experience and suffering with it. Rather than getting rid of it of needing to control it.



Clarify Your Values

- What is truly important to you. What parts of life make it meaningful even when it hurts.
- Values tell us what to do and how to do it, during good times and difficult ones.
- Knowing our core values clearly takes reflection. Being able to build awareness w being mindful enough to unhook and take action take practice.

Week 1: Key Points

1. Pain, physical and emotional is part of the human experience. But sometimes they hook us.
2. It is possible to move forward in life even with pain. We will discuss more strategies in the coming weeks.
3. Mindfulness, or non judgemental noticing can help us notice where we're at and allow us time and space to make better decisions.
4. Values are Key in giving us direction

Week 1: Homework

1. **Notice** when you are 'in your head' (mental experiencing or on autopilot – This may be in retrospect
2. Try to deliberately have a mindful experience – holding your focus in the present with openness and curiosity.
3. **Think more about your values and notice times when your thoughts or feelings created an automatic away move.**
4. **Think of a time when your instinct was an away move but you were able to unhook and do what was important. .**

See You Next Week!

- We'll practice mindfulness “a mindfulness meditation”
- We'll review the ‘choice point’
- Learn more skills of Unhooking/Defusion (we'll explain next week) from distressing thoughts.

<https://survey.alchemer-ca.com/s3/50194008/EHT-Group-Workshop-Attrition-Survey>



QUICK PATIENT SURVEY AND REMINDER THERE WILL
BE NO REMINDER CALL IN FUTURE WEEKS