



ADDICTION FROM AN ACCEPTANCE AND COMMITMENT PERSPECTIVE

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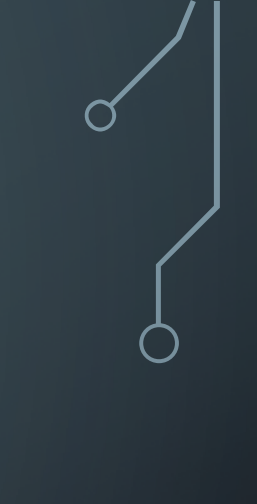
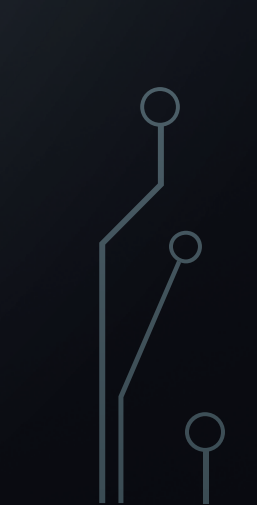




RECOVERY



DEFINED...

- Addiction is like...
 - Recovery is like...
 - Treating addiction is like...
- 
- 
- 







TODAY...

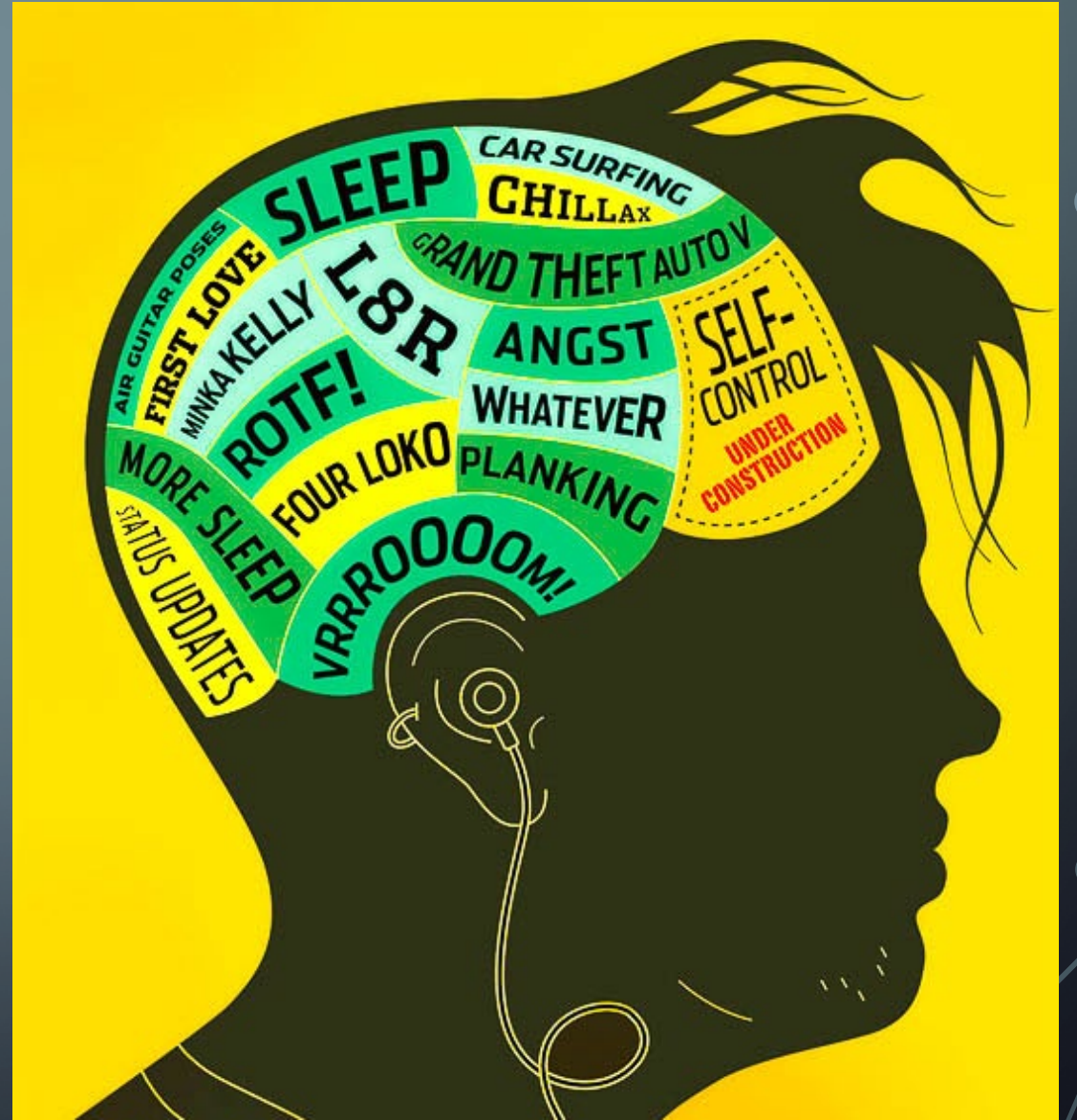
- Understand addiction and experiential avoidance.
- Reflect on ACT as a new perspective on recovery.
- Understand how to create an ACT recovery environment.



VALUES EXERCISE

What values do you connect to being an “good” therapist?





FRONTAL
CORTEX

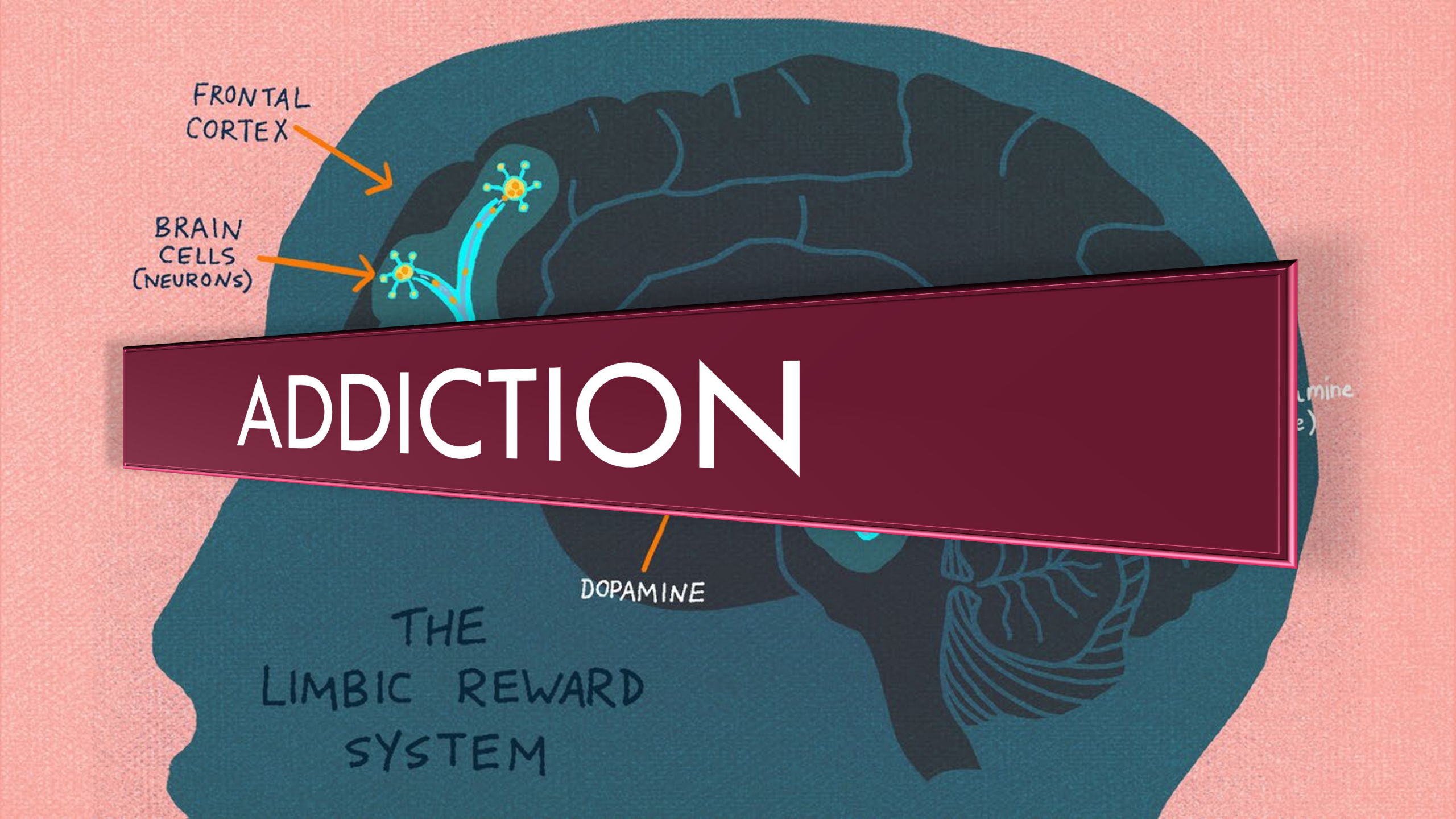
BRAIN
CELLS
(NEURONS)

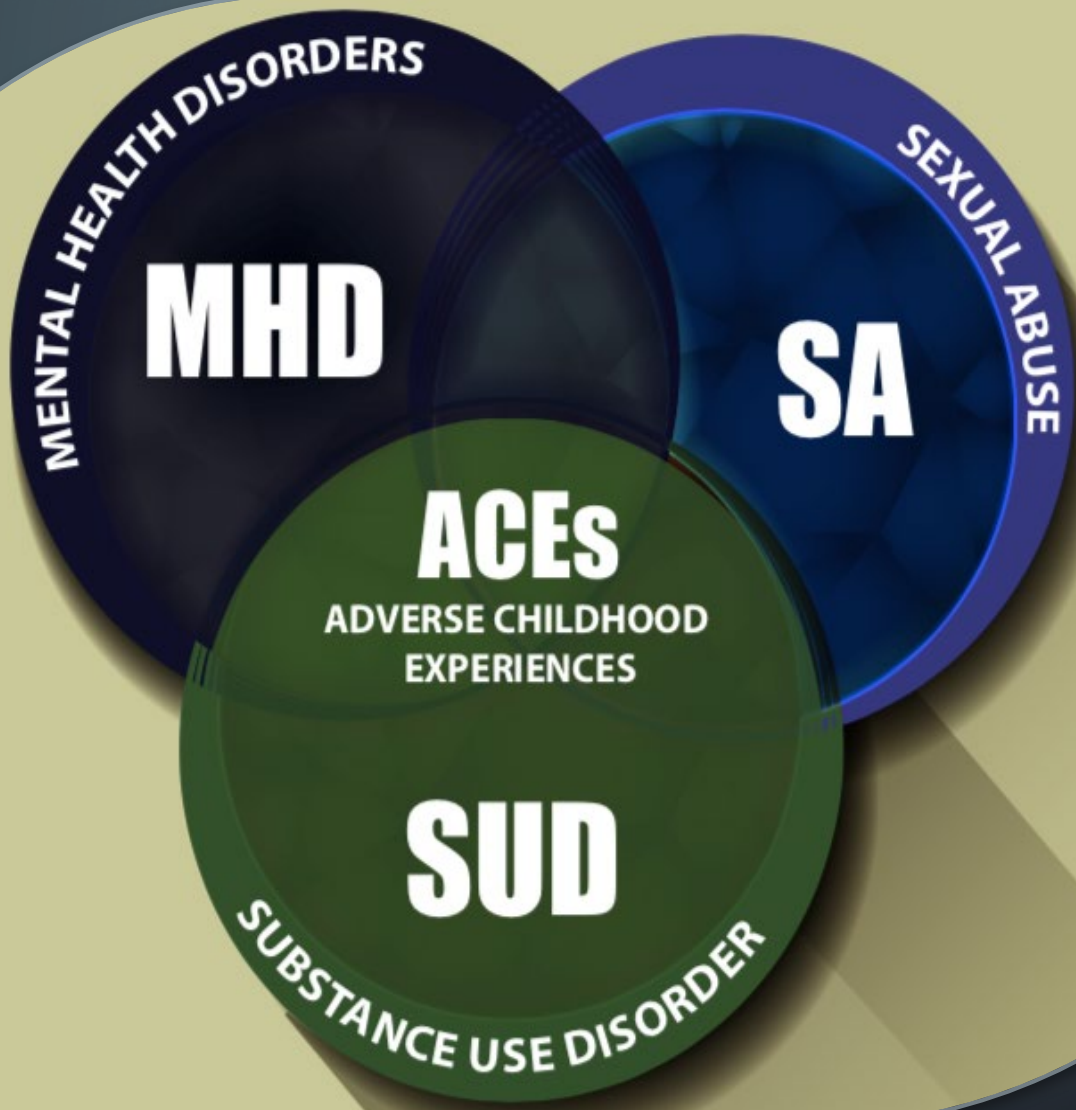
ADDICTION

DOPAMINE

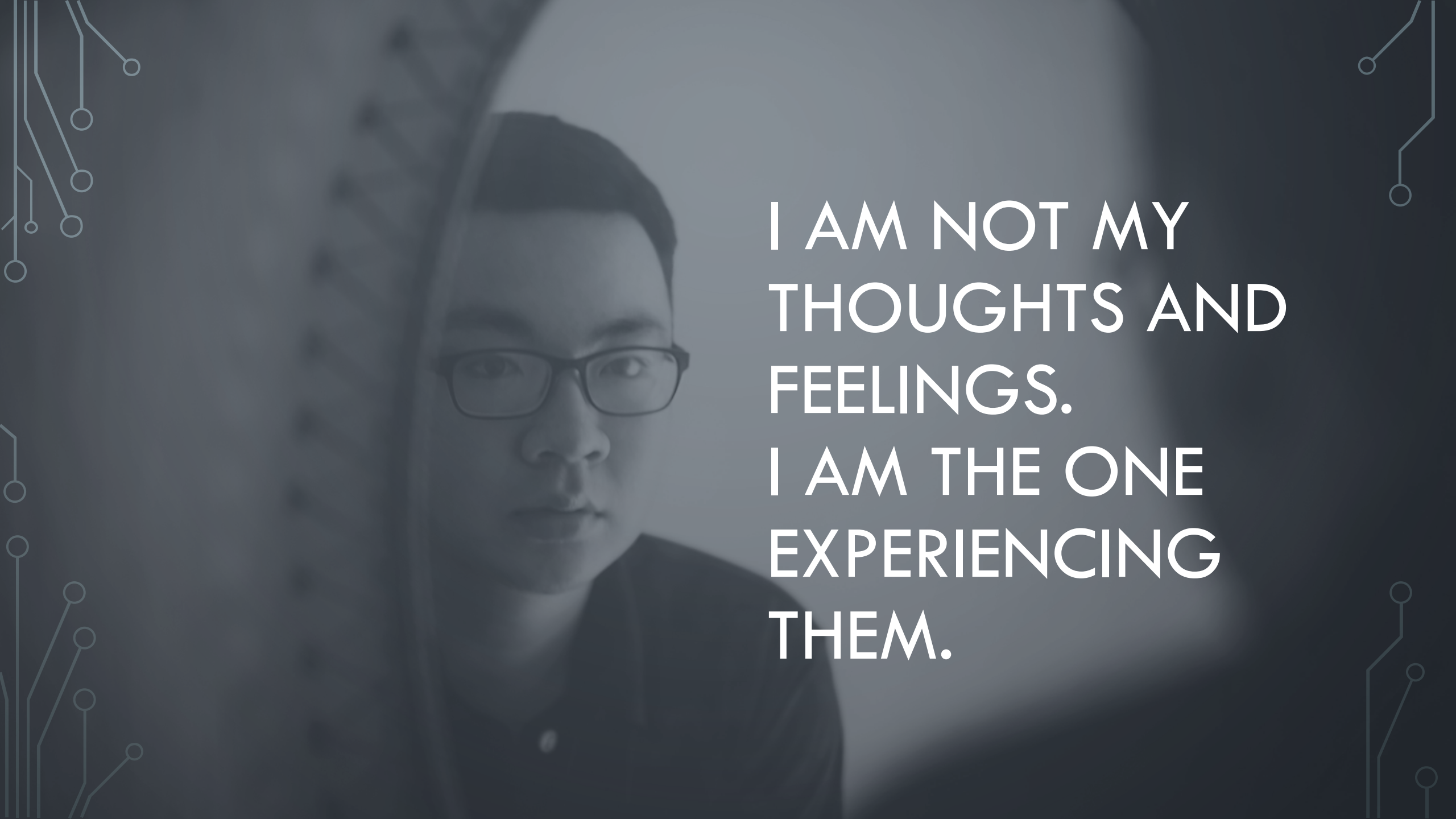
THE
LIMBIC REWARD
SYSTEM

mine
)





STATISTICS



I AM NOT MY
THOUGHTS AND
FEELINGS.
I AM THE ONE
EXPERIENCING
THEM.

A dark, moody image featuring a silhouette of a person with curly hair, sitting on the floor with their head buried in their hands, suggesting pain or deep thought. The background is a dark gradient with faint, light-colored circuit board patterns in the corners. Centered over the image is the text:

**PAIN IS INEVITABLE.
SUFFERING IS OPTIONAL.**

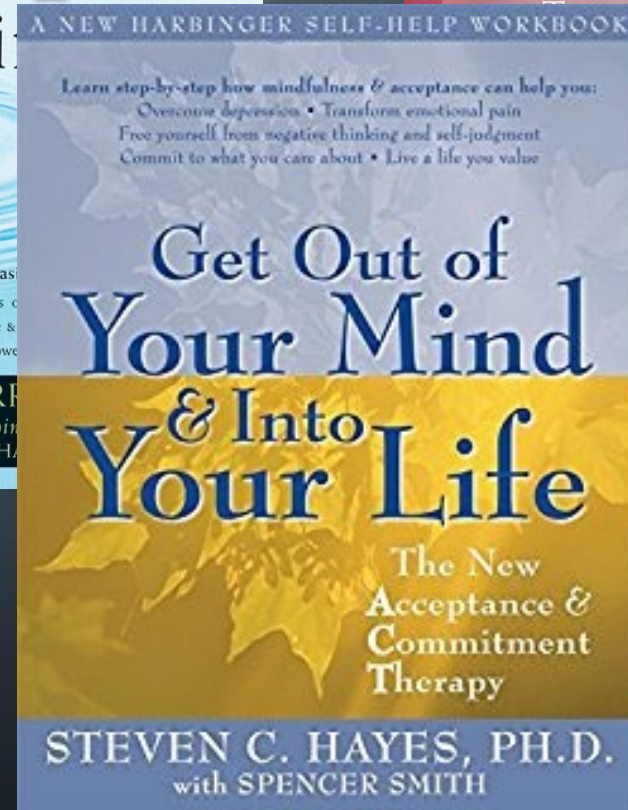
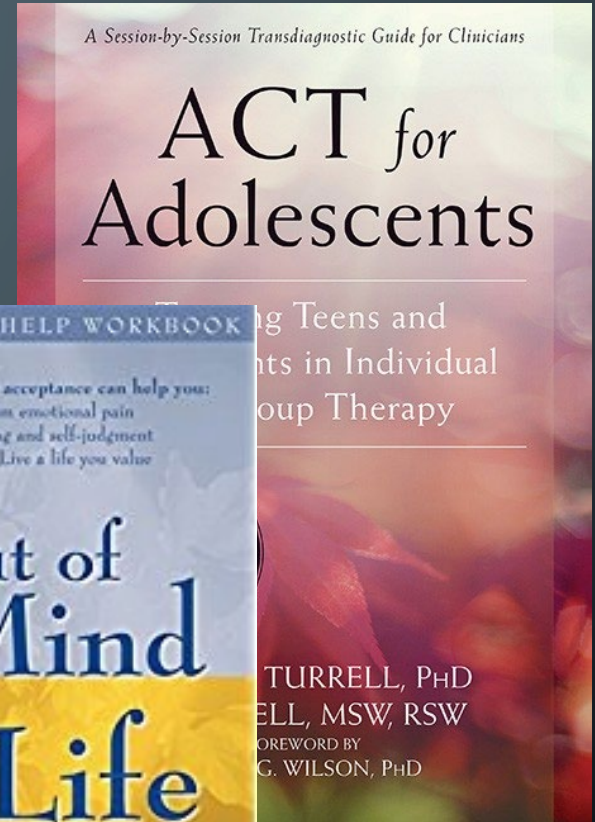
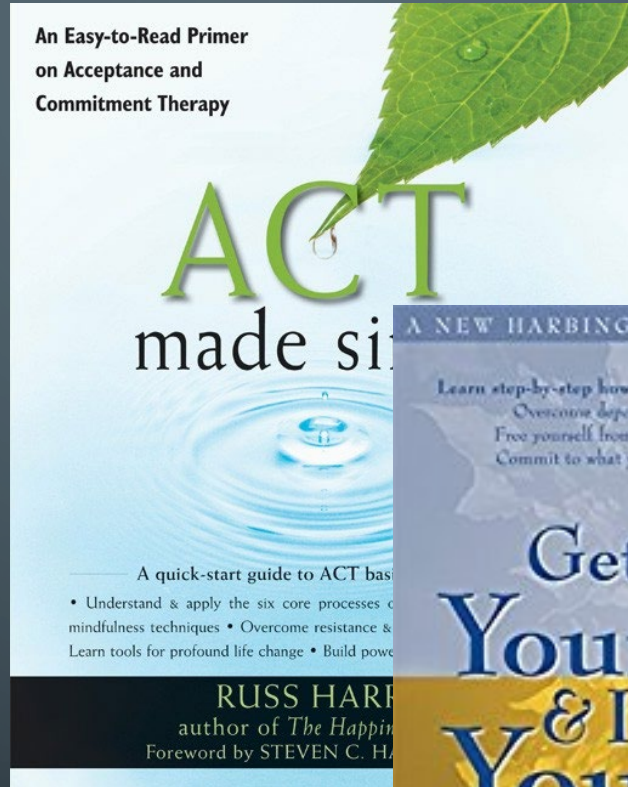
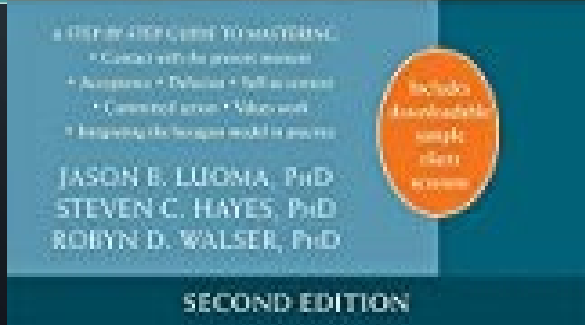
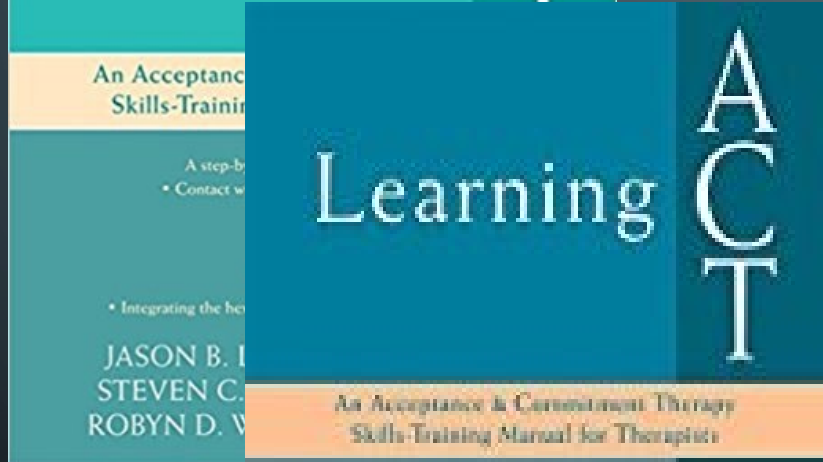
WHAT YOU
VALUE
MAKES YOU
VULNERABLE.



HAPPINESS IS
A STATE OF
BEING.



RESOURCES FOR CLINICIANS



MINDFULNESS- BASED RELAPSE PREVENTION

Mindfulness-Based Relapse Prevention *for Addictive Behaviors*

A CLINICIAN'S GUIDE

Sarah Bowen

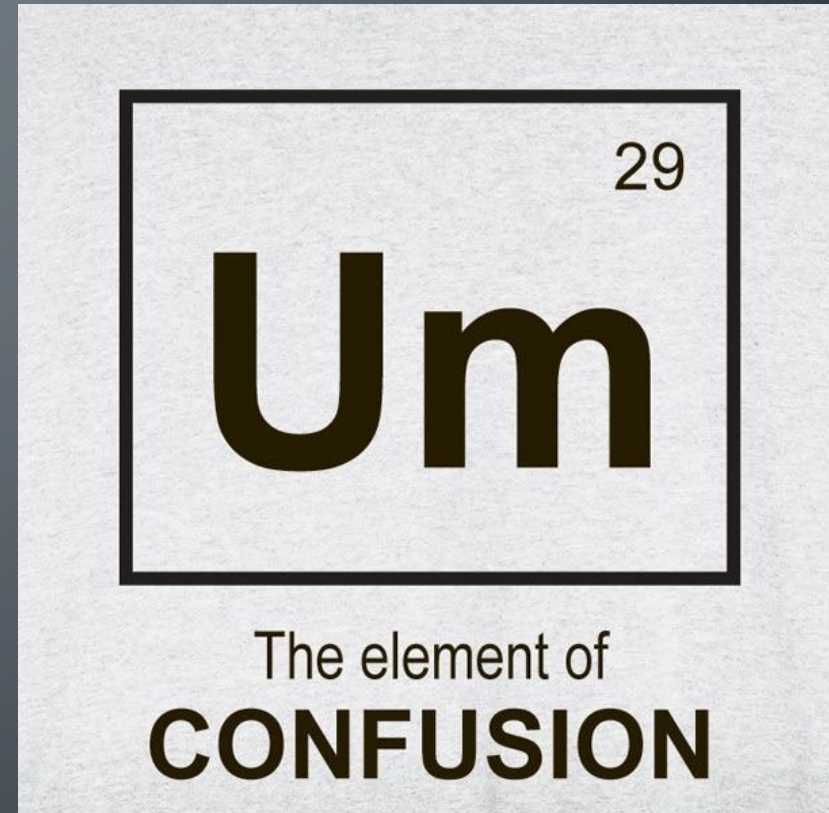
Neha Chawla

G. Alan Marlatt



ACT DEFINED...

- Functional contextual therapy approach based on Relational Frame Theory
- Views psychological problems dominated by psychological inflexibility fostered by the innate need to avoid pain that emerges as cognitive fusion and experiential avoidance behaviors.





Did that definition
may give you
psychological
distress?



ACT SIMPLY PUT...

- Focuses on developing mindfulness-based strategies
- Allows a person to make contact with private events (thoughts and feelings) as a way of distancing a person from those events
- Then helps pursue valuable action...

**BEHAVIOUR
THERAPY**



**COGNITIVE
THERAPY**



**COGNITIVE BEHAVIOUR
THERAPY**



**ACCEPTANCE
AND COMMITMENT
THERAPY**



ACT STRUCTURE

Built on empirically-based principles

Aims to increase psychological flexibility

Transdiagnostic

Uses a mindfulness-based approach

Focuses on behavior change strategies



ACT ALLOWS US TO
LIVE A MEANINGFUL
LIFE DESPITE WHAT WE
CANNOT CONTROL OR
AVOID.



"Happiness can
only exist in
acceptance."

~George Orwell

FUNCTIONAL CONTEXTUALISM



Philosophy rooted in pragmatism and contextualism



By understanding the context, we can understand the pragmatic truth criterion.



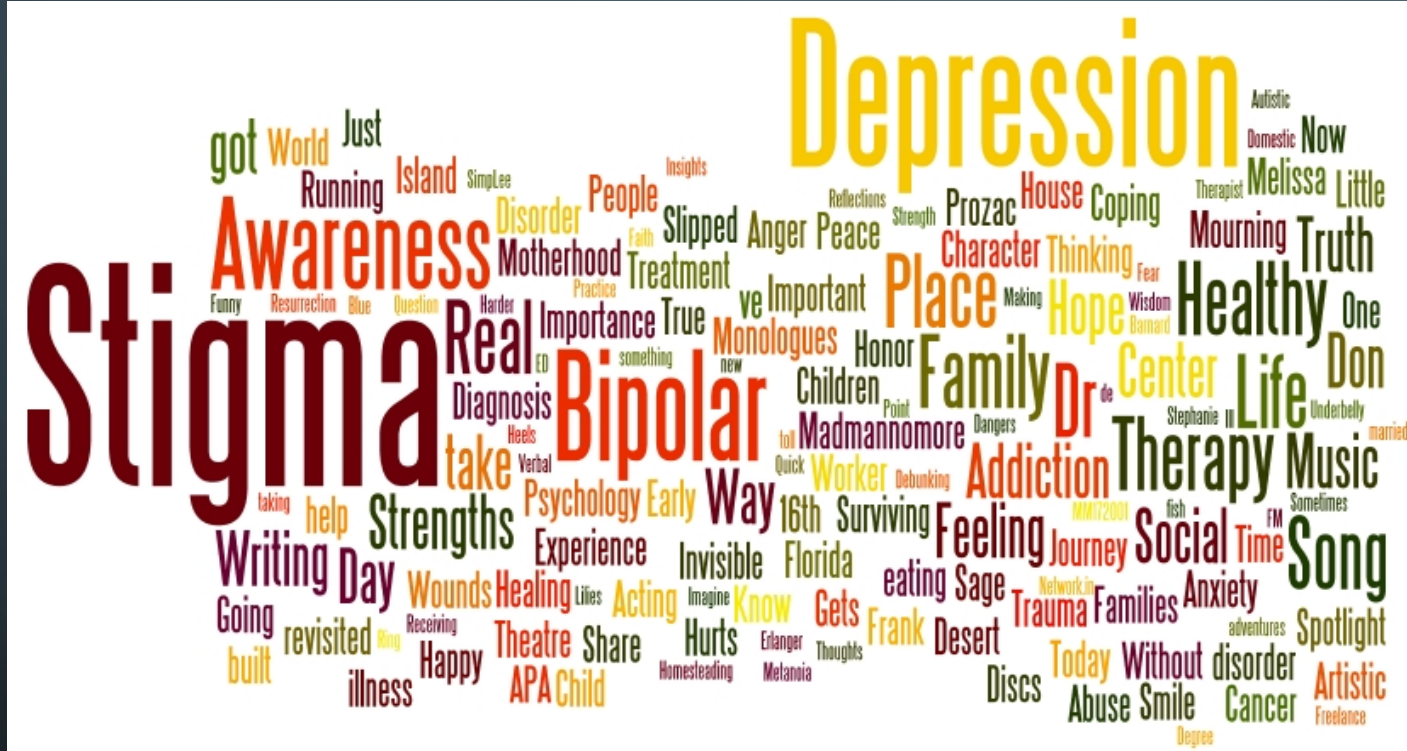
The “glasses we put on” to view human endeavors focuses us on “behavior in its context.”



No “right” behavior, only what works for an individual.



Successful working means that this individual is able to perform valued actions.



RELATIONAL FRAME THEORY

I THINK THEREFORE I AM.

- DESCARTES







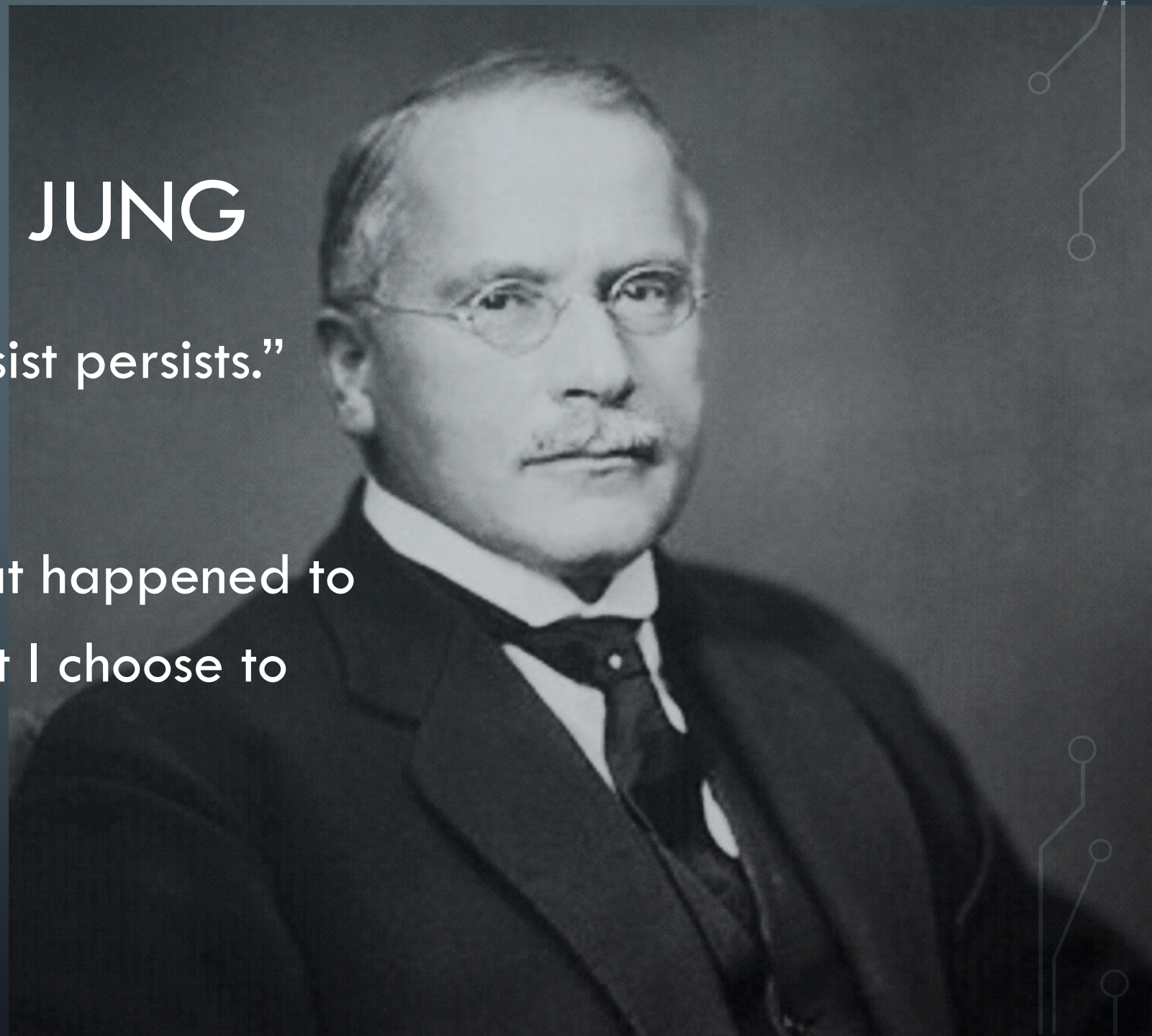
CURIOSITY, NOT CONCLUSION

- Non-Judging
- Trust
- Patience
- Non-Striving
- Beginner's Mind
- Acceptance
- Letting-Go

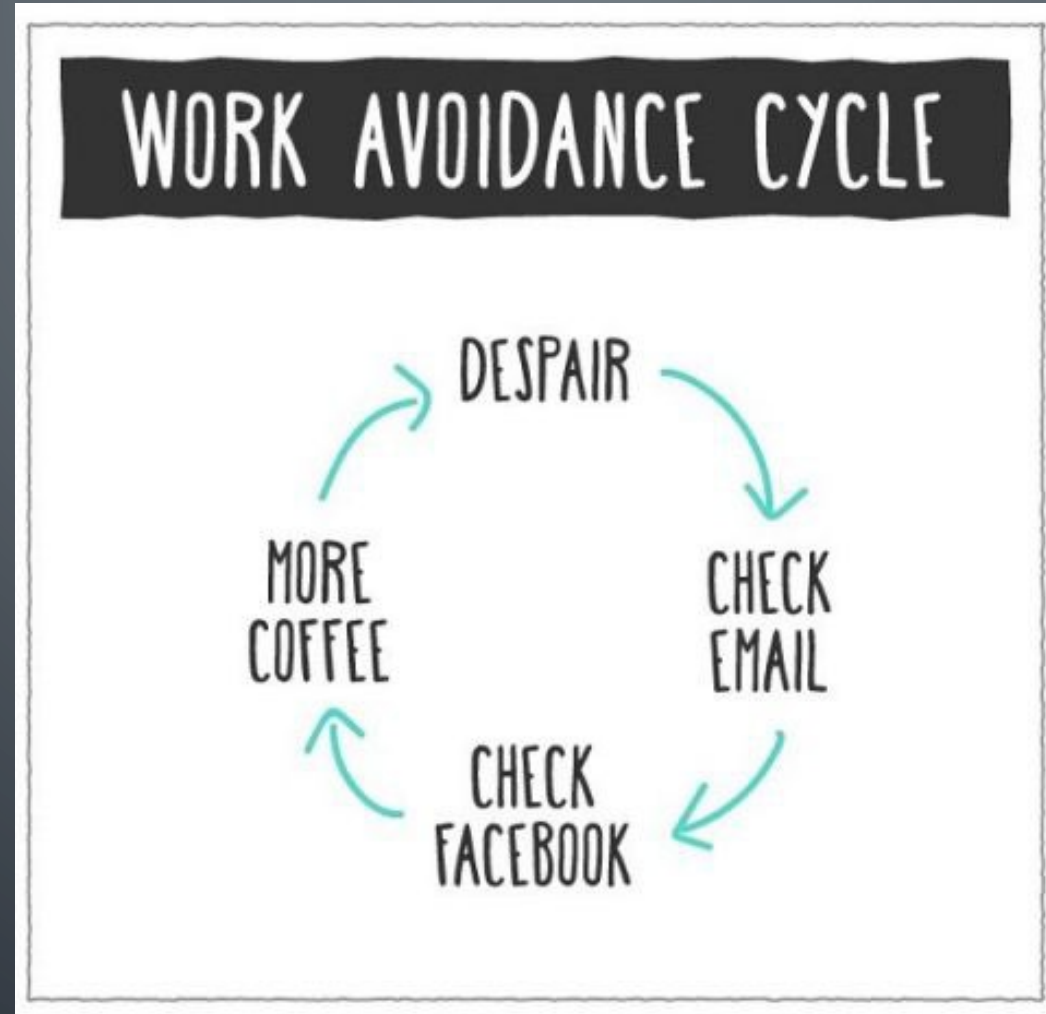
FOREVER JUNG

“What we resist persists.”

“I am not what happened to
me. I am what I choose to
become.”



CLEAN PAIN VS. DIRTY PAIN



I AM NOT GOING TO BE
ABLE TO DO THIS

FEAR DOUBT
WHAT IF I FAIL?
UNCERTAINTY



AWAY

TOWARDS

EXPERIENTIAL AVOIDANCE

CENTRAL ASSUMPTIONS



It is human nature, and thus understandable, that people tend to avoid negative inner experiences.



Clarity of personal values and commitment are keys to behavior change.



Rather than fighting the feeling attached to a behavior, a person can observe having the feeling but still act in a way not directly influenced by the feeling.

CHOOSE YOUR PAIN – VALUE-DRIVEN

- What all would someone need to pursue a meaningful life? List some values or qualities someone might need for this journey.
- What if we shifted focus from “not using” to committing to acting in concert with building a meaningful life?
- Man standing in front of a swamp.

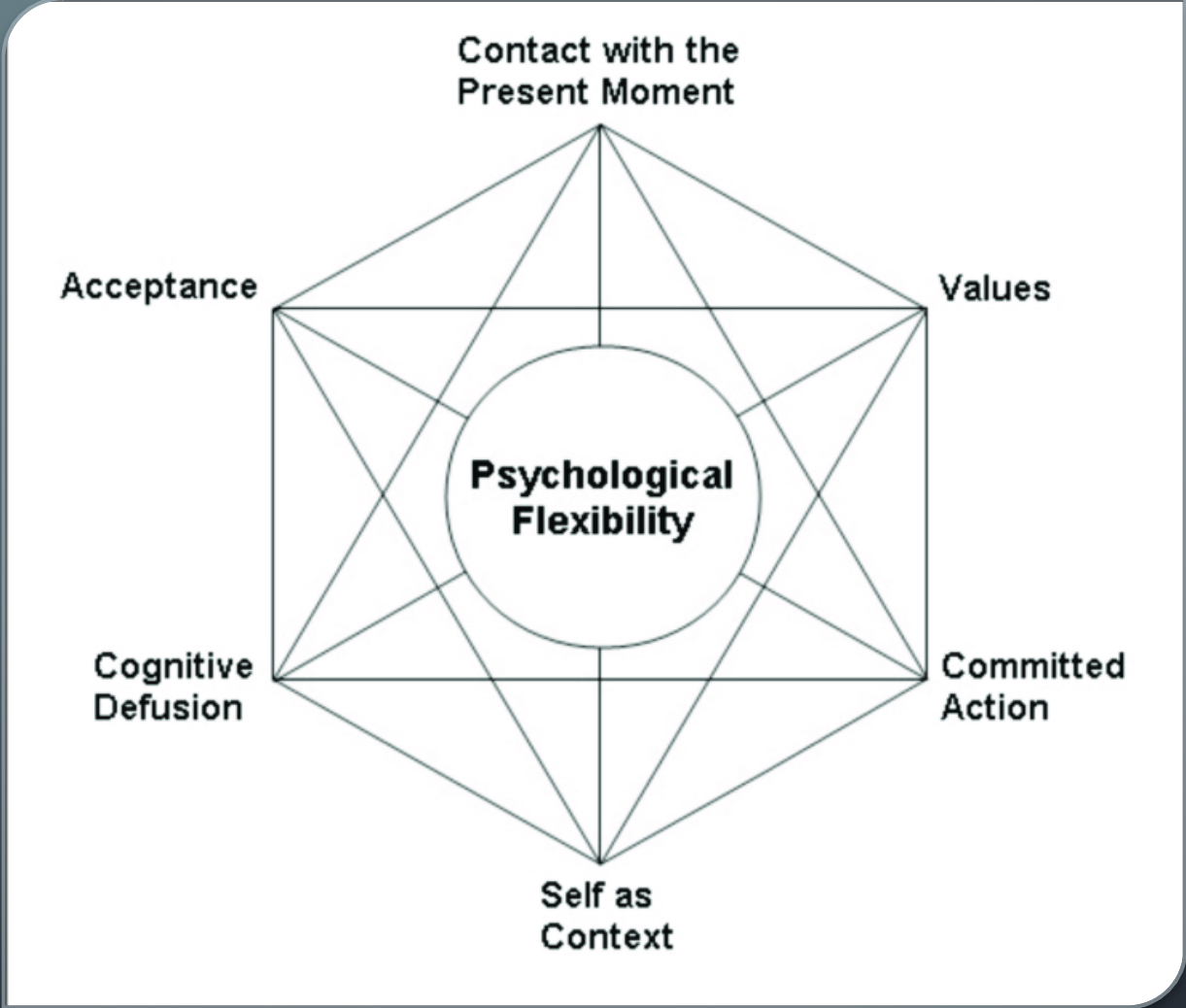


THERAPIST STANCE

A man in a dark suit and tie is shown from the chest up, with his arms extended and hands held palm-up. He is holding a red pill in his left hand and a blue pill in his right hand. The background is black, and the lighting highlights the man's suit and the pills.

ACCEPTANCE and VALUES

ESCAPE and AVOIDANCE





Mind Full, or Mindful?

MINDLESSNESS



MAKING CONTACT

- Can you make contact with a thought or feeling that you're experiencing right now?
- What thought or feeling are you experiencing in this moment?
- What sensations are present when we are talking about your cravings?
- What feelings do you notice present as we talk about your use?



WEATHER AS A METAPHOR FOR AVOIDANCE



AVOIDANCE



SAILING DURING A WINDY DAY



what the hell is that?



oh,
just my mind

COGNITIVE FUSION



TUG-OF-WAR WITH A GIANT



THE SALESMAN



SELF AS CONTENT



A chessboard with white pieces on a black background, overlaid with a dark semi-transparent box containing the text "THE CHESSBOARD". The chessboard is viewed from an isometric perspective, showing the white pieces on the light squares. The pieces include a king, queen, rook, knight, bishop, and pawn. The text "THE CHESSBOARD" is written in a bold, white, sans-serif font, centered within the dark box. The background is black, and there are some faint, glowing blue lines and circles around the chessboard, suggesting a digital or technological theme.

THE CHESSBOARD



INACTION



THE SWAMP



LACK OF DIRECTION



THE FISHERMAN





www.pptodds.com



ADDICTION VALUES VS. RECOVERY VALUES



STEP 1: THE CONTROL AGENDA



STEPHEN MURPHY/GETTY IMAGES

STEP 2: CREATIVE HELPLESSNESS AND EXPERIENCING ACCEPTANCE



STEP 3: CLARIFY VALUES AND GOALS

VALUES RATING QUESTIONNAIRE

"Action is the foundational key to all success."

PABLO PICASSO



STEP 4: MINDFUL ACTION PLAN



MANAGING TRIGGERS/URGES/CRAVINGS

A group of people are sitting in a circle on the floor in a meeting or workshop setting. Some individuals have their hands clasped in front of them. The background is slightly blurred, showing a bright, indoor environment. A dark, semi-transparent rectangular box is overlaid in the center of the image, containing white text. Light blue circuit-like lines with circular nodes extend from the left and right sides of the text box.

CREATING THE ACT SETTING FOR A RECOVERY GROUP



PITFALLS



DEMO:

35-year old Male who has struggled with alcohol problems for most of his adult life. He has had many periods of sobriety, followed by many periods of relapse. At the time of this session, he has had thirty days of sobriety, just enough time that he is beginning to come back to major areas of pain he covered up with alcohol.

A person stands on a grassy cliff edge, their arms raised in a gesture of triumph or openness. They are holding a large, dark rectangular sign with the text "QUESTIONS AND FEEDBACK" written in white, bold, sans-serif capital letters. The background is a soft-focus landscape of rolling hills under a warm, golden sky, suggesting a sunrise or sunset. On either side of the sign, there are faint, light-colored circuit board traces with circular nodes, adding a technological or digital aesthetic to the scene.

QUESTIONS AND FEEDBACK