Acceptance & Commitment Therapy With Co-Occurring Disorders
AGENDA

• Discuss How we all get stuck in life and in our thoughts

• Give an Overview of the SAMHSA Co-Occurring Model.

• Give an overview of Acceptance and Commitment Therapy

• Discuss the integration of the two evidence based practices to take a different approach to working with people struggling with Co-Occurring disorders.
She won’t like me! Nothing good ever lasts

Trouble With Our Thoughts

How am I going to screw this one up! Do you think he knows I'm not worth his time
Our Thoughts

• What do our thoughts tell us?

• Do they shape us and how we see the world?

• What is Rumination?
Rumination

“the focused attention on the symptoms of one's distress, and on its possible causes and consequences, as opposed to its solutions”
Mindfulness Observation Exercise:
Distressed Minds

• On a minimum experts state that we have 50,000 thoughts per day and some would say much more
  • That would be 2083.33 thoughts per hour
  • 34 thoughts per minute
  • The is about a thought every 2 seconds

• We are about to do a short mindful observation of the thoughts that could possibly enter a distressed mind.

• In this exercise we will be doing two things 1 remembering a difficult time we have overcome. I cannot stress that we have over come. The second is I want you to think of some one you worked with that frustrated you.

• Get comfortable, and after the observation I will guide through and observation of your own thoughts.

• Let start this mindfulness with three deep breaths.
Take a moment to think of the images that you just saw... Notice the thoughts that are entering your mind.

Now think take a moment to think of an experience a struggle that that you have over come... remember the feelings that surrounded that...

Now remember think of the person you identified earlier... Had they experienced:

    trauma
    abuse
    loss

We end this mindfulness with three deep breaths.
Integrated Treatment is a research-proven model of treatment for people with mental illnesses and co-occurring substance use disorders or as I will expand it to any struggle with impulse control.

In this model clients receive combined treatment for mental illnesses and substance use disorders from the same clinician or team. They receive one consistent message about treatment and recovery.
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<tr>
<th>Stages</th>
<th>Engagement</th>
<th>Details</th>
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<tbody>
<tr>
<td>Precontemplation</td>
<td></td>
<td>Assertive outreach, practical help (housing, entitlements, other), and an introduction to individual, family, group, and self-help treatment formats</td>
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<tr>
<td>Contemplation and Preparation</td>
<td>Persuasion</td>
<td>Education, goal setting, and building awareness of problem through motivational counseling</td>
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<tr>
<td>Action</td>
<td>Active Treatment</td>
<td>Counseling and treatment based on cognitive-behavioral techniques, skills training, and support from families and self-help groups</td>
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<tr>
<td>Maintenance</td>
<td>Relapse Prevention</td>
<td>Continued counseling and treatment based on relapse prevention techniques, skill building, and ongoing support to promote recovery</td>
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What it means to meet people where they are at no matter where that is?

- Allow treatment to be client driven NO MATTER WHAT
- Work Towards providing services in the least restrictive manner NO MATTER WHAT
- Empower clients NO MATTER WHAT
- Provide hope NO MATTER WHAT

It is when we as clinicians allow ourselves to be out of our comfort zone.
How could that not be rock bottom???
How do we do that ???

Client Assumptions That Help Us As Clinicians

• Clients are doing the best they can at any given moment.

• Clients generally want to improve.

• Clients must learn new behaviors in all relevant contexts.

• Clients cannot fail in therapy.

• Clients may not have caused all of their own problems, but they have to solve them anyway.

• Clients need to do better, try harder, and/or be more motivated to change

• The lives of some individuals are unbearable as they are currently being lived.
What Is Acceptance and Commitment Therapy?

- Mindfulness
- Acceptance
- Values
- Willingness
What Is Acceptance?

Acceptance in human psychology is a person's assent to the reality of a situation, recognizing a process or condition (often a negative or uncomfortable situation) without attempting to change it, protest, or exit (Fish, 2014)

Accepting = Acknowledging

“providing an unconditional, consistent, genuine, and noncritical psychotherapeutic context; and a client target for acceptance of self....a genuine, interested, tolerant therapeutic stance known as "unconditional positive regard" was the critical ingredient in the therapeutic process.” (Hayes & Pankey)
What Is Mindfulness?

Definitions of Mindfulness

"Bringing one's complete attention to the present experience on a moment-to-moment basis." (Marlatt & Kristeller)

"Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." (Kabat-Zinn).

"The non-judgmental observation of the ongoing stream of internal and external stimuli as they arise." (Baer)

"Awareness of present experience with acceptance." (Germer, Segal, Fulton)

"Paying attention with openness, curiosity and flexibility." (Harris)
The Use of Values in ACT

- Education on values vs goals
- Help client identify values
  - Values worksheets
  - Value card game
- Help Develop short term and Long term goals
What Is True Willingness?

• The Trapezes Metaphor
• Discuss Why willingness
  • Pain & Suffering
    Pain + Acceptance = Pain
    Pain + Unacceptance = Suffering
• Education on what willingness is NOT:
  • Wanting
  • Conditional
    • You Can’t Jump half way
  • “Trying”
  • Feel Shoulder exercise

Willingness as a manipulation is not willingness at all
How it all works!!!
The Hexaflex-ACT Is NOT a Linear Therapy
## Integrating The Two Evidence Based Practices

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A Fly is found trying diligently to get out of a closed window. Someone asks to the fly what are you doing? The Fly responds angrily Leave me alone, Can’t you see I’m trying to get out to go help my friend the Cow who is stuck in the mud. If I try hard enough.....
References

• Hayes, S.C. The six core Processes of ACT. Retrieved from https://contextualscience.org/the_six_core_processes_of_act
The End!

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