ACT Acceptance and Commitment Therapy: the Matrix

A Trans-Diagnostic Shared formulation and Treatment Plan
Suffering is ubiquitous and normal

It is abnormal

NOT

to experience significant psychological struggles
And Our response...?

We try to:

- Avoid
- or control

Sometimes this works....

And ... sometimes it doesn’t
But not all mind activity is useful
(depends on context)

– Escape avoid our experience
– Lose contact with present
– Defend stories about ourselves (when we get caught up in “what” or who we are)
– We generate reasons why, or why not and this may get in the way of actions
• This **struggle** leads to **inflexibility**
  i.e. as we engage with thinking more, we engage with the world less

• **Inflexibility** leads to less living
A Process Model of Psychopathology

- Focus on the past and future:
- Avoidance of experience
- Lack of Clarity about what is important
- Hooked by our own thinking
- Inactive, Impulsive or persistently avoidant
- Attached to what/who we think we are

If these describe us, that is what builds...

Psychological Inflexibility
This then is the basic overall ACT model.
Acceptance and Mindfulness Processes

Acceptance

Defusion

Contact with the Present Moment

Values

Committed Action

Self as Context

You can chunk them into two larger groups
Thus the name “Acceptance and Commitment Therapy”
Psychological Flexibility

Three Pillars

• “Show up” in life (present moment)
• “Let Go” - Hold experiences lightly
• “Get Moving” - Do what takes us toward what matters

Psychological Flexibility is a process of taking action to move towards what matters, in the presence of our experience
Matrix - Hexaflex and Psychological Flexibility
(1) Given a distinction between you and the stuff you are struggling with and trying to change

(2) Are you willing to have that stuff, fully and without defense

(3) As it is, and not as what it says it is,

(4) AND do what takes you in the direction of your chosen values

(5) Of your chosen values

(6) At this time, in this situation?

If the answer is "yes," that is what builds...
Living Well Plan

What do you **do** to deal with, control or move away from inside stuff you don’t want to have?

Behaviours that move you toward what matters – while having the unwanted internal stuff

What **inside** stuff gets in the way of moving toward? What have you been moving away from?

Who is important to you? What is important to you?
A brief video together as a reminder of at least one way the “matrix”
http://youtu.be/fNTJDVSDJ6k

Please keep in mind that you can start at any point (quadrant) depending on what information you already have.

Where you place the emphasis depends on what you are looking for.

For example:

• More behaviours which move toward - Top right,
• More examples of behaviours which move away - Top left,
• Poor connection with what matters in life - Bottom right
• More examples of the experience that comes up - Bottom left.
Web Resources:

• **Dr. Kevin Polk – YouTube**  
  www.youtube.com/user/DrKevinPolk

• **Matrix Resources | Mark Webster**  
  http://www.markwebsteract.com/wordpress/?page_id=160

• The ACT Matrix: A New Approach to Building Psychological .  
  http://www.amazon.com/The-ACT-Matrix-Psychological-Flexibility/dp/1608829235

• **David Mellor (CADS Dn)** (I hope the video is helpful even if a little dull?).  
  http://youtu.be/fNTJDVSDJ6k