Fostering Psychological Flexibility
A Model for Mental Health and Aging

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“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

Charles Darwin
What is ACT based on?
What makes ACT so effective.

You can’t get rid of your fears...
But you can learn to live with them.
Experiential Avoidance

Fusion
Aging
Choosing Values
Flexibility
Focusing Questions

What are you seeking?

What have you tried?

How has it worked?

What has it cost you?
Figure 2: The ACT choice point model

- Act towards values
- Act away from values

Choice point

Situation
Values
A model that is flexible

• Give your patient/client/resident an opportunity to see what is working and what is not
  • Access Values

• Help to define small manageable steps (towards moves)
  • Teach and/or provide resources for your patient/client to gain skills to support moving towards what matters
Psychological Flexibility is...

Learning to become aware of our actions and their consequences

Learning and practicing skills to gain awareness and control over choosing

Learning to let our values guide us
References


Association for Contextual Behavioral Science (ACBS), [https://contextualscience.org](https://contextualscience.org)
*This website contains a vast amount of resources, including articles, the ACBS journal, and training materials from a variety of experts.


