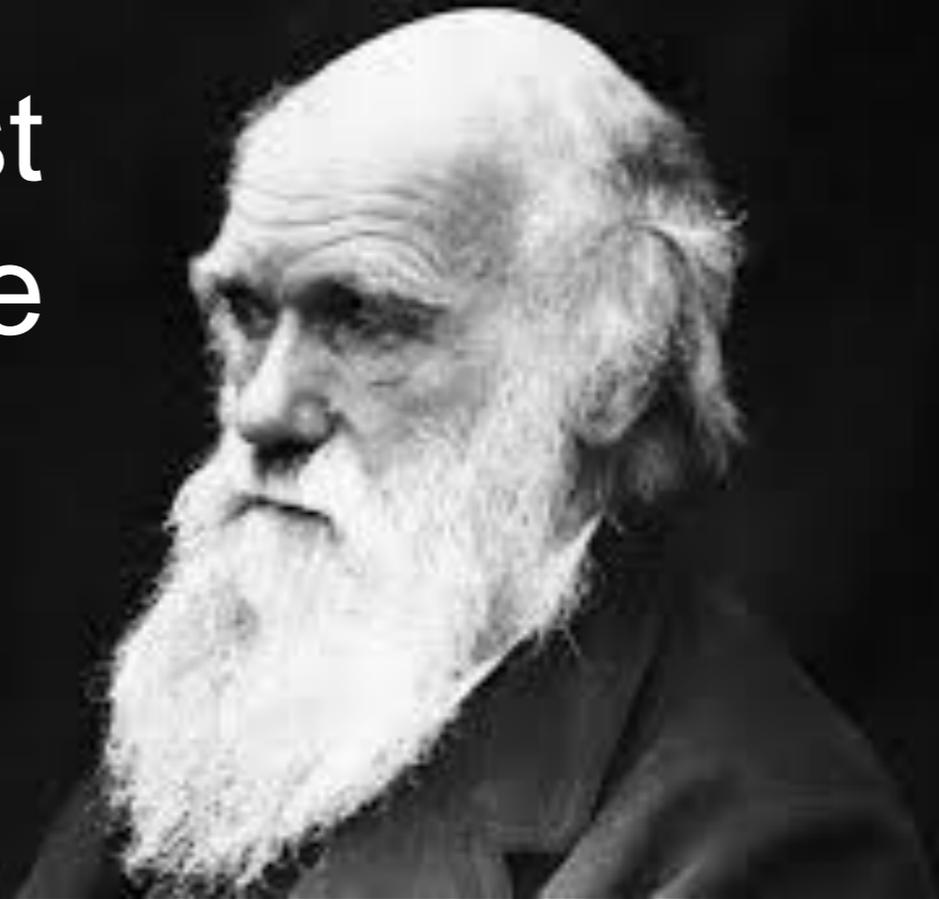


Fostering Psychological Flexibility

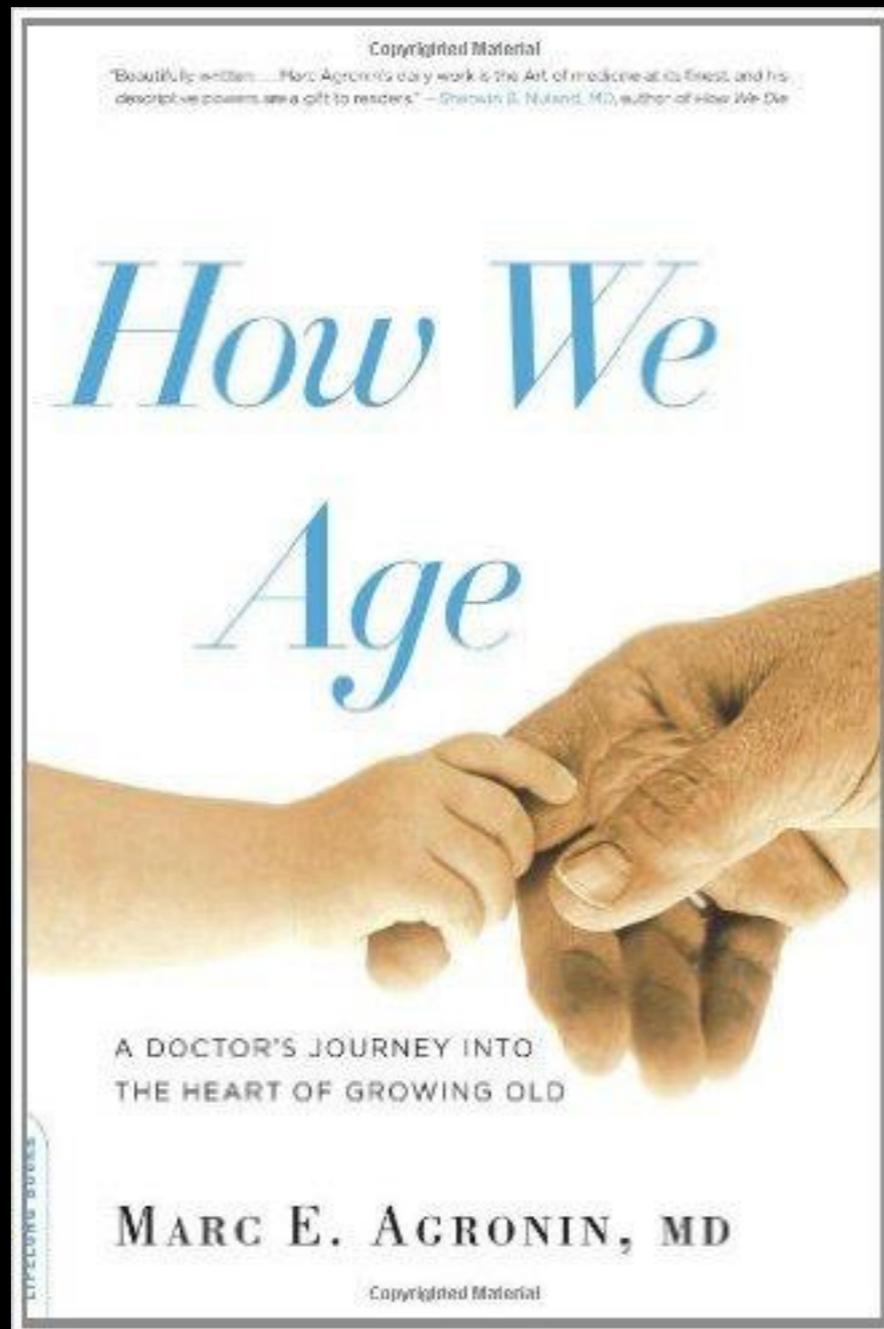
A Model for Mental Health and Aging

Dr. Jacki Browne, Phd, LCSW
Director, Masters in Gerontology Program
Nova Southeastern University
Jacquelyn.Browne@nova.edu

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



Charles Darwin



Dr. Marc Agronin

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SECOND EDITION

Acceptance and Commitment Therapy

The Process and Practice
of Mindful Change

Steven C. Hayes
Kirk D. Strosahl
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A NEW HARBINGER SELF-HELP WORKBOOK

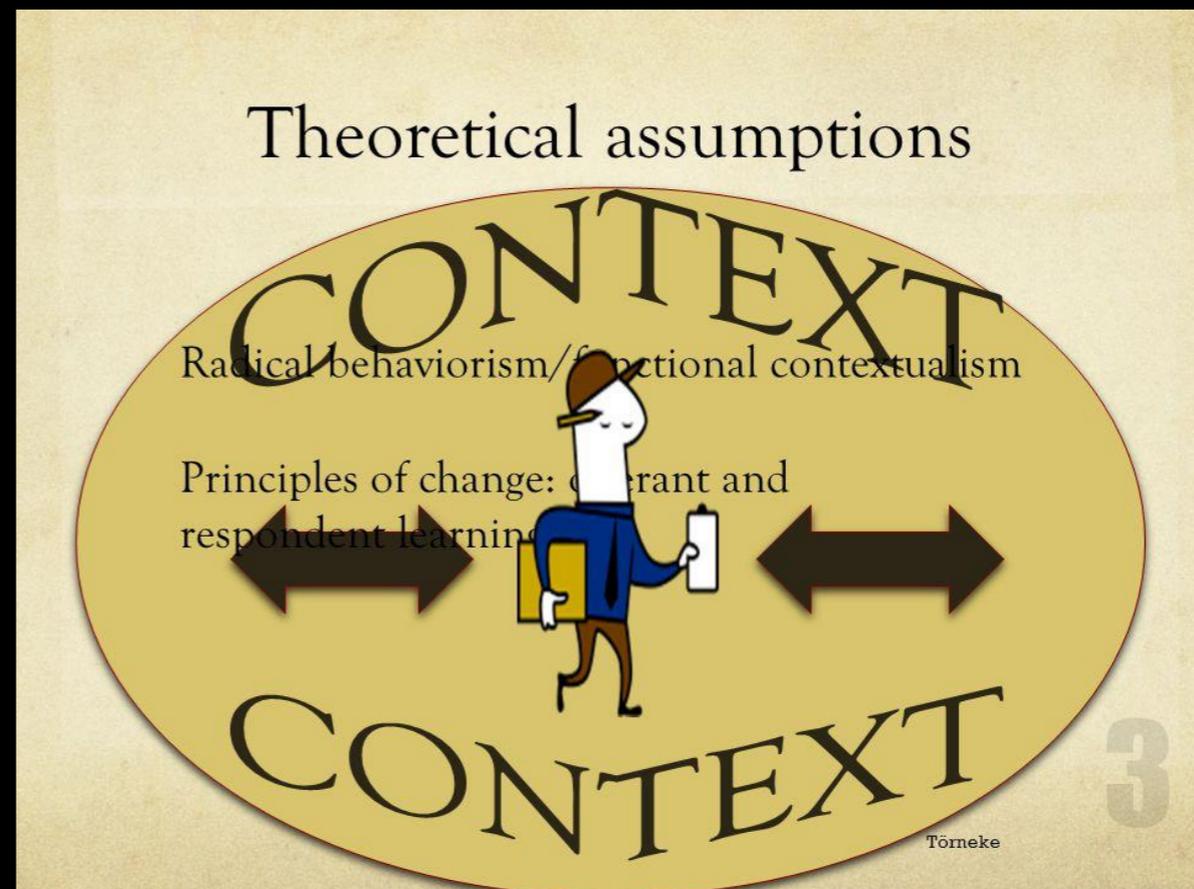
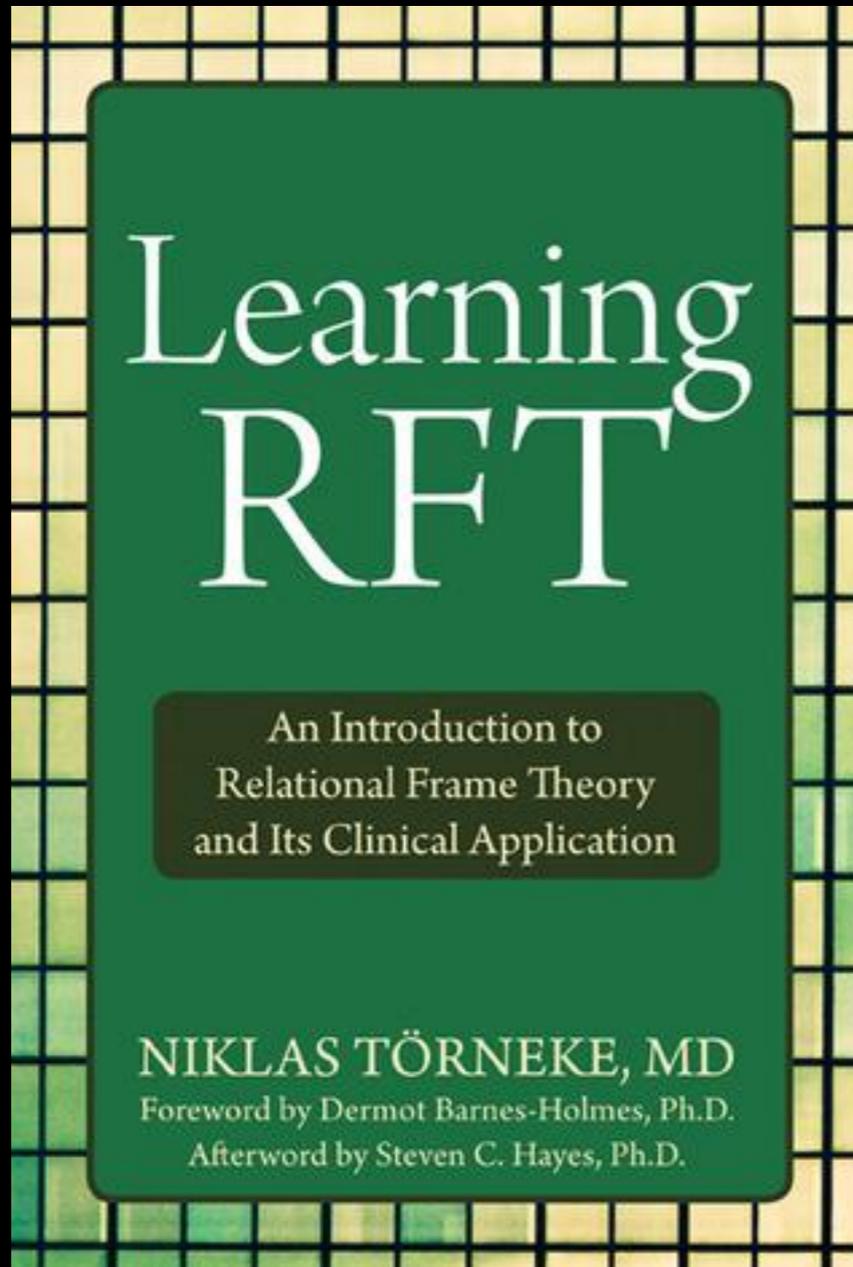
Learn step-by-step how mindfulness & acceptance can help you:
Overcome depression • Transform emotional pain
Free yourself from negative thinking and self-judgment
Commit to what you care about • Live a life you value

Get Out of Your Mind & Into Your Life

The New
Acceptance &
Commitment
Therapy

STEVEN C. HAYES, PH.D.
with SPENCER SMITH

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



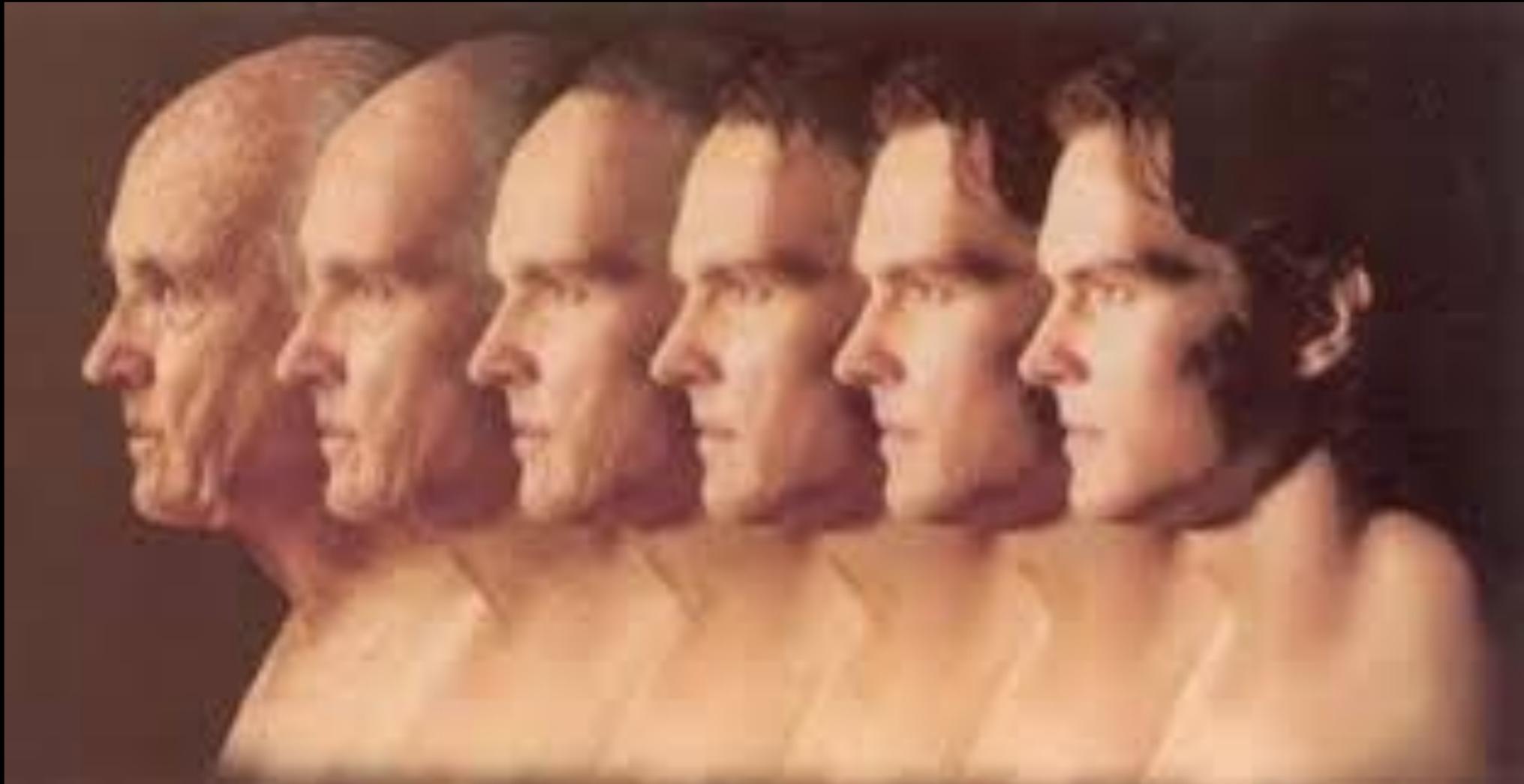
Experiential Avoidance



Fusion



Aging



Contact with the
present moment

Be Here Now

Acceptance

Open Up

Values

*Know What's
Important*

The Essential
Components of
ACT

Defusion

*Watch Your
Thinking*

Committed
Action

Do What Matters

Self as Context

Notice

Focusing Questions

What are you seeking?

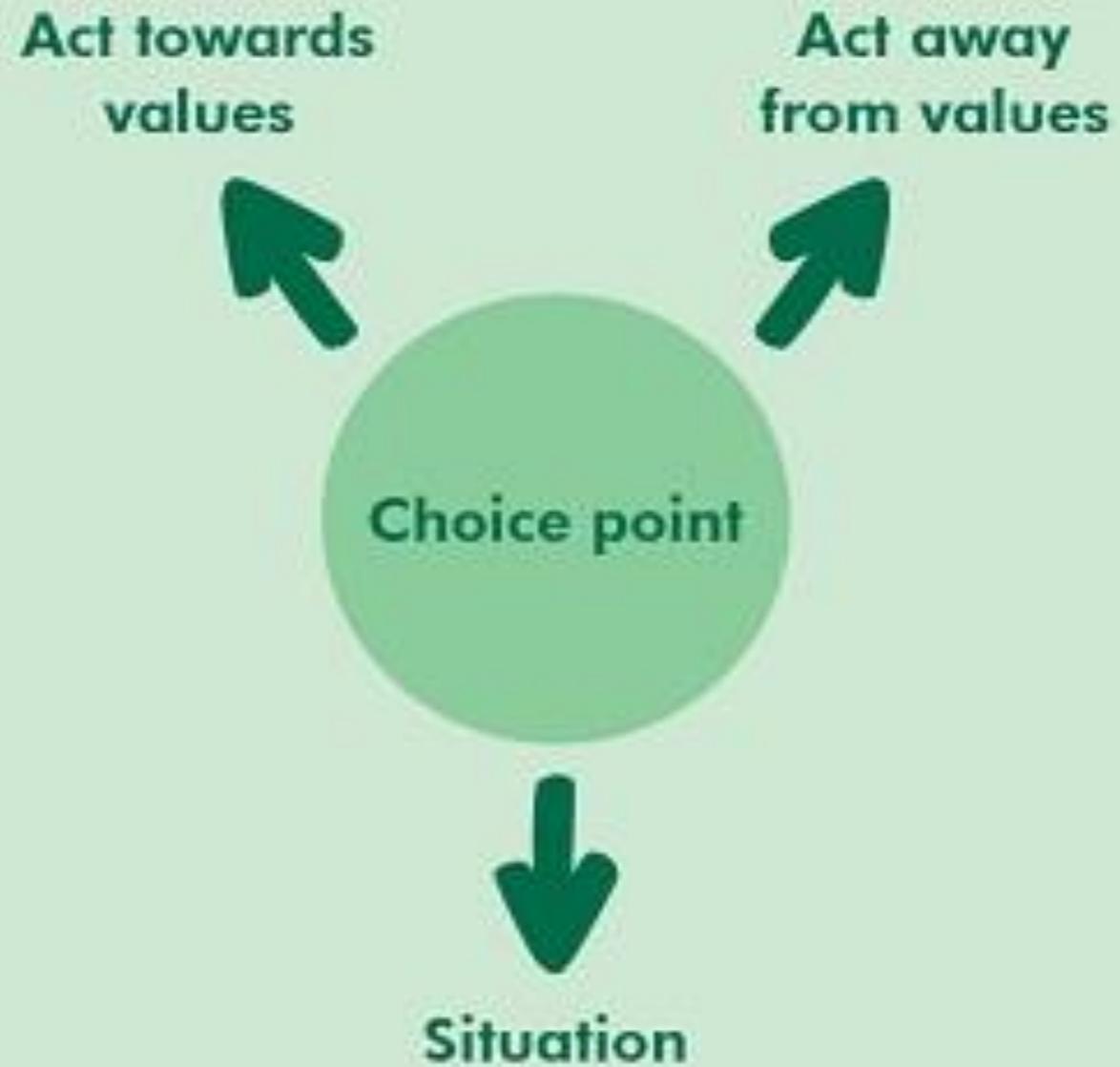
What have you tried?

How has it worked?

What has it cost you?

CHOICE POINT

Figure 2: The ACT choice point model



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

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*This website contains a vast amount of resources, including articles, the ACBS journal, and training materials from a variety of experts.

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