

# Appendix F

## Focused Acceptance and Commitment Therapy (FACT) Skill Development Toolkit for BHCs

Note that these materials and an additional document (FACT Worksheets for BHCs) are available for download at <http://behavioralconsultationandprimarycare.com> and Springer XXX).

FACT Tool	Use(s)
FACT Pillars Assessment Tool	<ul style="list-style-type: none"><li>• Assess patient’s psychological flexibility strengths and needs in the 3 pillars (open, aware, engaged).</li></ul>
FACT Pillars Intervention Guide	<ul style="list-style-type: none"><li>• Conceptualize opportunities to change the clinical conversation to optimize gains in psychological flexibility during a FACT visit.</li></ul>
FACT Four Square Tool	<ul style="list-style-type: none"><li>• Use as an intervention after the Contextual Interview (on a white board, invite patient to work with BHC to add information to each quadrant)</li><li>• Use in reflection and/or peer review and/or supervision to assess patient strengths and needs and plan possible ways of helping at the next contact.</li></ul>
FACT Self-Assessment Tool	<ul style="list-style-type: none"><li>• Use to assess FACT knowledge and skill over time and to plan learning activities.</li></ul>

## FACT Pillars Assessment Tool (PAT)\*

Use this tool to assess patient functioning in each pillar and to plan interventions that might promote greater psychological flexibility.

1. What are the patient’s strengths and needs? Consider each pillar with the results on the contextual interview in mind.
2. What pillar(s) might be a priority target(s) for skill development in this visit? In a behavioral experiment co-created for exploration after a BHC visit?

<p style="text-align: center;"><b>Open</b></p> <ul style="list-style-type: none"> <li>• Accepts distressing thoughts and feelings.</li> <li>• Creates a safe observational distance from distressing thoughts and feelings.</li> <li>• Uses experiences to inform behavior, rather than habits and rules.</li> </ul>	<p style="text-align: center;"><b>Aware</b></p> <ul style="list-style-type: none"> <li>• Intentionally focuses on present moment experience.</li> <li>• Uses self-reflective awareness to promote sensitivity to context.</li> <li>• Can change perspectives on stories told about self and others.</li> </ul>	<p style="text-align: center;"><b>Engaged</b></p> <ul style="list-style-type: none"> <li>• Speaks about values with emotion, recalls moments of values-in-action, and accepts vulnerability that comes with caring.</li> <li>• Plans and implements behavior change experiments that promote vitality.</li> </ul>
<b>Strengths</b>	<b>Strengths</b>	<b>Strengths</b>
<b>Needs</b>	<b>Needs</b>	<b>Needs</b>

Interventions Used in Visit:

Behavioral Experiment:

Pillar(s) Target(s) in Visit Intervention and Behavioral Experiment:

## FACT Pillar Intervention Guide (PIG)\*

When intervening with patients, use the suggested guides to assist with moment-to-moment interactions that move the patient toward greater psychological flexibility.

Open	Aware	Engaged
<p>When “stuck”, be curious, model acceptance, notice the “mind”.</p> <p>Model openness and curiosity about difficult thoughts/ feelings/ sensations.</p> <p>View thinking as an ongoing process (rather than the world structured by it)</p>	<p>If confused, suggest a moment to pause, be still.</p> <p>Promote purposeful attention to the present moment.</p> <p>Notice different perspectives.</p> <p>Listen for stories about self and stories about others.</p>	<p>Ask about actions in past that show values.</p> <p>Connect experience of values with experience of feelings.</p> <p>Explore possible meaningful action in the here and now.</p> <p>Collaboratively create behavioral experiments that are SMART (specific, measurable, attainable, related to values, time-bound).</p>

**FACT Four-Square Tool\***

	<b>Avoidance / Controls Suffering</b>	<b>Approach / Supports Flourishing</b>
<b>Actions</b>		
<b>Thoughts</b>		
<b>Emotions</b>		
<b>Action Tendencies</b>		
<b>Memories</b>		
<b>Sensations</b>		

\*Adapted from Strosahl, Robinson, and Gustavsson, 2012.

## Focused Acceptance and Commitment Self-Assessment Tool (FACT – SAT)

Competency means “adequacy; possession of required skill, knowledge, qualification or capacity”. This tool is designed to help you assess your competence in skills involved in effective delivery of FACT with children, families and adults. Use this scale of 0-10 to assign a “rating” to your competence level today.

*0 = not competent 2 = some 4 = adequate 6 = a lot 8 = exceptional 10 = master level*

<b>Practice Management</b>	<b>Rating</b>
1. Communicates the belief that a person or family can learn and change at any moment	
2. Use problem severity rating to estimate of problem distress (1-10)	
3. Obtain a patient confidence rating for behavior change plan (1-10)	
4. Asks session helpfulness question at end of each visit (1-10).	
<b>Assessment</b>	<b>Rating</b>
5. Assesses problem severity of target problem early in each visit (1-10).	
6. Uses Life Context (Work-Love-Play-Health) questions to complete an engaging psychosocial interview in 5-10 minutes.	
7. Uses Problem Context (Three T’s) to complete an accurate functional analysis of a target problem.	
8. Uses FACT Focus Questions after Contextual Interview as needed in transitioning to intervention.	
9. Uses Workability question(s) directly or implicitly while conducting interview to enhance new perspectives and willingness to change (with attention to culture).	
10. Taps into patient values by asking directly and/or exploring identified values.	
11. Uses ACT consistent language in reflecting back to patient (e.g., “so, you’ve tried to solve this problem but your solutions are NOT working, at least not in some very important ways.”)	
<b>Case Formulation and Treatment Planning</b>	<b>Rating</b>
12. Able to estimate a person’s strengths and needs relative to the FACT Pillars of Flexibility (open, aware, engaged).	
13. Uses Four Square to understand the approach – avoidance dynamic and to identify behavior change options.	
<b>Interventions</b>	<b>Rating</b>
14. Develops behavior change plans that	
a. Help strengthen a person/family’s connection to their values.	
b. Help person unhook, step back, or make room for difficult thoughts, feelings, sensations (defuse)	
c. Involve the person in developing an observer perspective (noticing and naming with curiosity and compassion).	

d. Help patient identify thoughts that evaluate and thoughts that describe.	
e. Encourage strengthening present moment awareness through planned skill practice (e.g., STOP - slow down, take notice, open up, plan).	
f. Engage in values consistent action plans with intention and awareness.	
15. Uses metaphor, analogy, or experiential exercise to influence person's perspective on problem(s) in ways that validate psychological pain and facilitate change (e.g., . . . this is a time of transition/development for you).	
16. Experiments with FACT interventions (e.g., Bullseye, Two Life Paths, Choice Point, Web of Life, etc.).	

Learning Plan: