

# Appendix G

## Interventions Commonly Used in Focused Acceptance and Commitment Therapy (FACT)

See Chapter 9 for instructions on using these interventions. Note that these materials are available for download at <http://behavioralconsultationandprimarycare.com>.

Intervention	Potential Uses
1. Bullseye	<ul style="list-style-type: none"><li>• Lifestyle behavior change</li><li>• Chronic disease management Chronic Pain</li></ul>
2. Creating: The Web of Life	<ul style="list-style-type: none"><li>• Trauma</li><li>• Obsessive compulsive behaviors</li></ul>
3. Choice Point	<ul style="list-style-type: none"><li>• Life crisis (e.g., loss, diagnosis of chronic condition, divorce)</li></ul>
4. Two Life Paths	<ul style="list-style-type: none"><li>• Life crisis (e.g., loss, diagnosis of chronic condition, divorce)</li><li>• Change in career or preparation for career</li><li>• Change in family relationships</li></ul>

## FACT Bullseye

1. Begin the conversation by asking what value seems most important in guiding the way they work with the problem that brings them in. Ask the patient to explain talk more about that value, identifying times in life when that value inspired them to set an intention or take action. When they talk about the memory, slow the pace of the interview and encourage them to attend to thoughts and feelings that show up and then ask for more details. Often, patients will experience emotion and, if so, encourage them to allow it and use it to fuel ideas about actions they may want to take at this point in their lives.
2. Draw 7 concentric circles on a piece of paper or white board. Reflect on what you hear and then write a statement on the paper or board, using words and images the patient is using when talking about their values.
3. Explain that the bull's-eye on the target represents the strongest connection possible between a behavior representing a value and the experience of the value. Do indicate that its purpose is to direct our attention, as most people do not live day-to-day with a complete overlap between a value and their behavior. However, having a target points us in the direction of the value, day-to-day.
4. Ask the patient to choose a number to represent how close to the Bullseye value statement her/his behavior has come, on average, over the past 2 weeks (1 is outer circle and 7 is bull's-eye on the target you have drawn).
5. Ask patient to plan a specific behavioral experiment in the next 2 weeks; one that they believe would tell them that they are on target and perhaps bring them closer to the Bullseye than they are now.
6. If time allows, ask the patient to anticipate possible barriers to their implementing the plan and teach a psychological flexibility skill to address the barrier (e.g., becoming more aware of difficult thoughts and feelings and cultivating curiosity about them; a skill practice to help them become aware of present moment experience more often and intentionally; a practice that helps them connect with their priority value with greater passion). Barriers are often signaling the need to learn new skills in one or more of the pillars in order to address the challenge with greater flexibility (open, aware, engaged).

Ask the patient to bring the paper or a photo of the white board to follow-up (if follow-up is planned).

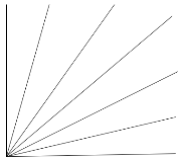
7. At follow-up, ask patient to make a mark on target to indicate consistency between behaviors and the targeted value. Discuss their experience with the plan. Identify barriers related to implementing the plan or to seeing an improvement in the target problem. Provide experiences and skill instruction to promote stronger psychological flexibility. Then, plan another behavioral experiment.

## Creating: A Web of Life

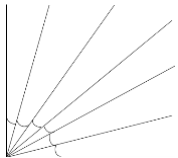
*Step 1:* Web is your mind . . . reflects life history.



*Step 2:* Web includes beliefs . . . each of the main branches are core beliefs (e.g., about self, others, the world).



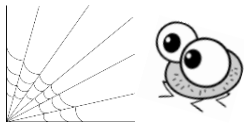
*Step 3:* Thoughts, Emotions, Action tendencies, Memories, Sensations (TEAMS) are the smaller connecting fibers.



*Step 4:* What is missing from this picture?

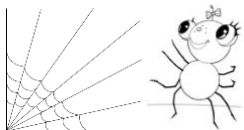


*Step 5:* Lots of things show up in the web – some good (like a bug, aka food for the spider) and some a distraction or a threat (like dew).



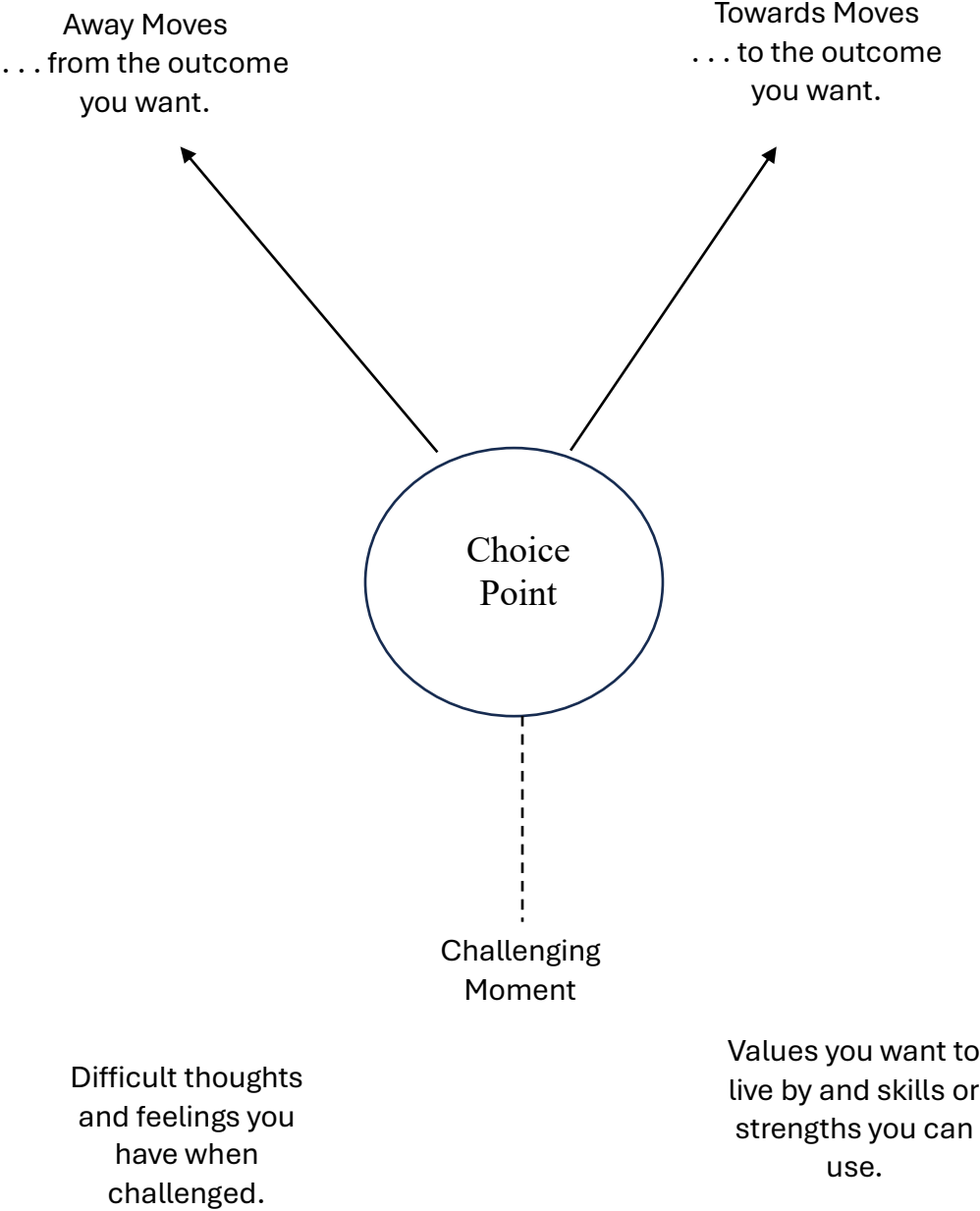
*Step 6:* Who holds the values?

*Step 7:* Goal is to strengthen spider perspective . . . through practice.



*Step 8:* And then to use spider perspective in choosing a course of action in the day-to-day context of living.

# Choice Point



## **Two Life Paths – Which path are you on and what’s your choice today?**

We are all travelling on two paths every day we alive. One takes us toward controlling difficult thoughts, feelings and sensations (e.g., self-doubt, fear, sensations of pain). We call this the path of avoidance.

The other path takes us toward what we want in life (e.g., being a caring family member, experiencing love for someone, connecting with nature). We call this the path of approach.

We can’t get rid of either path; they are a part of being human. We can choose how intensely we are avoiding or approach, and we can decide to make a step from one path to the other. It is possible for you to become more aware and intentional, more able to make choices, show greater kindness to yourself, and pursue what you care about with greater passion. Here are some ideas and activities that might help you understand yourself better.

1. Define what you want in life. This defines your focus on the path of approach. What are the most important experiences for you right now? Make a few notes. If you have an image, draw it. Connect with thoughts, images, feelings, and sensations that come up for you. They can be powerful fuel for you to use in making choices.
2. Define what you want to avoid or control. Name difficult thoughts, feelings and sensations. Having names for them may help you better notice them when they show up and make room for them. It is possible to have difficult thoughts and feelings without their taking up all of one’s attention and energy.
3. Sometimes it’s hard to know which path we are on – thinking, really thinking about what matters to you right now can help. Try drawing a line that describes the shape, color, and texture of your approach path and, then, draw another line that describes the qualities of your avoidance path. How light or dark are your lines? What is the shape? Straight? Jagged? Circular? Becoming more familiar with your life paths may help you live with greater awareness and make more intentional choices, moment to moment, everyday.
4. When you find yourself on your path of avoidance, try saying hello to your difficult thoughts, feelings, and sensations. Pay attention to what it feels like to be on the path and to move a little forward and a little backwards. What choices do you see? Can you take a little more distance or perspective on the things you want to run from? Would stepping onto the approach path work right now? A great deal of personal freedom comes with being able to move through life with more awareness (approach/avoid), greater skill in choosing our actions, and greater awareness of our experience when we try new things.