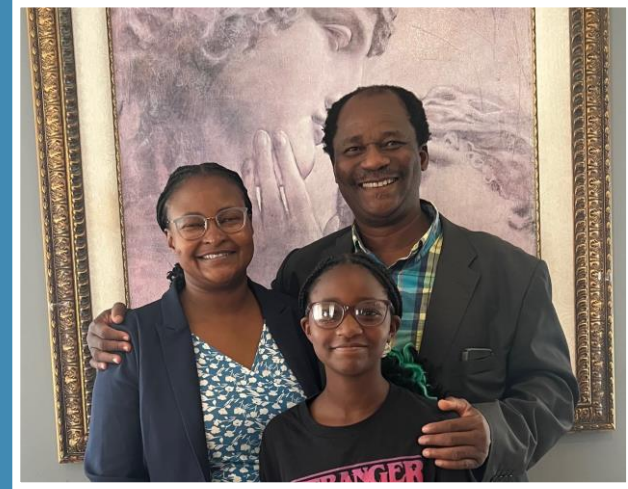
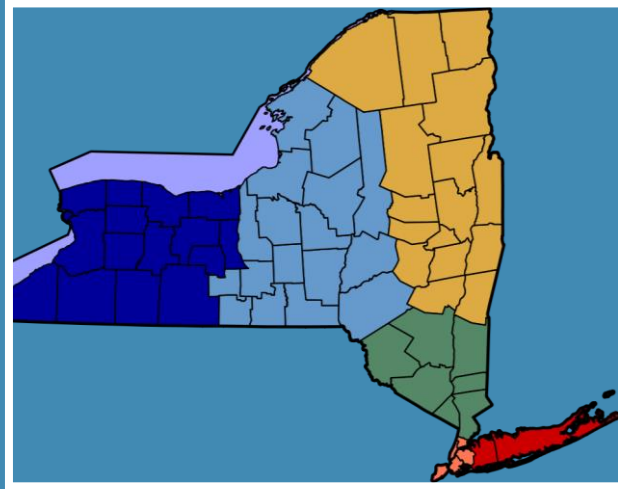
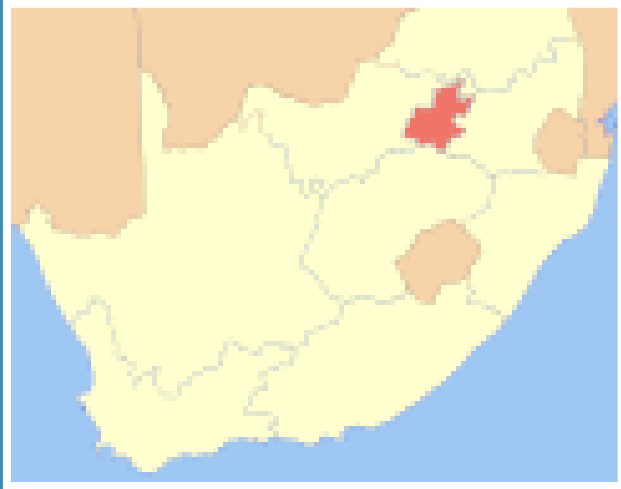


MENTAL WELL-BEING

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ABOUT PALESA

PRESENCE



ORDER OF THIS PRESENTATION



THE PURPOSE OF SCIENCE

When differences in goals are made evident, many arguments seem to dissolve. The goals of science from a behavior analytic viewpoint have been quite explicitly stated: "We undertake to predict and control the behavior of the individual organism. This is our 'dependent variable' the effect for which we are to find the cause" (Skinner, 1953, p. 35).



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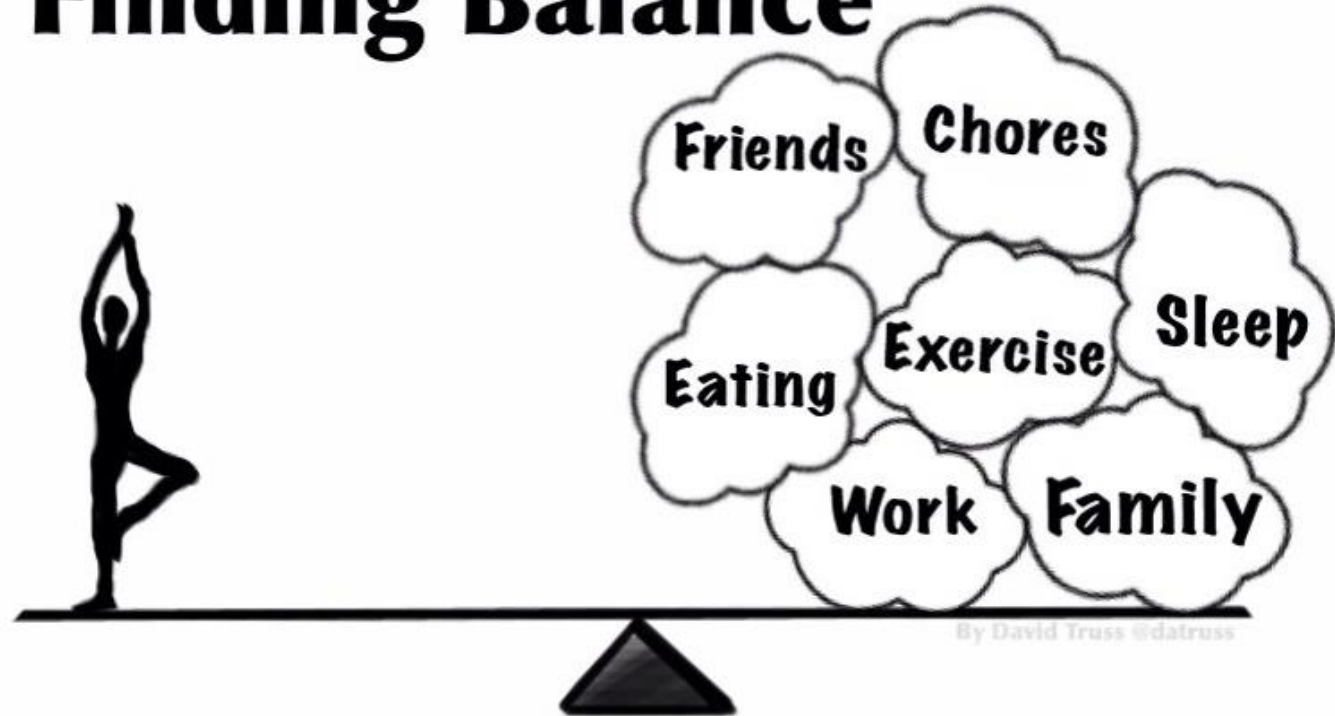


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BRAIN VS MIND

THE HUMAN
CHALLENGE
TODAY

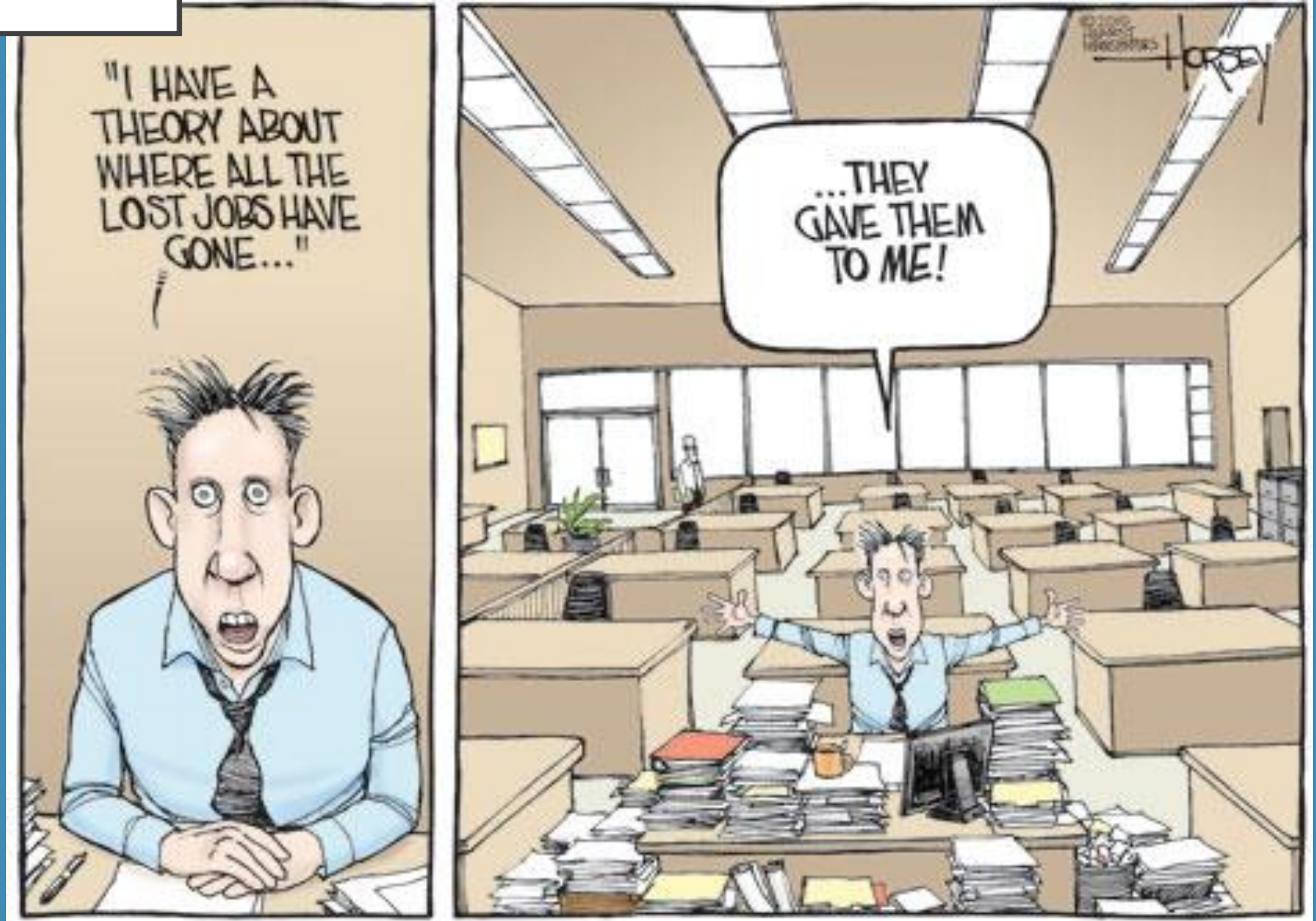
Finding Balance



By David Truss @datruss

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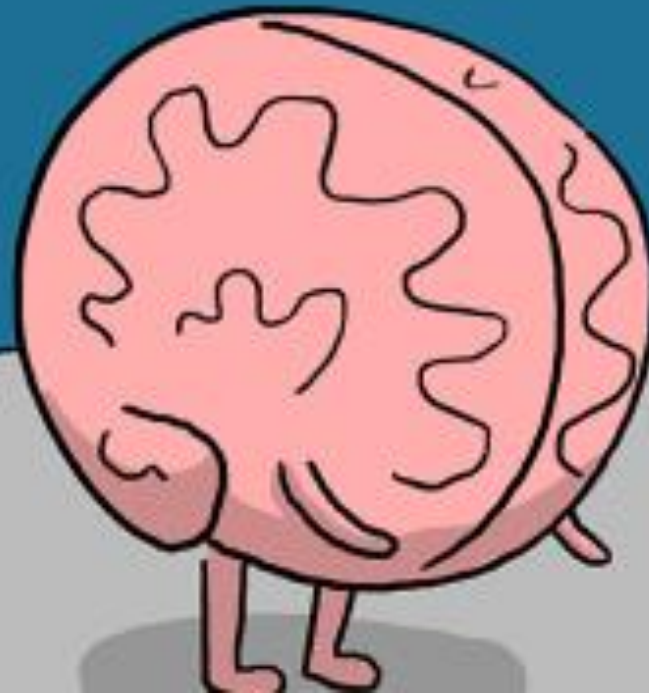
THE HUMAN CHALLENGE



THE HUMAN CHALLENGE

I have a confession...
Sometimes I avoid learning
new things because I'm so
afraid of acknowledging
how little I really know.

I also have a
confession...I am
super awesome and
I couldn't be less
awesome if I tried...



THIRD WAVE THERAPIES

Acceptance commitment therapy (ACT; Hayes, Strosahl & Wilson, 1999)

Dialectical behavioral therapy (DBT; Lineham, 1993)

Mindfulness-based cognitive therapy (MBCT; Segal, Williams, & Teasdale, 2001)

Meta-cognitive therapy (MCT; Wells, 2000)

Functional analytic psychotherapy (FAP; Kohlenberg & Tsai, 1991)

Modern forms of behavioral activation (BA; Jacobson et al., 1996)

Compassion focused therapy (CFT; Gilbert, 2005)



ACCEPTANCE
COMMITMENT
THERAPY

What is ACT?

- A form of CBT
- A form of clinical behavior analysis
- A mindfulness-based treatment
- Functional contextual therapy
 - Behavior is situationally bound
 - Behavior is functional

RESULT OF 4 DECADES RESEARCH

- Context over Content
- Mentalism: treating one psychological action as a cause of another. Act is moving away from 'mentalism' (Hayes & Brownstein, 1986)
- Instead of focusing on changing thoughts, ACT focuses on changing the relationship with our thoughts (impact of our thoughts by transforming the stimulus functions)

RESULT OF 4 DECADES RESEARCH

Processes of change (from evolutionary science)

- Variation – This is clinically known as change.
- Selection – The selection of processes that are functional and successful – e.g., reinforcers that can influence behavioral evolution in the lifetime of an individual.
- Retention – The retention of habits, practices, or patterns in the client's life.
- Context – Processes of change need to fit the client's life situation.
- Dimension – The 6 dimensions are affect, cognition, self, attention, motivation, and overt behavior.
- Level – The 2 levels are physiological, and social/cultural.



CORE YEARNINGS

- Belonging
- Coherence
- Feelings
- Orientation
- Self-Directed meaning
- Competence

DEFUSION VS FUSION

Coherence

- *The need to be understood*
- *The need to be accepted*
- *Be part of the group*

- One mind
- Being right
- The idea that our thoughts are true and fact



DISOBEY ON PURPOSE

COGNITIVE ACTIVITY

I Am Having The Thought That I Am Not
Good Enough

Noticing

Naming

Neutralizing

Vs

I Am Not Good Enough

THE HEXAFLEX

→ KEY MODEL OF THE ACCEPTANCE AND COMMITMENT THERAPY (ACT)

PSYCHOLOGICAL FLEXIBILITY

PRESENT MOMENT

THE PROCESS OF BECOMING ACQUAINTED WITH EXPERIENCES IN THE PRESENT MOMENT. CLIENTS ARE ABLE TO DEVELOP A FOUNDATION FOR ACTING THAT IS A CRUCIAL FOUNDATION FOR FEELING IT FEELS NICE TO BE GROUNDED.

EXPERIENTIAL ACCEPTANCE

THE PROCESS OF PRACTISING NON-JUDGMENTAL AWARENESS OF INTERNAL AND EXTERNAL EVENTS. THROUGH THIS PRACTICE, ONE RECOGNISES THAT THERE ARE SOME THINGS THAT ARE OUT OF OUR CONTROL AND THAT IF WE LET GO OF THE STRUGGLE WITH THIS, WE CAN MAKE DECISIONS ABOUT THE PART WE HAVE CONTROL OVER — OUR CHOICES.

VALUES

THE PROCESS OF DEFINING WHAT IS IMPORTANT TO AN INDIVIDUAL IN THEIR LIFE. CONNECTING TO A DEEPER SENSE OF PURPOSE IS POSSIBLE TO DEFINE PURPOSE AND MAKING FOR A RICHER AND MORE MEANINGFUL LIFE. ALSO REFER TO RECOGNISING QUALITIES THAT WOULD LIKELY

COGNITIVE DEFUSION

THE PROCESS OF LEARNING TO NOTICE THE PROCESS OF THINKING RATHER THAN GETTING CAUGHT UP IN THE CONTENT. THROUGH OBSERVING THE PROCESS OF THINKING, THOUGHTS THAT MAY HAVE PREVIOUSLY CONTRIBUTED TO SIGNIFICANT DISTRESS OR UNWORKABLE BEHAVIOUR WEAKEN.

COMMITTED ACTION

THE PROCESS OF TAKING ACTION TO MOVE TOWARDS GOALS WHILE EXPERIENCING UNDESIRABLE THOUGHTS AND FEELINGS. THROUGH COMMITTING TO THE VALUE OF THE ACTION, THE OUTCOME, CAN

SELF AS CONTEXT

THE PROCESS OF CONTACTING THE 'OBSERVING SELF', A PART OF YOU THAT IS ABLE TO WITNESS THOUGHTS, FEELINGS AND ACTIONS AT ANY MOMENT. THIS PART OF YOU ALLOWS YOU TO BE MINDFUL AND PRESENT IN PRACTISING CONTACT WITH THE OBSERVING SELF, IT IS POSSIBLE TO BE FREED FROM PREVIOUSLY TIGHTLY HELD BELIEFS ABOUT ONESELF.

Psychological flexibility is defined as being in contact with the present moment, fully aware of emotions, sensations, and thoughts, *welcoming them*, including the undesired ones, and moving in a pattern of behavior in the service of chosen values. In simpler words this means accepting our own thoughts and emotions and *acting on long-term values rather than short-term impulses, thoughts, and feelings* that are often linked to experiential avoidance and a way to control unwanted inner events (Hülshager et al., 2013).



PSYCHOLOGICAL
FLEXIBILITY

BUS DRIVER



DISCUSSION AND FEEDBACK

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