



Therapeutic Webinars

CBT Stream

Jewish General Hospital - CIUSSS Centre Ouest de l'Île de Montréal

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Disclaimer

- **These webinars are not therapeutic or clinical encounters.** They are informational sessions. Presenters cannot provide individualized input to participants.
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- **We cannot address acute safety concerns** within the context of these webinars. If you are feeling unsafe with yourself, please leave the webinar and contact crisis services, such as **Tracom: 514-483-3033** or ultimately **911**.

What is Acceptance

- According to *Merriam Webster* definition:
- **Acceptance:**
 - Quality or state of being accepted or acceptable; act of accepting something or someone
 - Accept: to receive something willingly; to endure without protest or reason; to regard as proper; to recognize as true
- **What is your definition?**
- **Issues? Positive/Neutral experiences vs Negative experiences**

What is Acceptance



- According to *Acceptance and Commitment Therapy (ACT)*
 - Psychological intervention using acceptance, mindfulness strategies, behavior change strategies to promote psychological flexibility
 - 6 core therapeutic processes explored: **acceptance**, being present, defined valued directions, committed action, self as a context, cognitive defusion
- **Acceptance:** Active and aware embracing of the events occurring without unnecessary attempts to change it or "fix it"

What is Acceptance



- Acknowledging human suffering, recognize it for what it is vs experiential avoidance
 - **Experiential avoidance:** Attempts to avoid thoughts, feelings, memories, physical sensations, and other internal experiences
 - Moving away from obstacles at the cost of moving towards what is important (ex values)
 - In the long run internalized belief that suffering can't and should not be tolerated because it was never learned + distorted conclusions about self and the world
 - <https://youtu.be/C-ZuqeyxULM>

What is Acceptance

- Example: Experience of anxiety
- <https://www.youtube.com/watch?v=rCp1l16GCXI>
 - I'M FEELING ANXIOUS... OH NO!!!
 - I HAVE TO GET RID OF IT!, IT IS DANGEROUS, I CAN'T DEAL WITH IT

- **Primary emotion:** Feelings that you have in response to a situation or event

STRAINER SWITCH (ON/OFF)



What is Acceptance

- Example: Experience of anxiety → STRUGGLE SWITCH (ON/OFF)
- <https://www.youtube.com/watch?v=rCp1l16GCXI>
 - I'M ANGRY THAT I AM ANXIOUS
 - I FEEL ASHAMED OF MY ANXIETY
 - I FEEL SAD THAT I AM ANXIOUS AGAIN

Secondary emotion: Feelings that you have in response to other emotions
- how you feel about how you feel



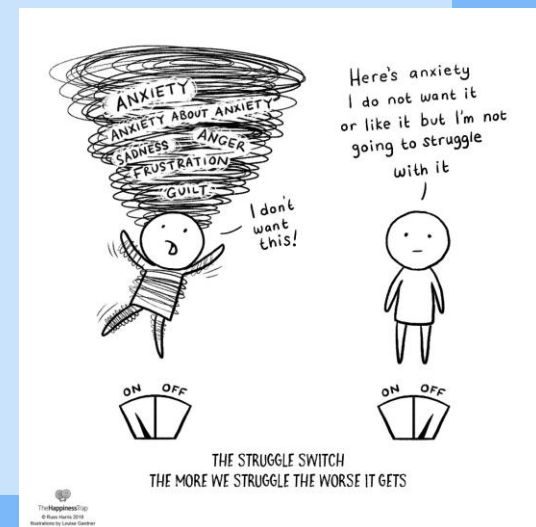
What is Acceptance

- Example: Experience of anxiety
 - Experience of anxiety not accepted
 - Experience of anxiety will be amplified
 - Coping with emotional distress will be more difficult further exacerbating distress

STRUGGLE SWITCH (ON/OFF)



Distress intolerance: Perceived inability to fully experience unpleasant, aversive or uncomfortable **emotions**, and is accompanied by a desperate need to escape the uncomfortable **emotions**.



How to accept

- Russ Harris **F.A.C.E C.O.V.I.D**

<https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsd9Ow7gXaMe/view>

- **F:** Focus on what's under your control
 - Focus on here and now, on what you do vs "what ifs" of the future
- **A:** Acknowledge your thoughts and feelings
 - Notice what comes up: thoughts, feelings, urges, sensations
 - Observer stance (mindfulness strategies)
 - "I am noticing I am anxious... I can identify butterflies in my stomach"



How to accept

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- <https://drive.google.com/file/d/IMZJybtT9KmiE9Dw9EKvPJsd9Dw7gXaMe/view>
- **A:** Acknowledge your thoughts and feelings
 - **Cognitive defusion:** Noticing thoughts, rather than getting caught up in the content of them; goal is to reduce the influence of unhelpful thoughts on behaviour and mood
 - **How?** Importance of language, hearing voices in silly voices, visualize on a
 - stream, passing cloud or conveyor belt



How to accept

Fusion vs. Defusion

- **Fused** thoughts are:
 - *Reality*
 - *The Truth*
 - *Important*
 - *Orders*
 - *Wise*
- **Defused** thoughts:
 - are merely sounds, words, bits of language
 - may or may not be true
 - may or may not be important
 - are just ideas, not commands
 - may or may not be wise

How to accept

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- **C**: Come back into your body

- Connect with physical body, ground yourself
- Deep breathing, relaxation, meditation, yoga, stretching, pressing fingertips
- Mindful movements

- **E**: Engage in what you are doing

- Focus attention on your actions, engage your 5 senses



How to accept

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- **C:** Committed action

- Finding activities or acting according to your core values
- Identifying what/who is important to you and what are the actions to show it
- Engage fully in those actions, pay attention to the process

- **O:** Opening up

- Making space for difficult emotions arising
- Self-compassion



How to accept

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- **V**: Values

- What do you stand for?, how do you want to treat self & others?
- Identify those anchors (love, family, laughter, kindness, generosity, etc)
- How are they present in your day to day?
- Commitment to act according to your values- locus of control



How to accept

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<https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsd9Ow7gXaMe/view>

- **I:** Identify resources

- You are not alone!
- Friends, family, health professionals, community resources, crisis centers, emergency

- **D:** Disinfect and distance

- Following public health guidelines
- Find links with values, committed to action, locus of control



**PANDEMIC
RESPONSE
RESOURCES**

ON SE PROTÈGE!



Québec.ca/coronavirus
Sans frais : 1 877 644-4545

Questions





Thank you for joining!

Additional resources can be found on our website: www.jgh.ca/icfp

Next CBT Webinar: Monday June 22nd@ 10am
Topic: Self- Compassion