Therapeutic Webinars

CBT Stream

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Disclaimer

- **These webinars are not therapeutic or clinical encounters.** They are informational sessions. Presenters cannot provide individualized input to participants.

- **Please respect privacy and confidentiality** of other participants.

- **We do not tolerate any violence or discrimination.** If the presenters deem anyone's participation to be inappropriate, they may remove participants from the webinar, at their discretion.

- **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](https://youtu.be/C-ZuqeyxULM)
What is Acceptance

- Example: Experience of anxiety

- [https://www.youtube.com/watch?v=rCp1l16GCXI](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
What is Acceptance

- Example: Experience of anxiety
  
  - 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

https://www.youtube.com/watch?v=rCp1l16GCXI
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

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

- Russ Harris F.A.C.E C.O.V.I.D
- https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsd90w7gXaMe/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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  https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsd9Ow7gXaMe/view

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

- **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

- Russ Harris F.A.C.E C.O.V.I.D
  https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsd9Ow7gXaMe/view

- 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

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

  [https://drive.google.com/file/d/1MZJybT9KmiE9Dw9EKvPJsd90w7gXaMe/view](https://drive.google.com/file/d/1MZJybT9KmiE9Dw9EKvPJsd90w7gXaMe/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
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