

Acceptance and Commitment Therapy (ACT)

Intro og oversigt

Jens Einar Jansen

**Psykolog, Specialist i Psykoterapi,
specialpsykolog, Ph.d.**



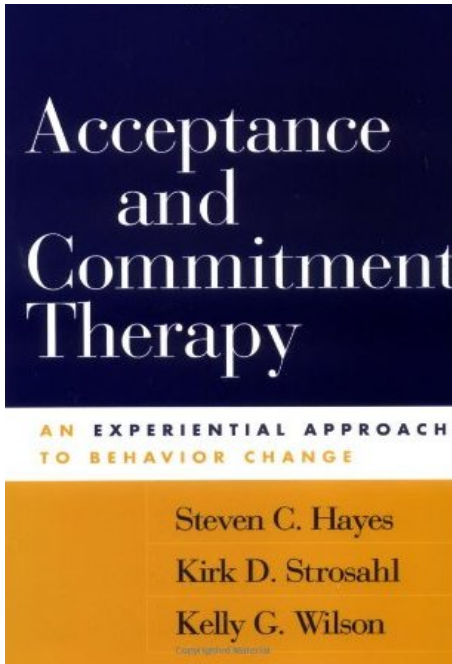
Dagsorden

- Hvad er ACT?
- Baggrund
- Kernebegreber
- Centrale metoder
- Forskning og anvendelighed

Parløb med psykiatrien og egen praksis siden 2006



ACT – oversigt og baggrund



“The single most remarkable fact about human existence is how hard it is for humans to be happy”

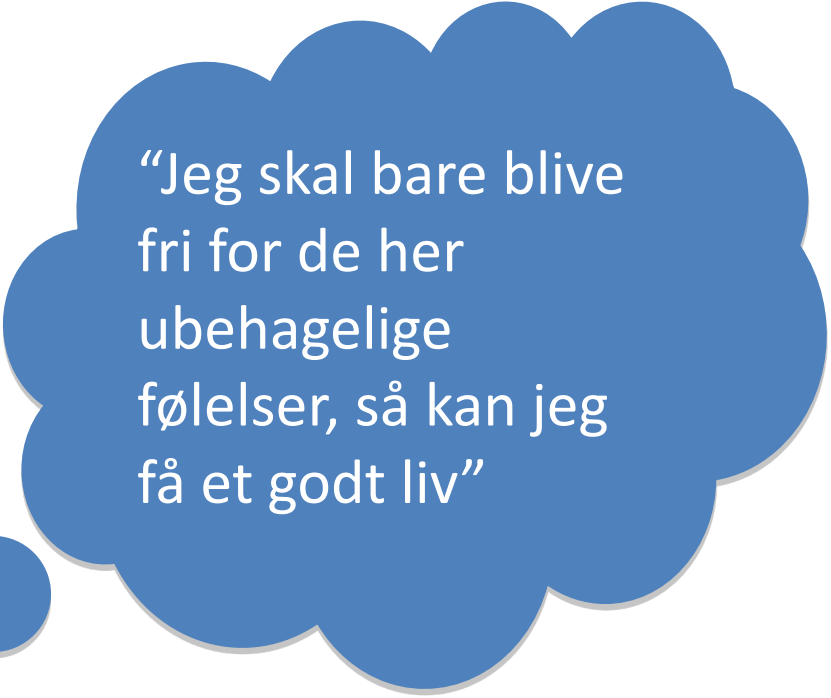
(Hayes, Strosahl & Wilson, 1999)

Den kulturelle agenda

“Et godt liv er et liv uden ubehagelige følelser”

Underliggende antagelse:

- at være sund er normaliteten
- Lidelse er patologisk



“Jeg skal bare blive fri for de her ubehagelige følelser, så kan jeg få et godt liv”

(Fra Hayes, Strosahl & Wilson, 1999)





Højt selvværd er forbundet med bedre præstation i skolen

Mennesker med højt selvværd er mere vellidt, har bedre relationer og gør bedre indtryk på andre

Mennesker med højt selvværd er bedre ledere

PSYCHOLOGICAL SCIENCE IN THE PUBLIC INTEREST

DOES HIGH SELF-ESTEEM CAUSE BETTER PERFORMANCE, INTERPERSONAL SUCCESS, HAPPINESS, OR HEALTHIER LIFESTYLES?

Roy F. Baumeister,¹ Jennifer D. Campbell,² Joachim I. Krueger,³ and Kathleen D. Vohs⁴
*¹Florida State University; ²University of British Columbia, Vancouver, British Columbia, Canada; ³Brown University;
and ⁴University of Utah*



Højt selvværd korrelerer med egoisme, narcissisme og arrogance

Højt selvværd korrelerer med fordomme og diskriminering

Højt selvværd korrelerer med selvbedrag og tendens til at gå i forsvarsposition, når man modtager ærlig feedback

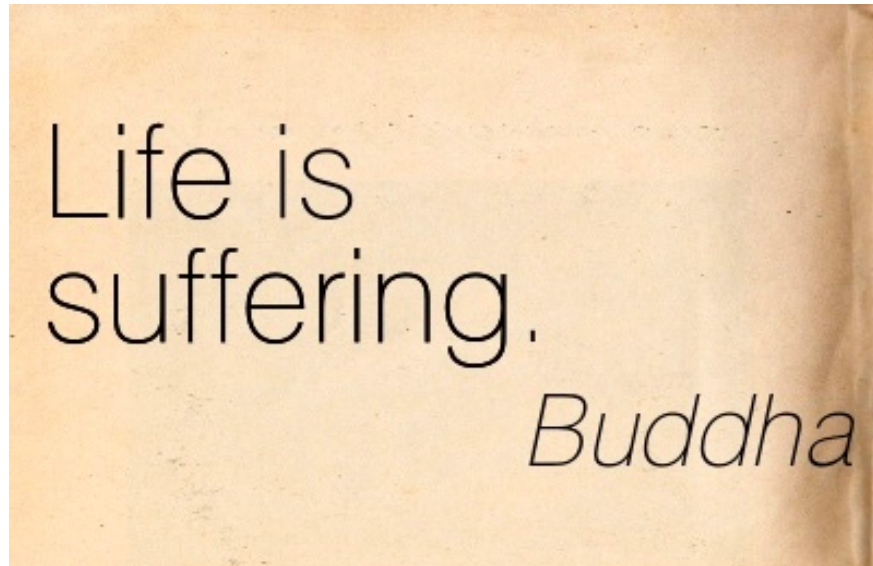
Research Article

Positive Self-Statements

Power for Some, Peril for Others

Joanne V. Wood,¹ W.Q. Elaine Perunovic,² and John W. Lee¹

¹University of Waterloo and ²University of New Brunswick



Livet skaber symptomer hele tiden

Den dag du er symptomfri er du desværre også død....

Kort om ACT

- 3-bølge CBT (kontekstuel terapi)
- Trans-diagnostisk
- Mindre fokus på indholdet af tankerne
- Mindre fokus på symptomreduktion
- Accept- og mindfulness orienteret
- Fokus på værdier og livsmening





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Clinical Psychology Review 27 (2007) 173–187

CLINICAL
PSYCHOLOGY
REVIEW

Do we need to challenge thoughts in cognitive behavior therapy?

Richard J. Longmore^{a,*}, Michael Worrell^{a,b}

^a *Central and North West London Mental Health NHS Trust, United Kingdom*

^b *Royal Holloway, University of London, United Kingdom*

Received 22 February 2006; received in revised form 31 July 2006; accepted 3 August 2006

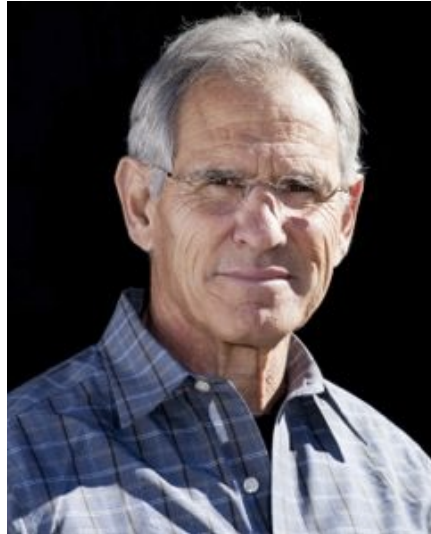
these significant challenges to CBT. **A comprehensive review of component studies finds little evidence that specific cognitive interventions significantly increase the effectiveness of the therapy.** Although evidence for the early rapid response phenomenon is lacking, there is little empirical support for the role of cognitive change as causal in the symptomatic improvements achieved in CBT. These findings are discussed with reference to the key question: Do we need to challenge thoughts in CBT?

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Oplevelsesmæssig undgåelse

Manglende evne til at rumme
ubehagelige tanker, følelser
eller kropslige tilstande



”Affektfofi ”

”Skjold” (Young)

Try to pose for yourself this task:
not to think of a polar bear, and you
will see that the cursed thing will
come to mind every minute.

Fyodor Dostoyevsky (1863)
Winter Notes on Summer Impressions

Supression studies

Paradoksal effekt ved undertrykke tanker:

Wegner, 1987; Wenzlaff & Wegner, 2000

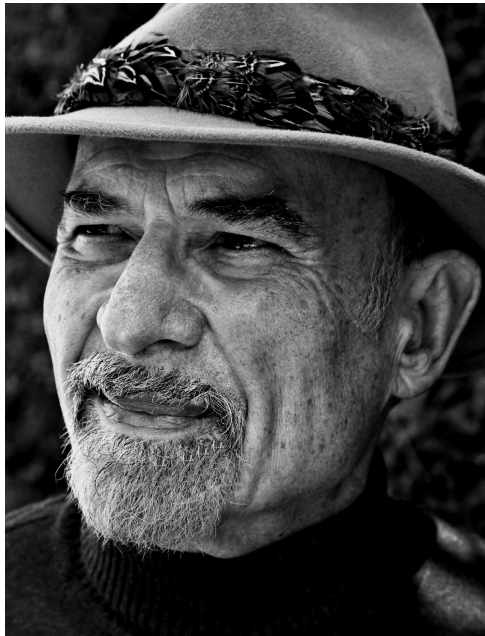
Problem-/emotion-focused coping

(Lazarus & Folkman, 1984)

Experiential avoidance:

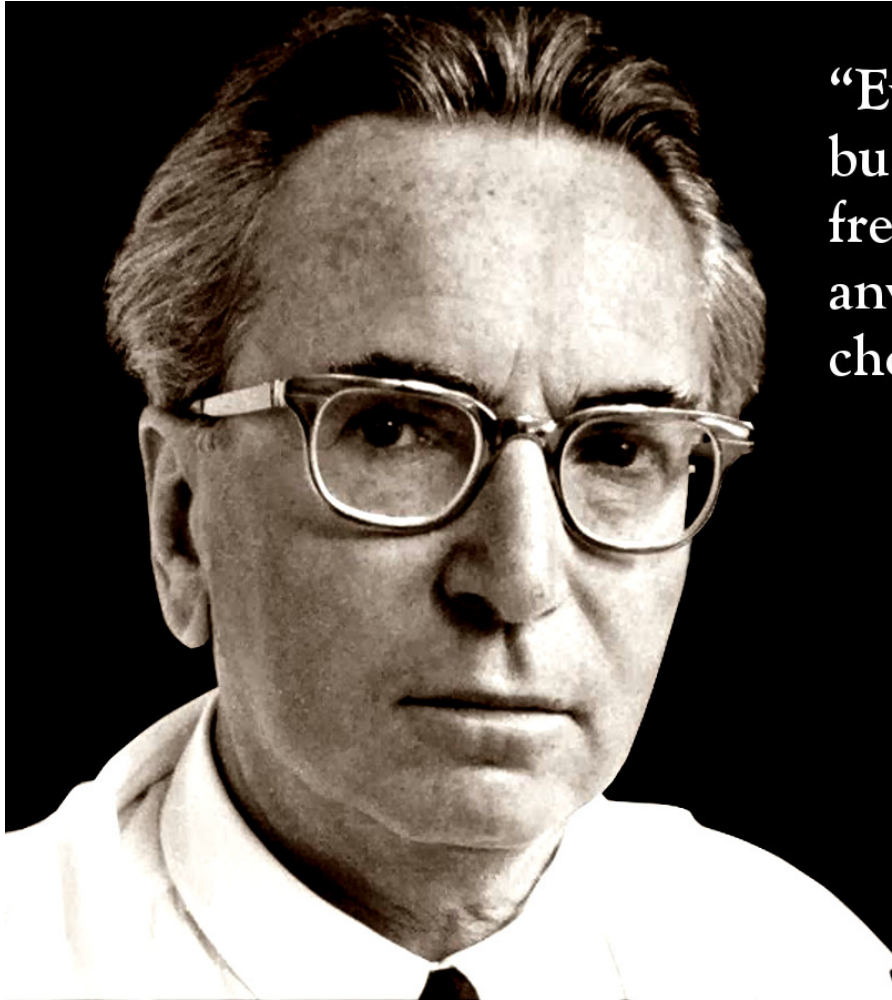
Øget angst, depression, misbrug, bekymring, generel psykopatologi, reduceret livskvalitet (Hayes, 2004)

Eksistentielle grundvilkår



Terapeutisk ståsted: alle mennesker er frie, skaber sit eget liv, ved bevidste valg og handlinger

- Vi skal alle dø
- Vi er i afgørende stunde er alene
- Livet er meningsløst
- Vi har frihed til at vælge



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

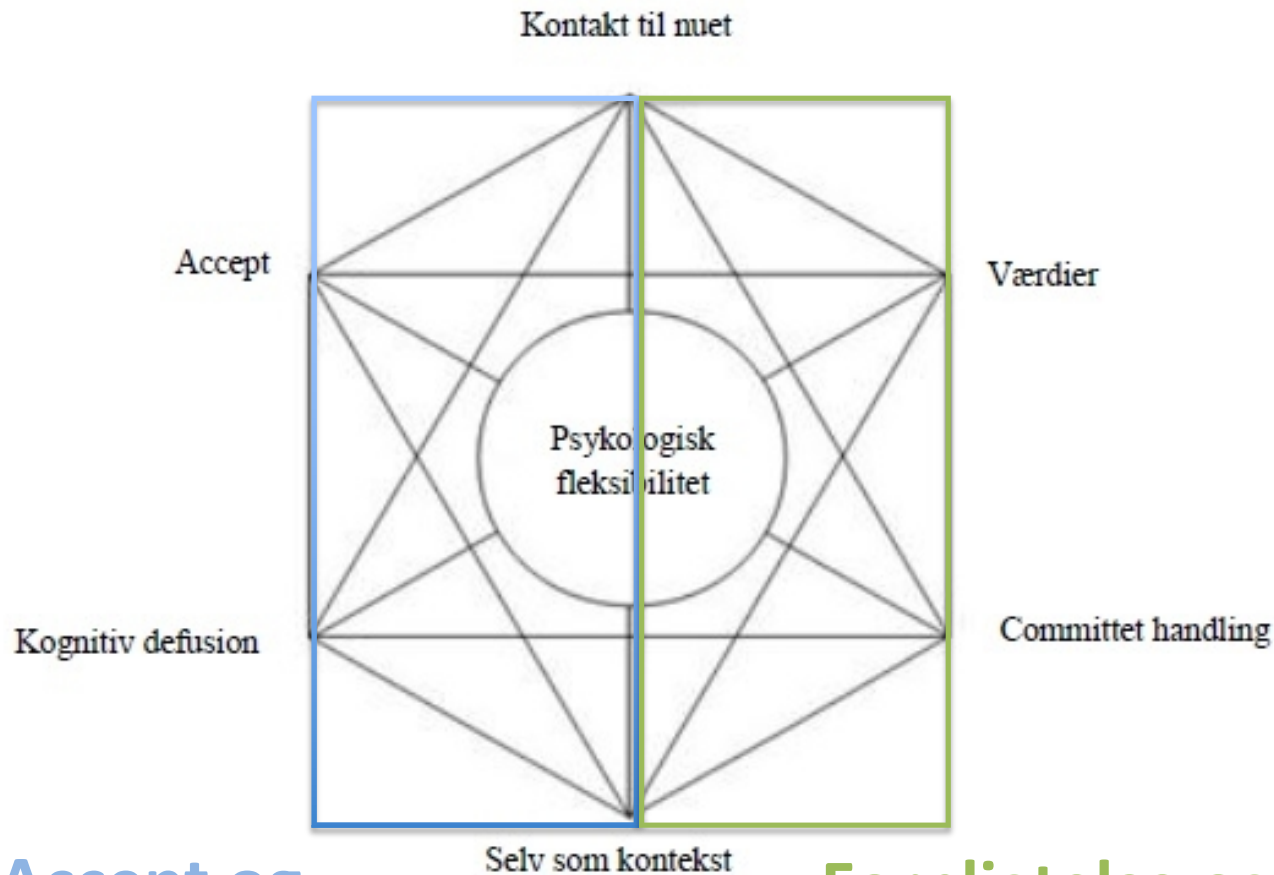
Viktor E. Frankl

Psykologisk fleksibilitet

6 processer

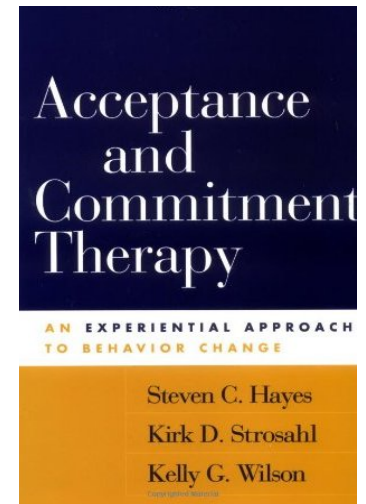
... eller 6 perspektivskift

ACT – de seks hovedkomponenter

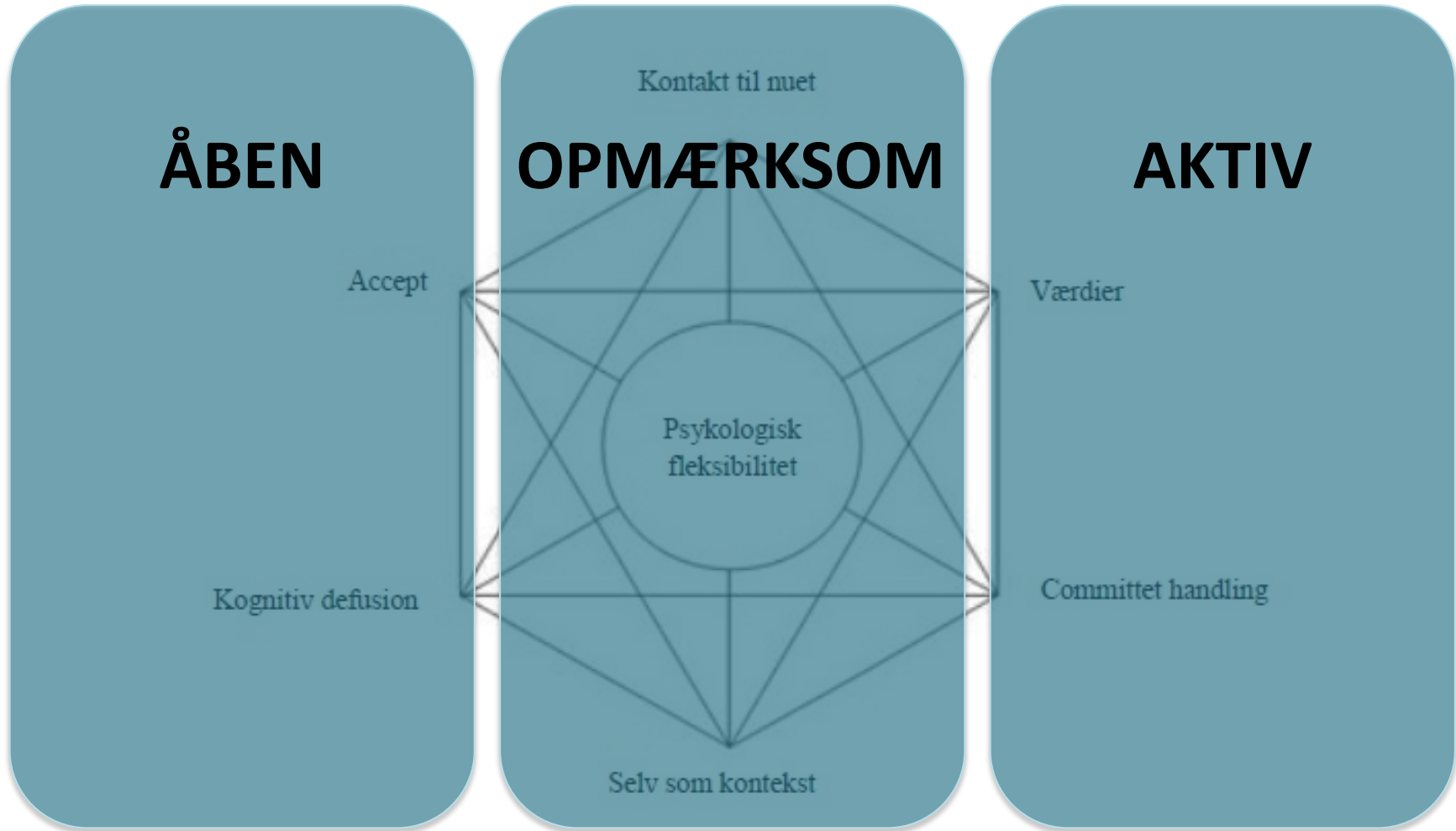


Accept og
mindfulness

Forpligtelse og
adfærdsforandring



En mindre teknisk beskrivelse.....



Kontakt til nuet

Accept

Værdier

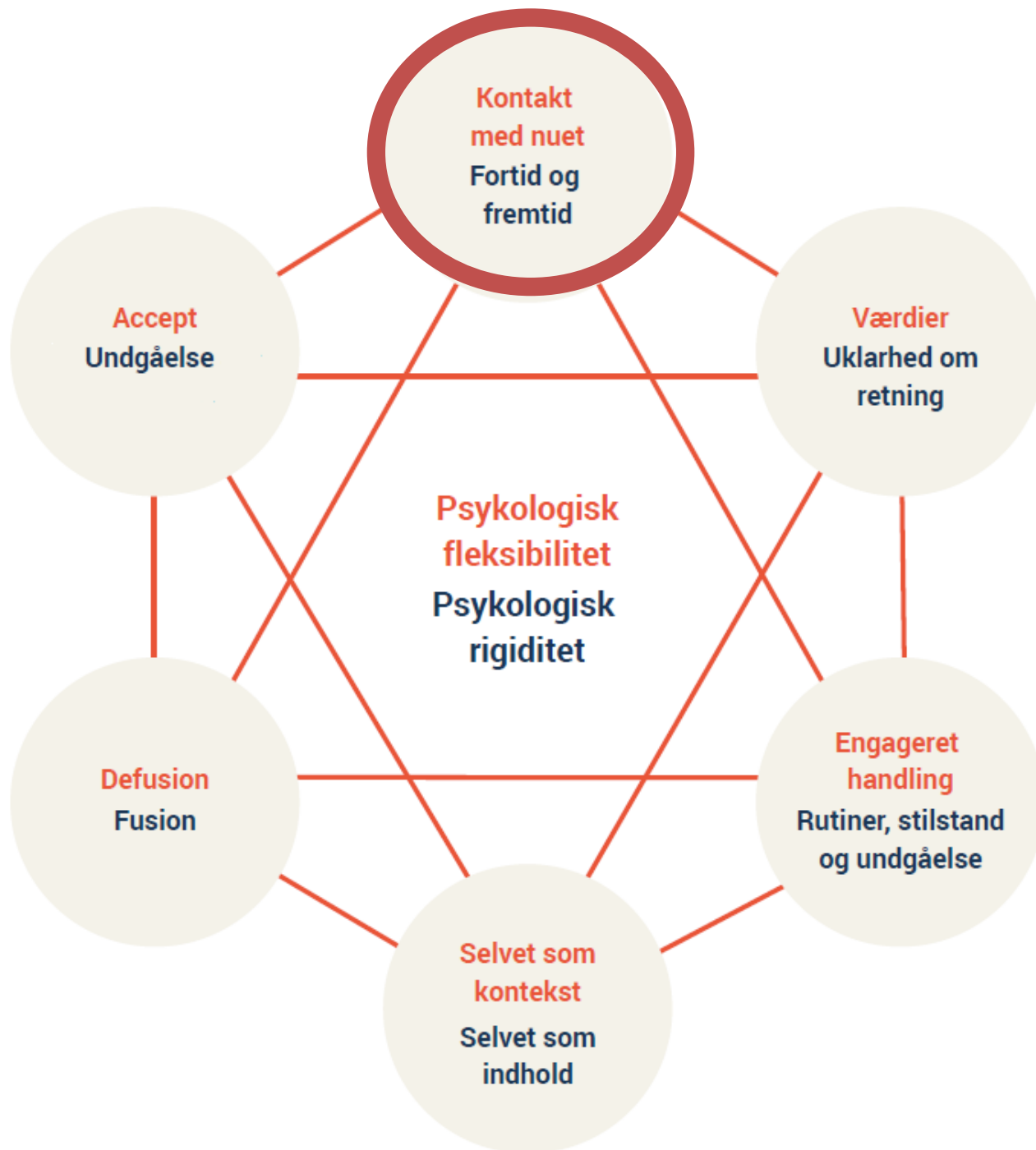
**Psykologisk
fleksibilitet**

Kognitiv defusion

Committet handling

Selv som kontekst



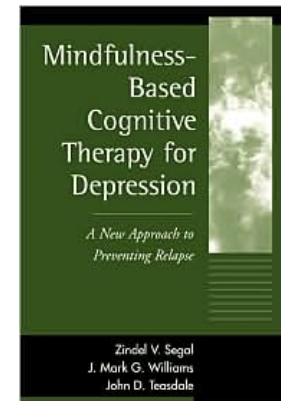
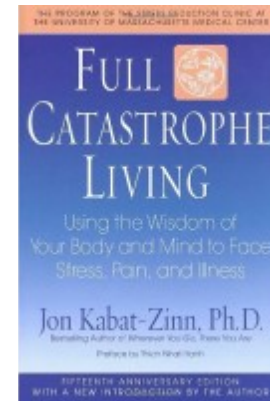
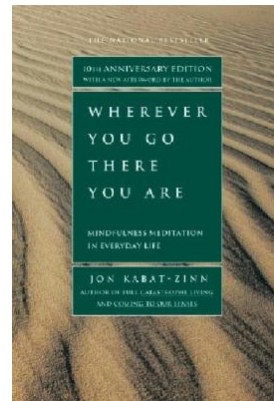




Ruminering og bekymring forbundet med depression og generaliseret angst (Nolen-Hoeksema, 1993; Borcovec, 1998; Watkins, 2004)

Mindfulness

“Bevidst, ikke-dømmende opmærksomhed på her-og-nu oplevelser”



Uformelle mindfulness øvelser



- Mindfulness i morgenrutiner
- Ved husholdningspligter
- Ved behagelige aktiviteter
- Lytte til musik
- Mindfulness Apps
- Vær kreativ

Enkle måder at komme tilstede på:

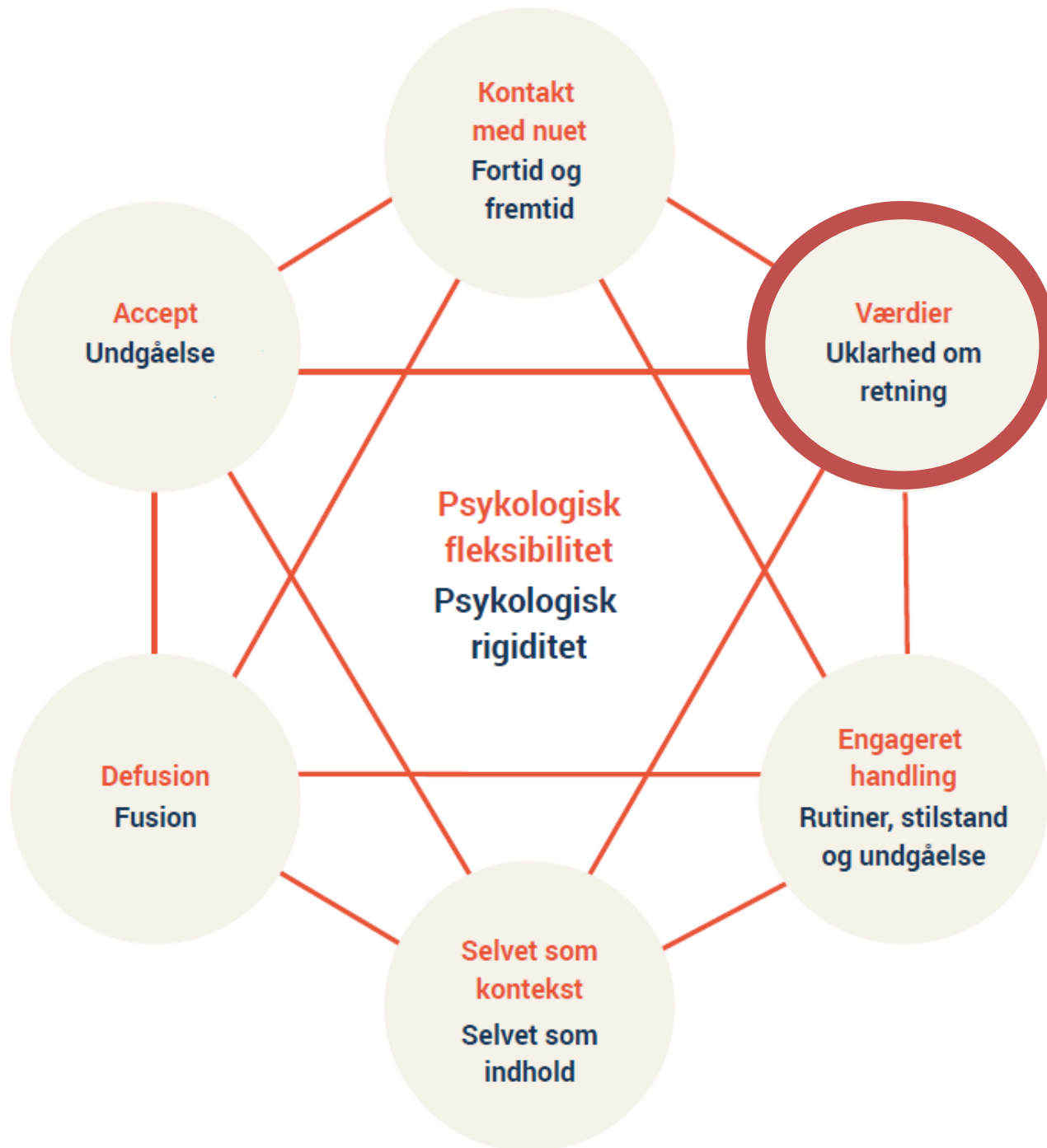
- Tag 10 dybe indåndinger
- At kaste anker
- Læg mærke til fem ting (5-5-5)

Operationalizing Mindfulness Without Unnecessary Attachments

Steven C. Hayes and Chad Shenk,
University of Nevada, Reno

There are scientific advantages to defining mindfulness in terms of the psychological processes involved. Doing so, however, necessarily uncouples mindfulness from any given technology, including meditation. Defining mindfulness in terms of the self-regulation of attention and a posture of acceptance seems progressive, but there are underlying philosophical attachments in the proposed definition that might limit its applicability if they are treated too rigidly.

Key words: mindfulness, meditation, acceptance, de-fusion. [Clin Psychol Sci Prac 11: 249–254, 2004]



**Værdier er
”hjertets
dybeste ønske
for hvordan du
vil være som
menneske”**



Værdier og det meningsfulde liv



- Hvad vil du gerne, at dit liv skal handle om?
- Hvad vil du stå for som person?
- Hvad giver mening og vitalitet?
- Mål vs. Værdier
- Arbejde med værdier er *en proces*
- Værdier forandrer sig over tid og ikke altid meget "dybe" værdier



Mål eller værdier?

- Tage vare på og passe på sin krop
- Tabe sig 10 kg
- Få et godt arbejde
- Være hjælpsom, venlig og ansvarsfuld på arbejdet
- Købe et hus
- Beskytte og drage omsorg for sin familie
- Få gode karakterer
- Nysgerrighed, læring, vedholdenhed



Mål eller værdier?

- Få børn
- Være omsorgsfuld, venlig, kærlig
- Vinde fodboldkampen
- Spille entusiastisk, fair dygtigt
- Være kreativ
- Skrive en bog
- Blive respekteret
- Være respektfuld
- Blive beundret eller elsket
- Være beundrende og elskende



Øvelse: Fødselsdagstalen

Øvelse: Fødselsdagstalen

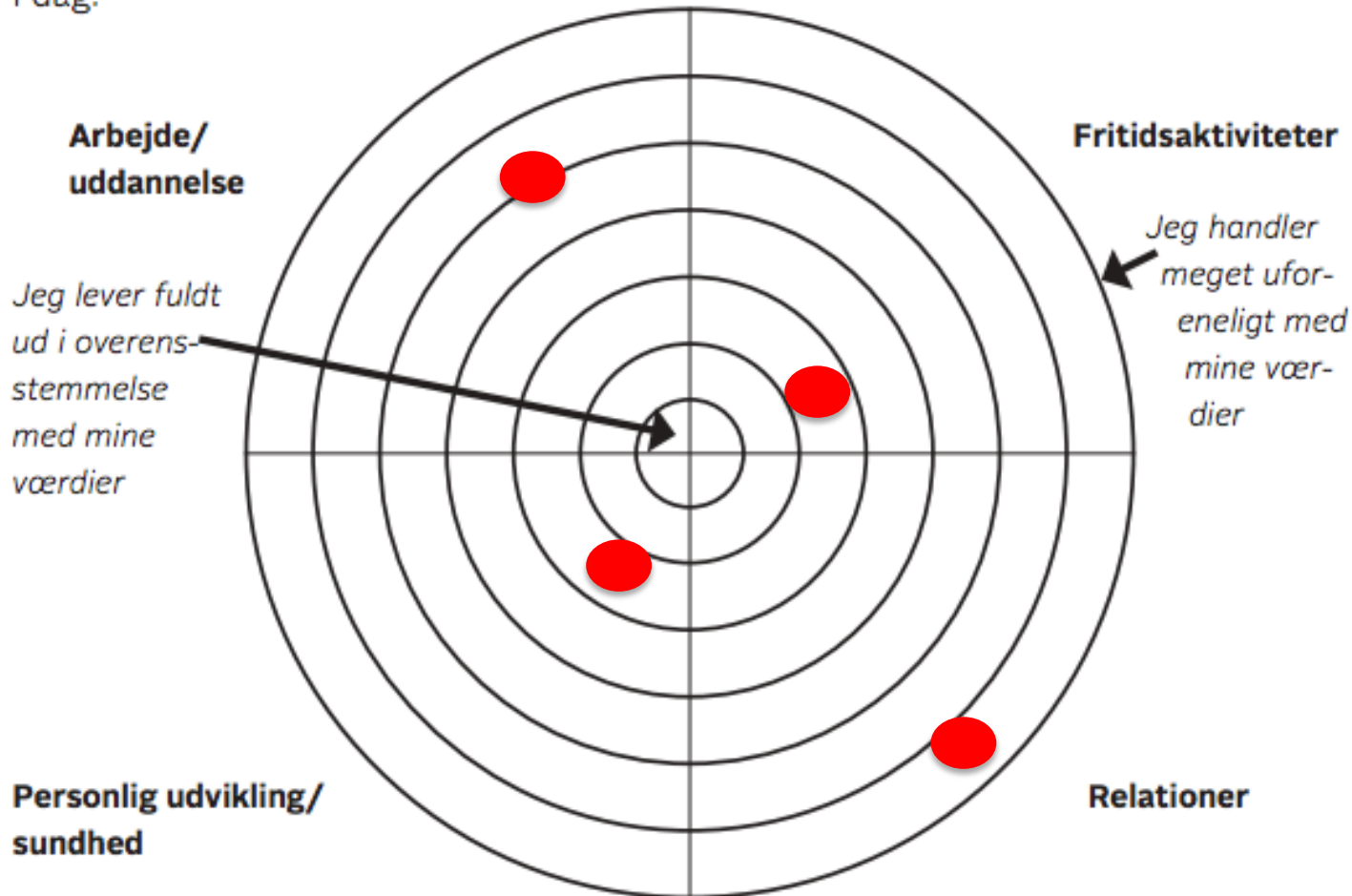
- Se for dig at du planlægger din 60 års fødselsdag, efter at du har levet et rigt liv, hvor du har opnået alt det, der er vigtigt for dig
- Din ven vil holde tale, og for at forberede sig, spørger han:
 - Hvad har været særligt vigtigt for dig?
 - Hvad har været vigtigt at stå for? Kæmpe for?
 - Hvordan vil du at familien og venner skal huske dig?

Øvelse: Fødselsdagstalen

- Du lytter til talen, og alle er meget imponerede
- Men du smiler lidt for dig selv: det er også en anden side af dig
- Ting der var meget vigtige for dig, men som du ikke ønskede at dele med nogle andre (på en måde en hemmelighed)

Bull's eye - skydeskiven

Skydeskiven: Sæt et kryds i hvert af skydeskivens områder for at vise, hvor du står i dag.



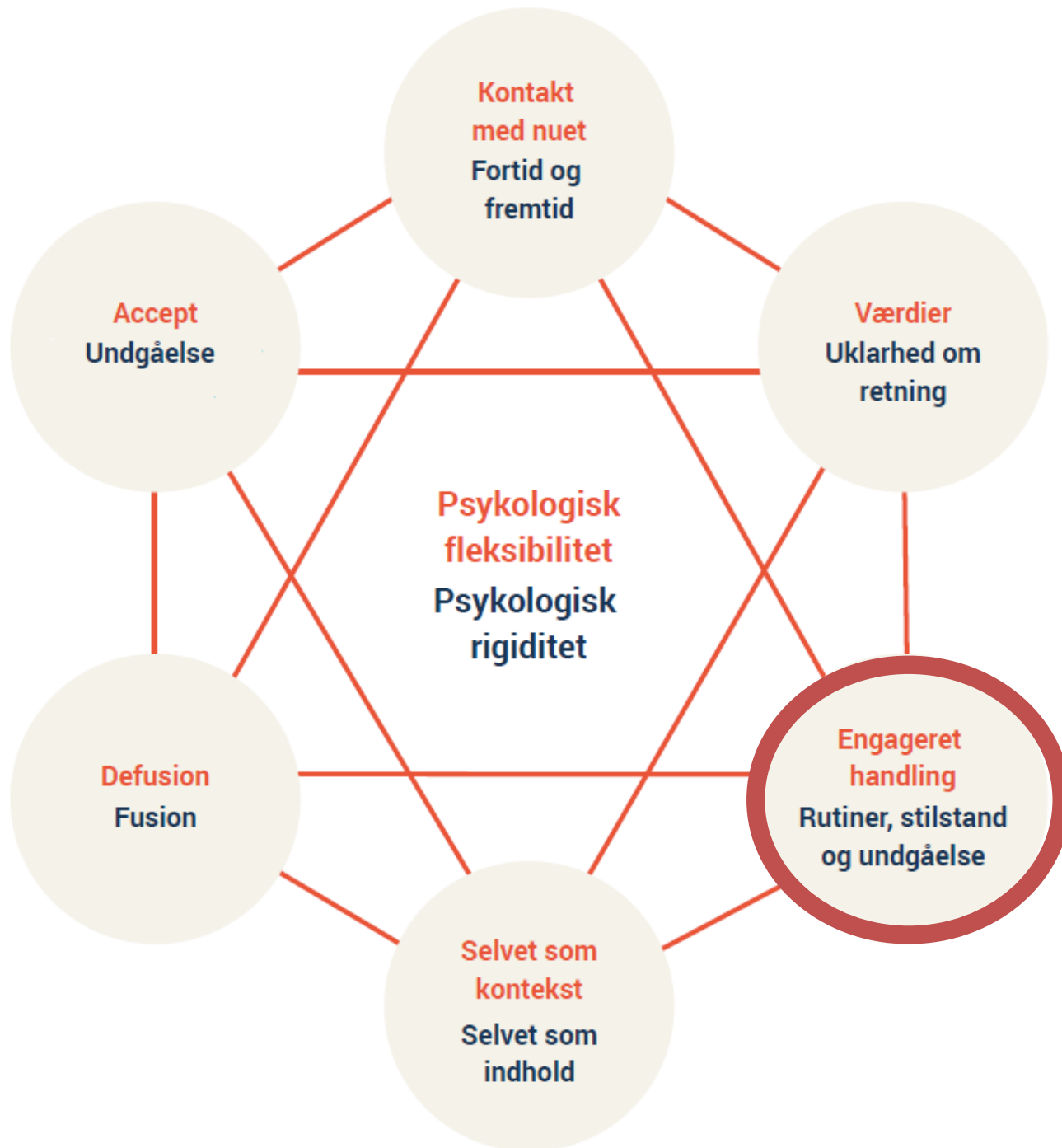
(Lundgren et al., 2012)



Værdikort

Sorter i 3 bunker

- Mest vigtigt
- Lidt vigtigt
- Mindst vigtig



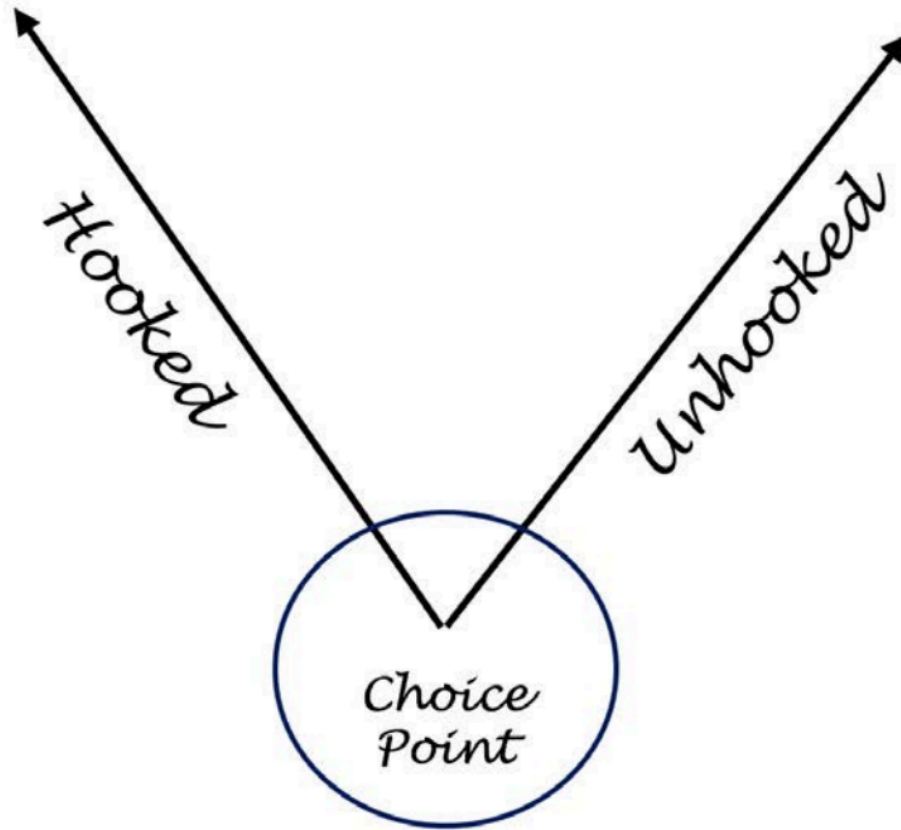
Choicepoints

'Væk fra' eller 'hen i mod'?



Away

Towards



*Situation(s),
Thoughts & Feelings*

(Harris, 2016)

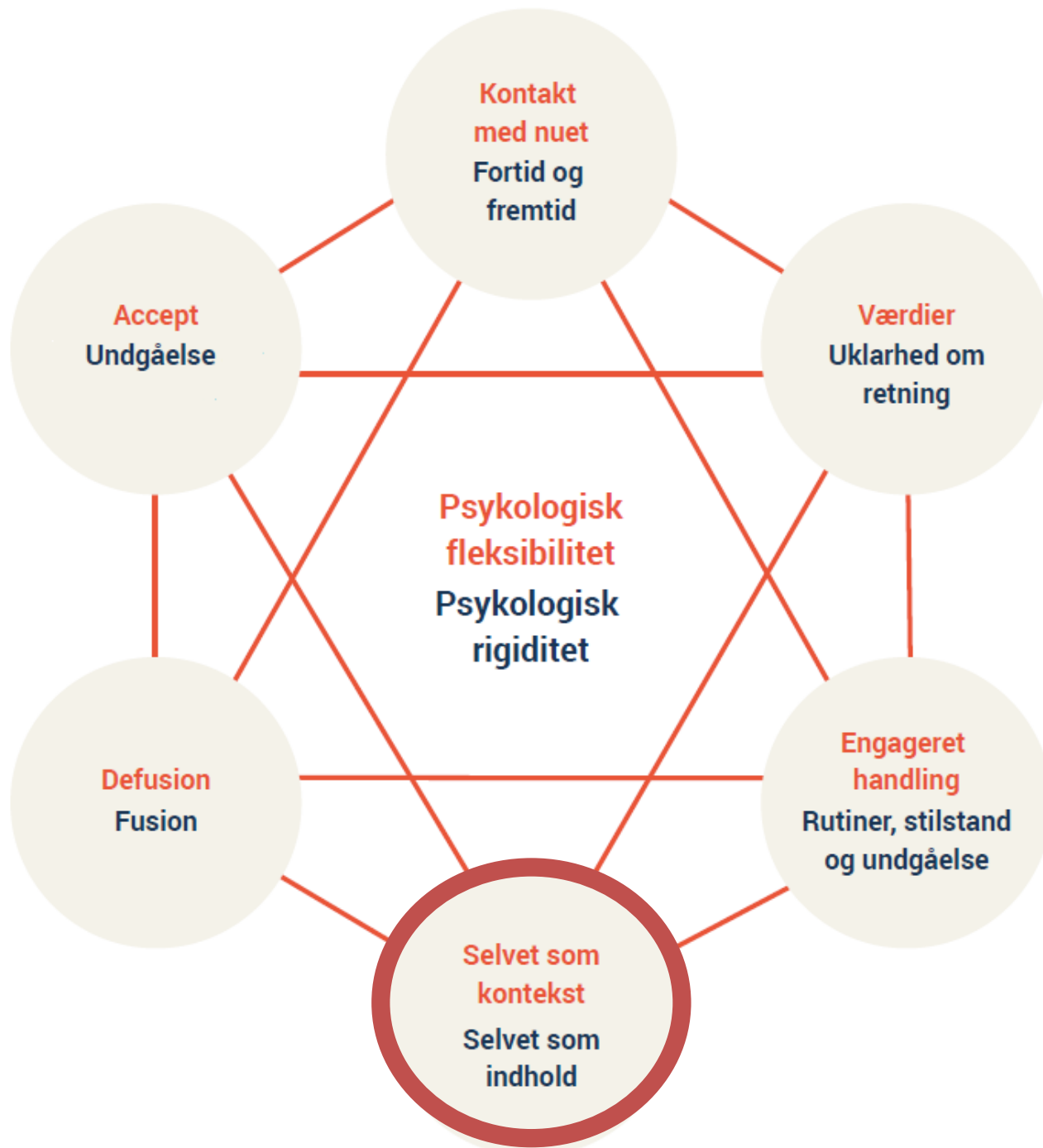


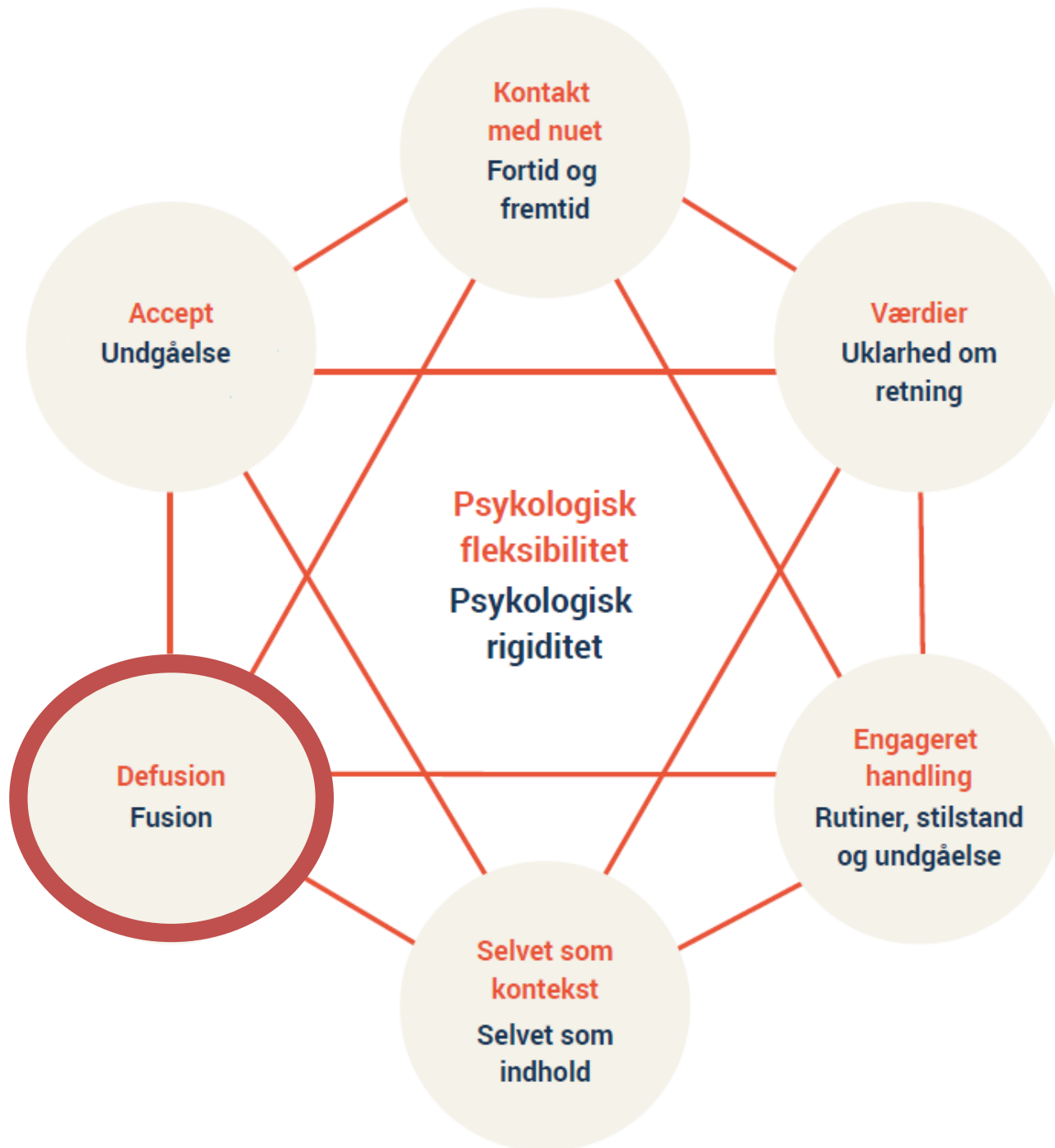
YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY.
NOT A LUXURY.

COMPASSION FATIGUE?







**DON'T BELIEVE
EVERYTHING
YOU THINK**

Defusion – få større *afstand* til tankerne

- ”Jeg har den tanke at...”
- ”Hvilke tanker fanger dig”?
- ”Hjælper det dig, at lytte til tanken jeg er en taber”?
- Som skyer på himlen, tog på perronen ...
- Sige tankerne med fjollet stemme...
- Gi historien navn



Two mountains metaphor



YOU CAN'T GET RID OF YOUR FEARS...
BUT YOU CAN LEARN TO LIVE WITH THEM



Jens Einar Jansen - ACT intro

Defusion/Accept øvelse

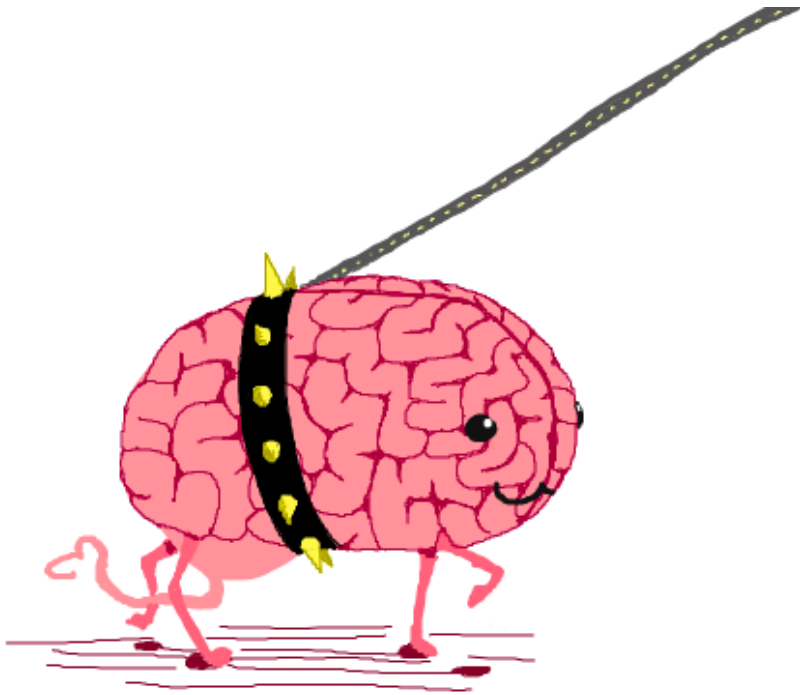


Øvelse 3 og 3:

Terapeut, klient og
observatør

Udfør defusionsøvelse

Take your mind for a walk

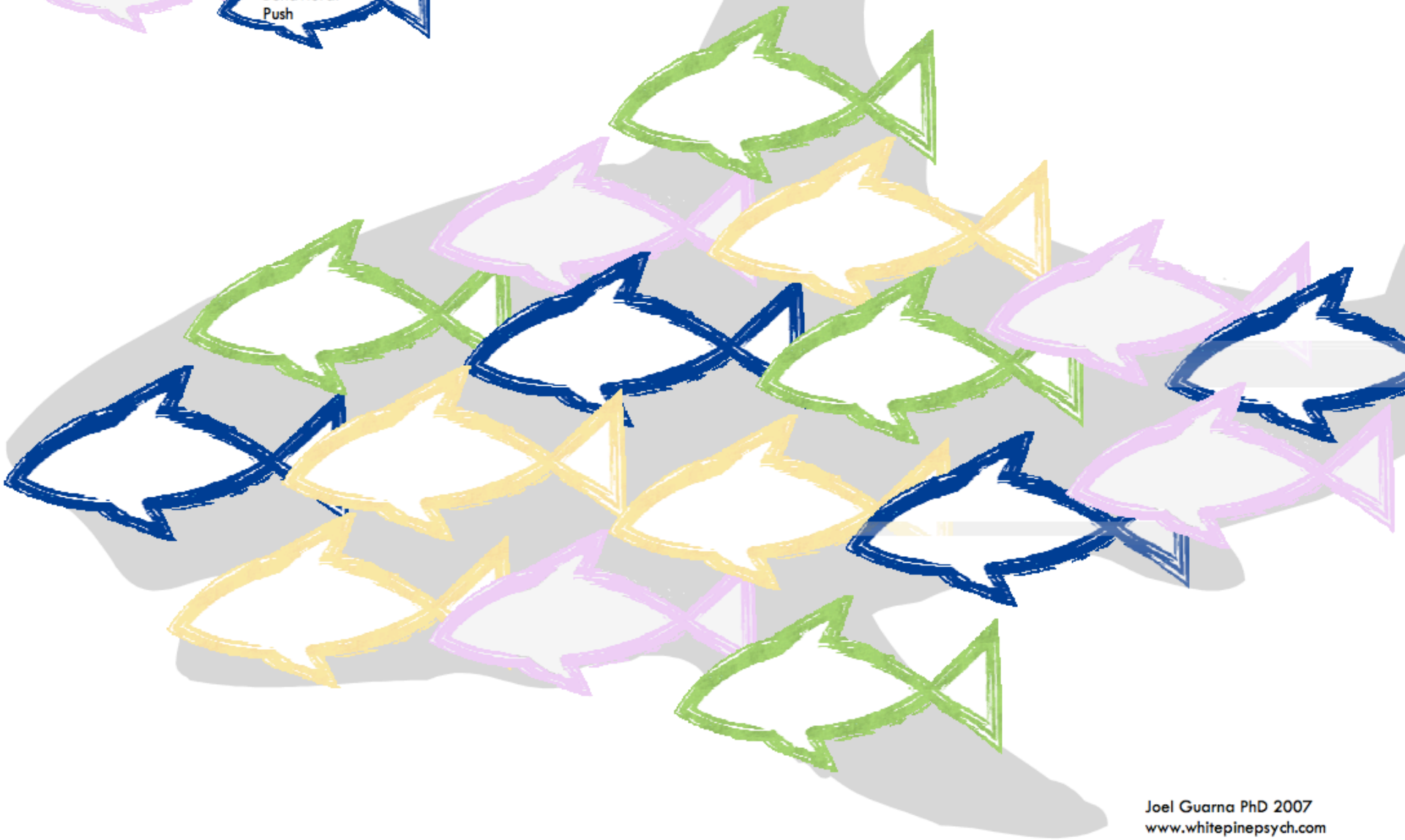
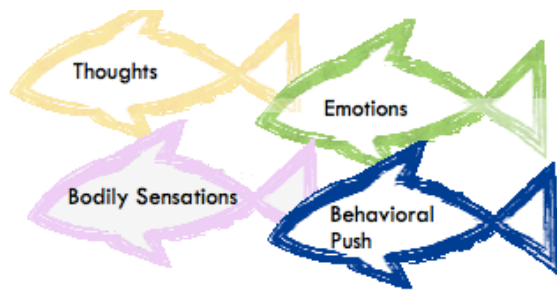


To og to:

Den ene Spiller hjernen:
kommenterer alt den ser,
tænker, har lyst til, kræver;
hvilken vej I skal gå,
selvkritiske kommentarer etc.

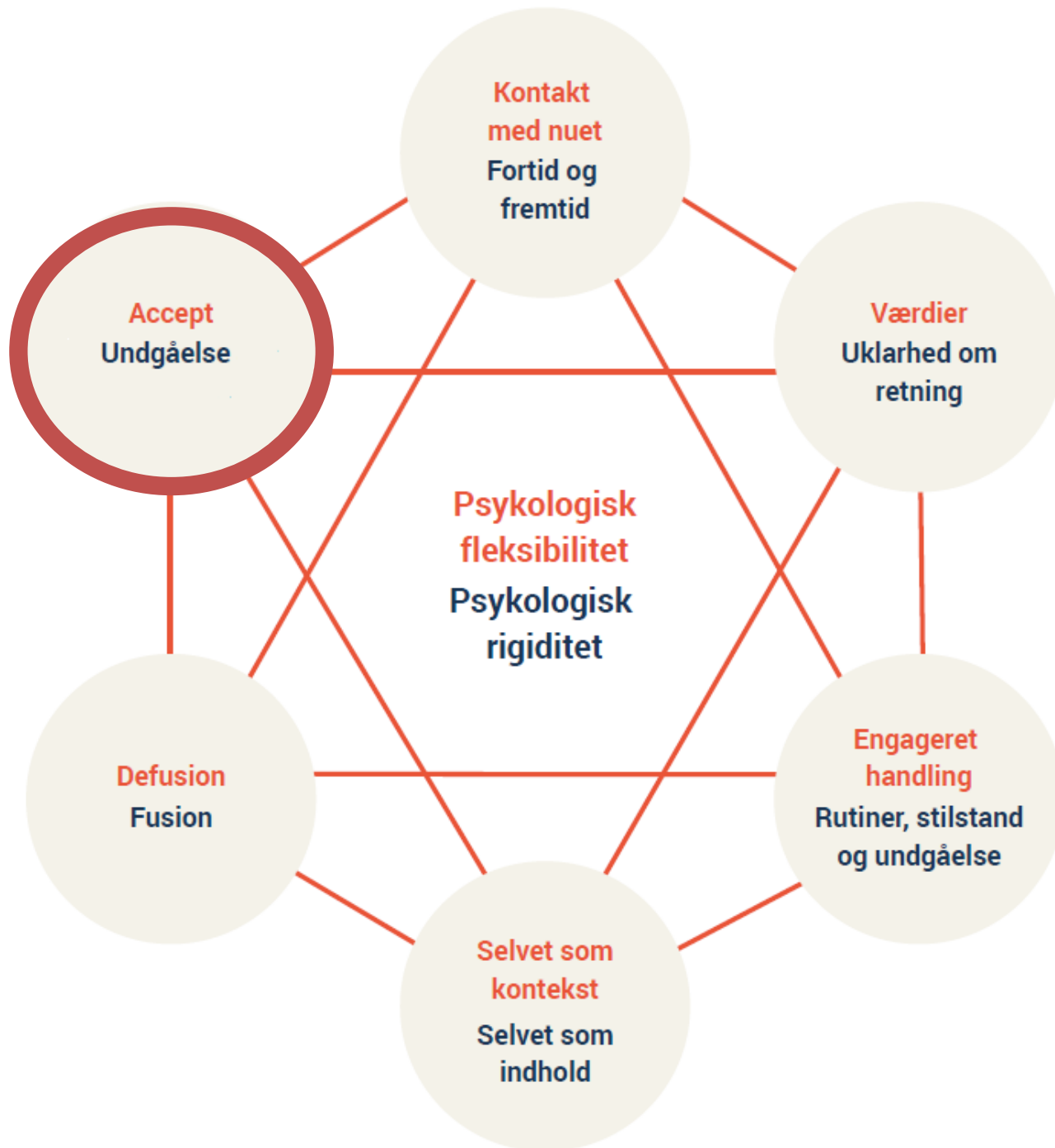
Den andens opgave er at
abstrahere og bestemme
vejen

School of Fish Exercise





**... blive mindre
overvældet af
mentale tilstande**

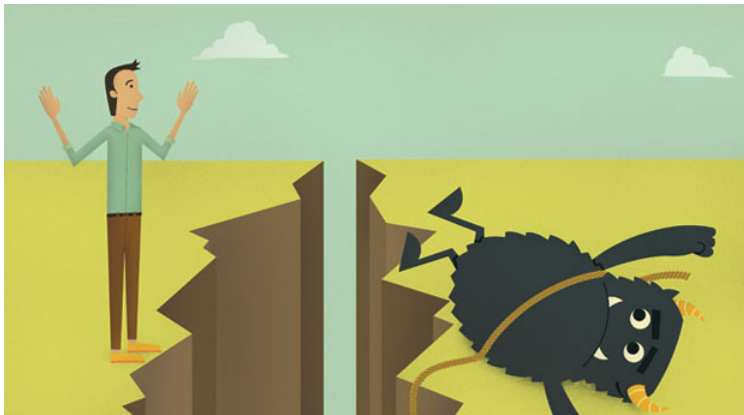


Accept som alternativ til fusion/kamp/kontrol

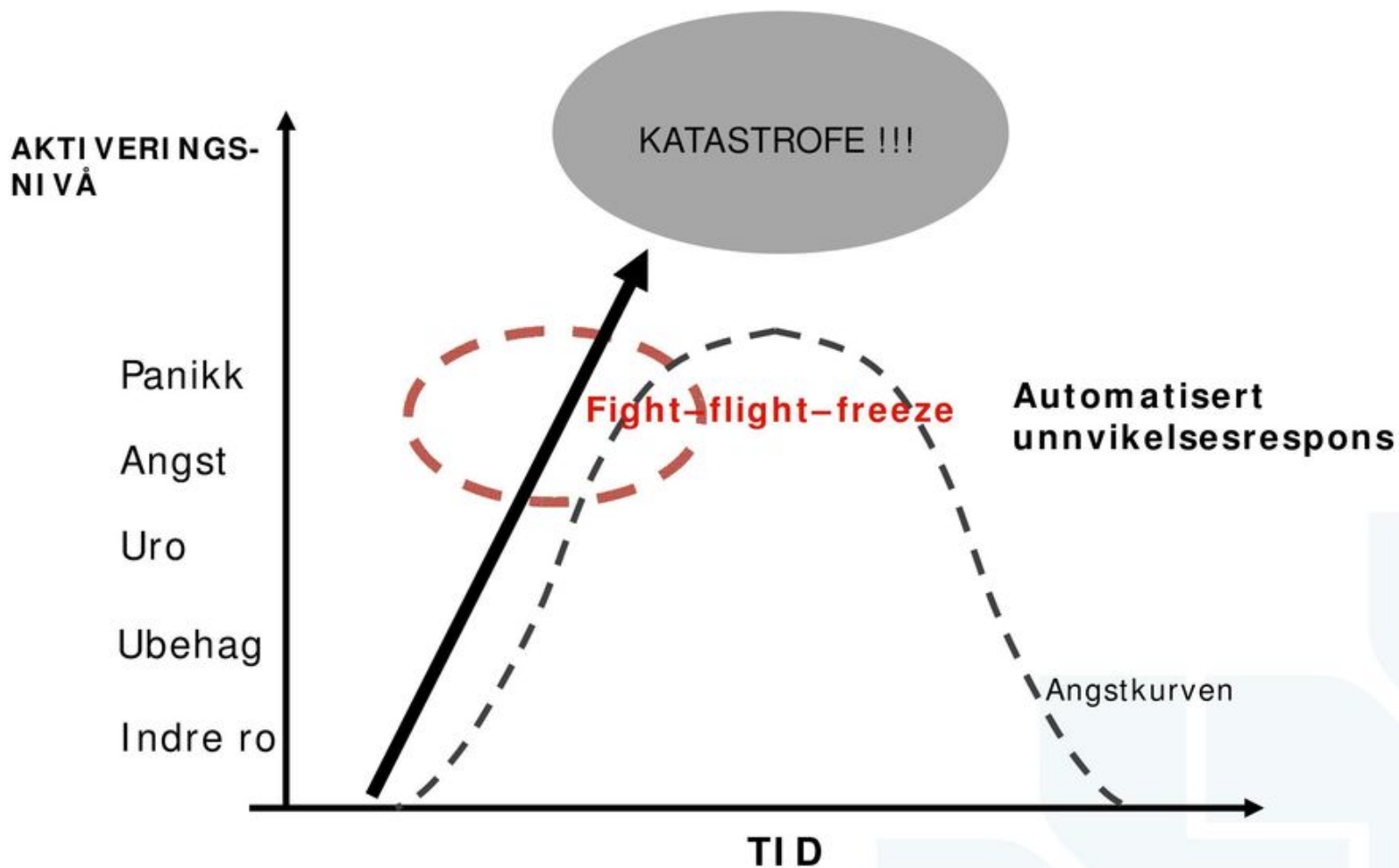


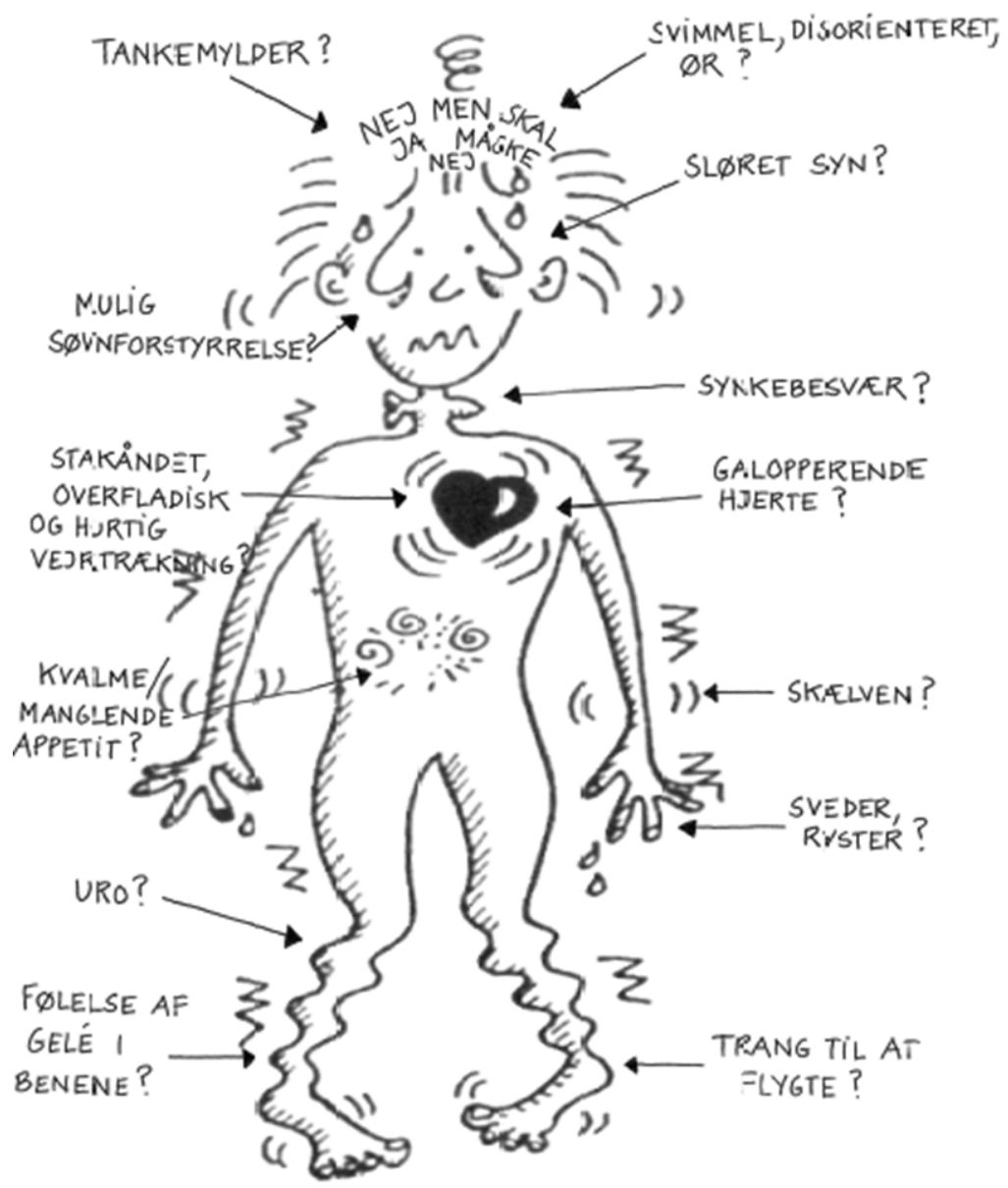
Hvordan har du forsøgt at håndtere...?
Har det hjulpet? På kort/lang sigt?

- Lade tanker og følelser være der ...
 - Villig til at have ...
 - Give plads til ...
 - Lade tanker/følelser være ...
 - Give tilladelse ...
 - Slutte fred med ...
 - Give lov til at være der ...
-
- Vende os mod ubehag med åbenhed, nysgerrighed, venlighed ...



Eksponering i ACT





Jens Einar Jansen - ACT intro

OCD – en form for tankefobi

Det, der adskiller mennesker med OCD fra mennesker uden OCD, er som oftest ikke typen eller mængden af tanker, men snarere i hvor høj grad, man kan rumme at have de ubehagelige tanker.



Illustration: Shutterstock



Jens Einar Jansen

Autoriseret psykolog, ph.d., specialist i psykoterapi, specialpsykolog i psykiatri

Brug af metaforer





ACT spørgsmålet

Contact with the Present Moment

(6) at this time, in this situation

Acceptance

(2) are you willing to have that stuff, fully and without defense

Psychological Flexibility

Values

(5) of your chosen values

(4) and do what takes you in the direction

Defusion

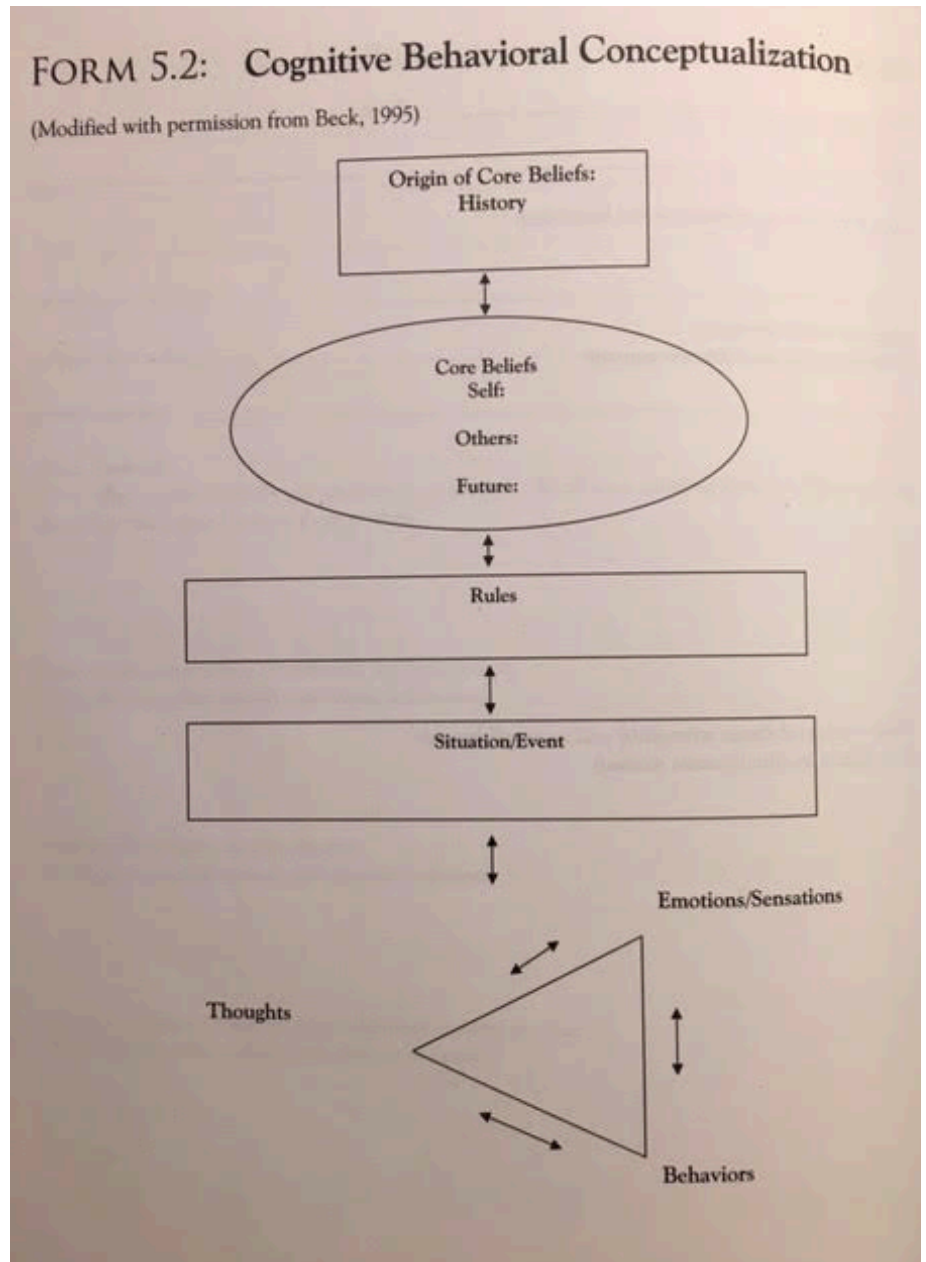
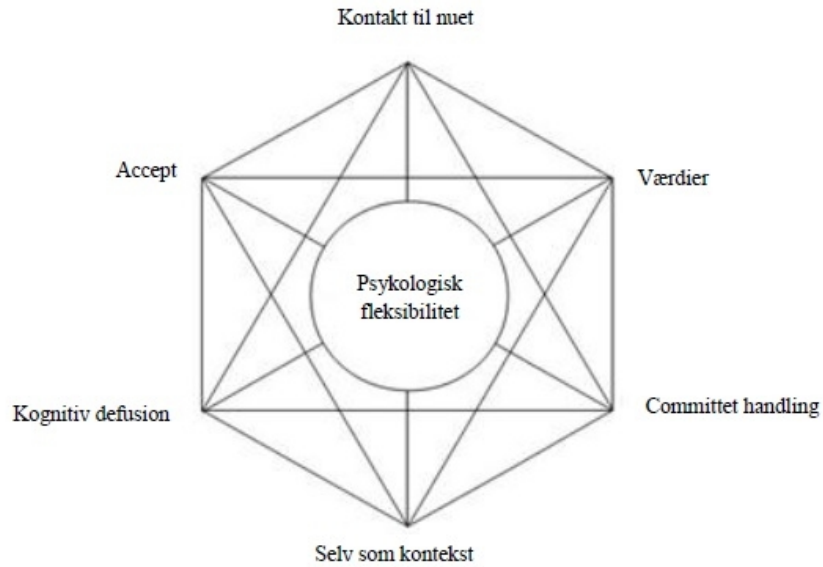
(3) as it is, and not as what it says it is,

Committed Action

(1) Given a distinction between you and the stuff you are struggling with and trying to change

Self as Context

Caseformulering



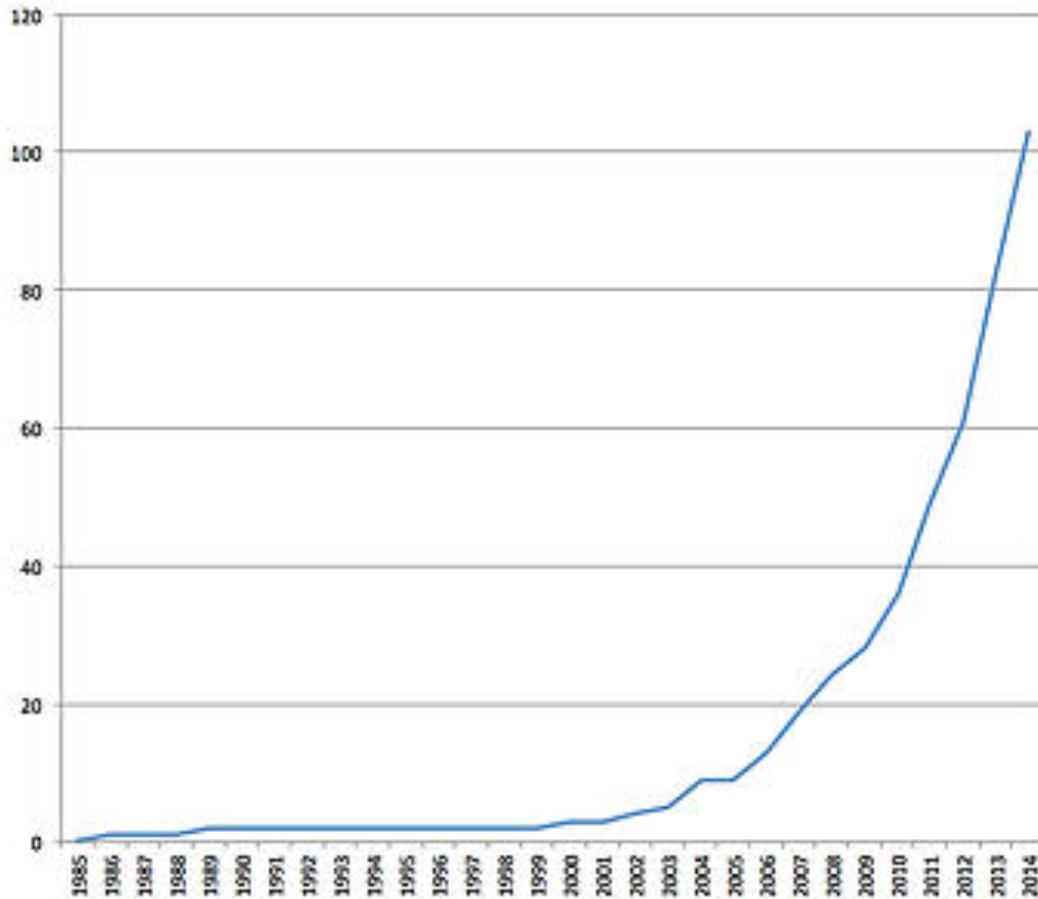
Forskning og evidens

Hvem virker det for?

Begrænsninger?

Over 400 RCT studier ...

Cummulative ACT RCTs



Meta-analyses

- Öst, 2008, 2014
- Powers et al., 2009
- Ruiz, 2010
- A-Tjak et al., 2015



REVIEW

Experiential Avoidance as a Functional Dimensional Approach to Psychopathology: An Empirical Review



Neharika Chawla

University of Washington



Brian Ostafin

North Dakota State University

“In sum, there is a growing literature suggesting that an unwillingness to be in contact with aversive private experience and taking action to alter that experience does indeed influence psychopathology”



Psychological Flexibility as a Buffer against Caregiver Distress in Families with Psychosis

Jens E. Jansen^{1,2*}, Ulrik H. Haahr², Hanne-Grethe Lyse³, Marlene B. Pedersen³, Anne M. Trauelsen⁴ and Erik Simonsen^{2,5,6}

”Større grad af accept forbundet med mindre grad af belastning ... ”



Cognitive and Behavioral Practice

Volume 24, Issue 2, May 2017, Pages 187-199



Acceptance and Commitment Therapy for Posttraumatic Stress Disorder in Early Psychosis: A Case Series

Jens Einar Jansen  , Eric M.J. Morris

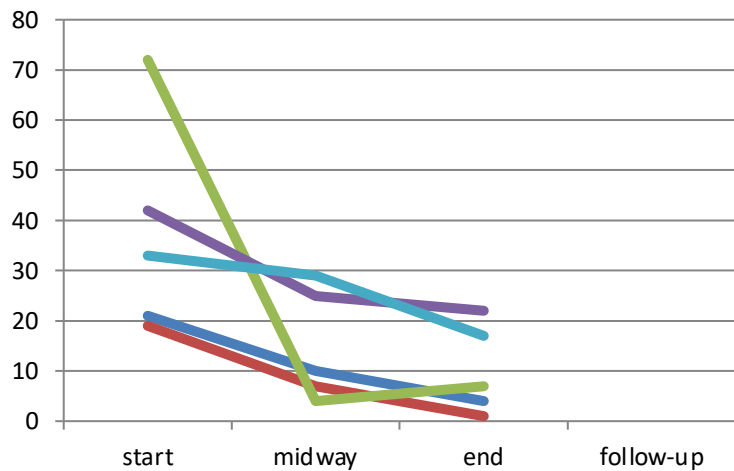
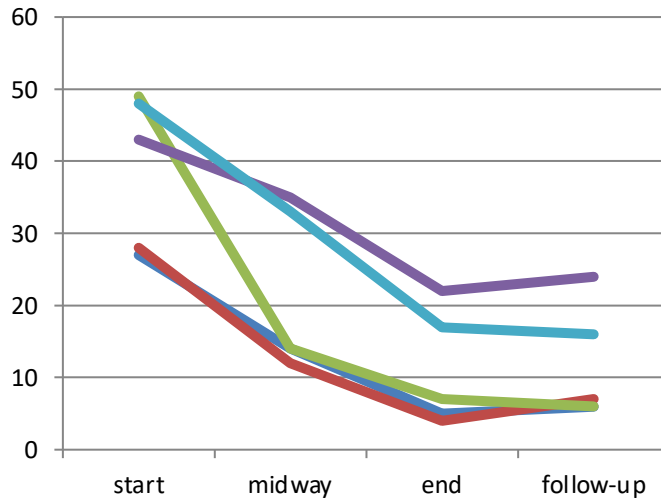
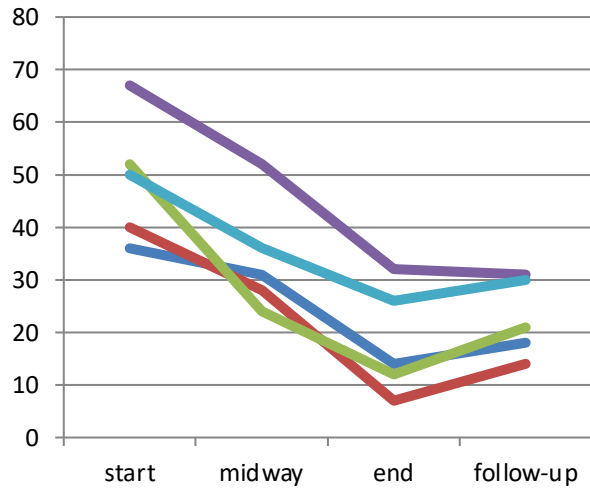
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<https://doi.org/10.1016/j.cbpra.2016.04.003>

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...undersøge *feasibility, acceptability* og *effectiveness* ved en ACT intervention for at reducere PTSD symptomer hos personer med psykose

Resultater



Mindfulness kan hjælpe mennesker med skizofreni

Mindfulness er både en sikker og virksom behandling for mennesker med den psykotiske lidelse skizofreni, viser nyt dansk-australsk studie.



Meditation er en af de metoder, som mindfulness benytter. (Shutterstock)



Jens Einar Jansen
Psykolog, ph.d.

16 januar 2020

FORSKERZONEN

PSYKOLOGI

SUNDHED

SYGDOMME

(videnskab.dk)

Acceptance- and mindfulness-based interventions for persons with psychosis: A systematic review and meta-analysis

Jens Einar Jansen ^{a,*}, John Gleeson ^b, Sarah Bendall ^{c,d}, Simon Rice ^{c,d}, Mario Alvarez-Jimenez ^{c,d}

^a Mental Health Center Copenhagen, Frederiksberg Hospital, Denmark

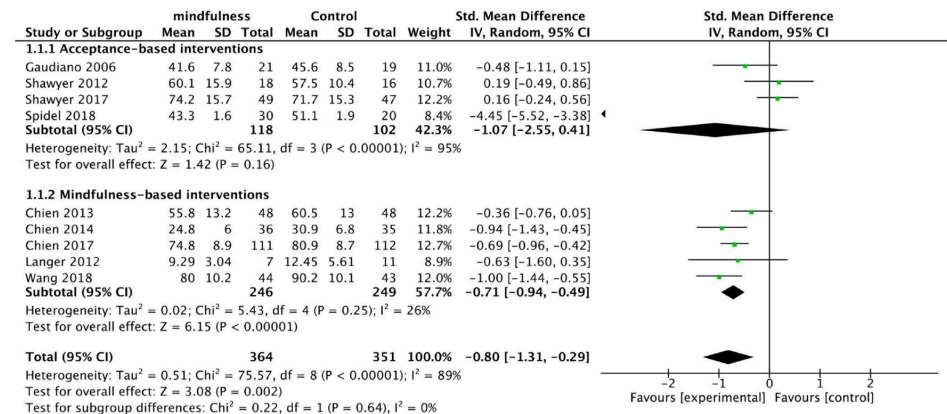
^b School of Behavioural and Health Sciences, Australian Catholic University, Melbourne, Australia

^c Centre for Youth Mental Health, The University of Melbourne, Australia

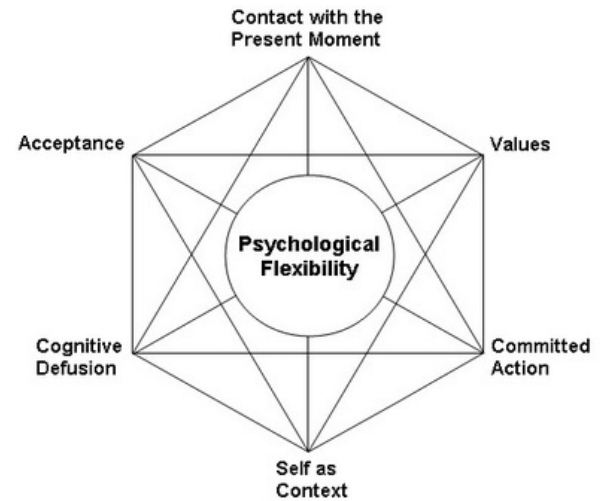
^d Orygen: The National Centre of Excellence in Youth Mental Health, Melbourne, Australia

- 1268 deltagere med psykose
- Effekt på generelt symptomniveau, indlæggelse, negative symptomer, social funktion, depression og psykologisk fleksibilitet (AAQ-II)

Overall symptomatology



Recovery



“Recovery is about building a **meaningful** and satisfying life, as defined by the person themselves, whether or not there are on-going or recurrent symptoms or problems”

(Shepherd, Boardman and Slade, 2008)

Review article

Acceptance and Commitment Therapy (ACT) to reduce depression: A systematic review and meta-analysis

Bai, Zhenggang ^a  , Luo, Shiga ^a, Zhang, Luyao ^a, Wu, Sijie ^a, Chi, Iris ^b

- 18 studies (n=1,088)
- 4 high-quality, 14 moderate quality
- ACT significantly reduced depression as compared with the control group [SMD = 0.59, 95% CI (0.38, 0.81)]



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Journal of Obsessive-Compulsive and Related Disorders

journal homepage: www.elsevier.com/locate/jocrd

Review

Acceptance and commitment therapy in the treatment of Obsessive-Compulsive Disorder: A systematic review

Joel Philip ^{a,*}, Vinu Cherian ^b

- ACT was found to produce a significant decrease in OCD symptoms, with the gains largely being maintained at follow-up.
- Although ACT was more effective than control conditions like wait-list and placebo, it did not outperform the established frontline psychological treatments for OCD, i.e., traditional CBT and ERP.
- However, when combined with pharmacological management, ACT was comparable to a combination of CBT and pharmacotherapy in treating OCD.

Acceptance and Commitment Therapy versus Traditional Cognitive Behavioral Therapy: A Systematic Review and Meta-analysis of Current Empirical Evidence

Francisco J. Ruiz

Universidad de Granada, Universidad Internacional de la Rioja, España

- 16 studier (n=954) ACT vs CBT
- Fordel ACT over CBT i 11/16 studier
- Fordel ACT på primære outcome (.39, 95% CI of 0.11 to 0.66)
- Ikke signifikant forskel for angst, positiv trend for depression
- Større effekt for foreslåede virkningsmekanismer ved ACT

A systematic review of randomized controlled trials of Acceptance and Commitment Therapy for adults with chronic pain: Outcome domains, design quality, and efficacy

Katie E.J. Hann, Lance M. McCracken  

- 10 studies
- ACT is efficacious particularly for enhancing general, mostly physical functioning, and for decreasing distress, in comparison to inactive treatment comparisons



Mindfulness- and acceptance-based interventions for anxiety disorders: A systematic review and meta-analysis

Jon Vøllestad^{1*}, Morten Birkeland Nielsen²
and Geir Høstmark Nielsen¹

¹Department of Clinical Psychology, University of Bergen, Bergen, Norway

²Department of Psychosocial Science, University of Bergen, Bergen, Norway

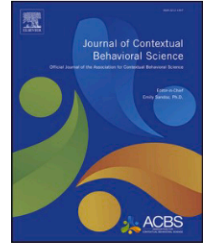
- 19 studier (n= 491)
- Signifikant forskel pre-post for angst- og depression (1.08, 0.85 resp)
- Signifikant forskel kontrol. studier angst- og depression (.83, 0.72 resp)



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Journal of Contextual Behavioral Science

journal homepage: www.elsevier.com/locate/jcbs



Review Articles

The empirical status of acceptance and commitment therapy: A review of meta-analyses[☆]



Andrew T. Gloster^{a,*}, Noemi Walder^a, Michael E. Levin^b, Michael P. Twohig^b, Maria Karekla^c

^a *University of Basel, Division of Clinical Psychology and Intervention Science, Switzerland*

^b *Utah State University, U.S.A*

^c *University of Cyprus, Cyprus*

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Meta-analysis
Evidence

- 20 meta-analyser (n=12,477)
- Hovedkonklusion: ACT effektiv for alle undersøgte tilstande: Angst, depression, misbrug, smerte, transdiagnostiske grupper
- Overlegen ift. inaktive grupper (venteliste, placebo), TAU og de fleste aktive (fraset CBT)



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Review articles

A psychological flexibility model of medication adherence in psychotic-spectrum disorders

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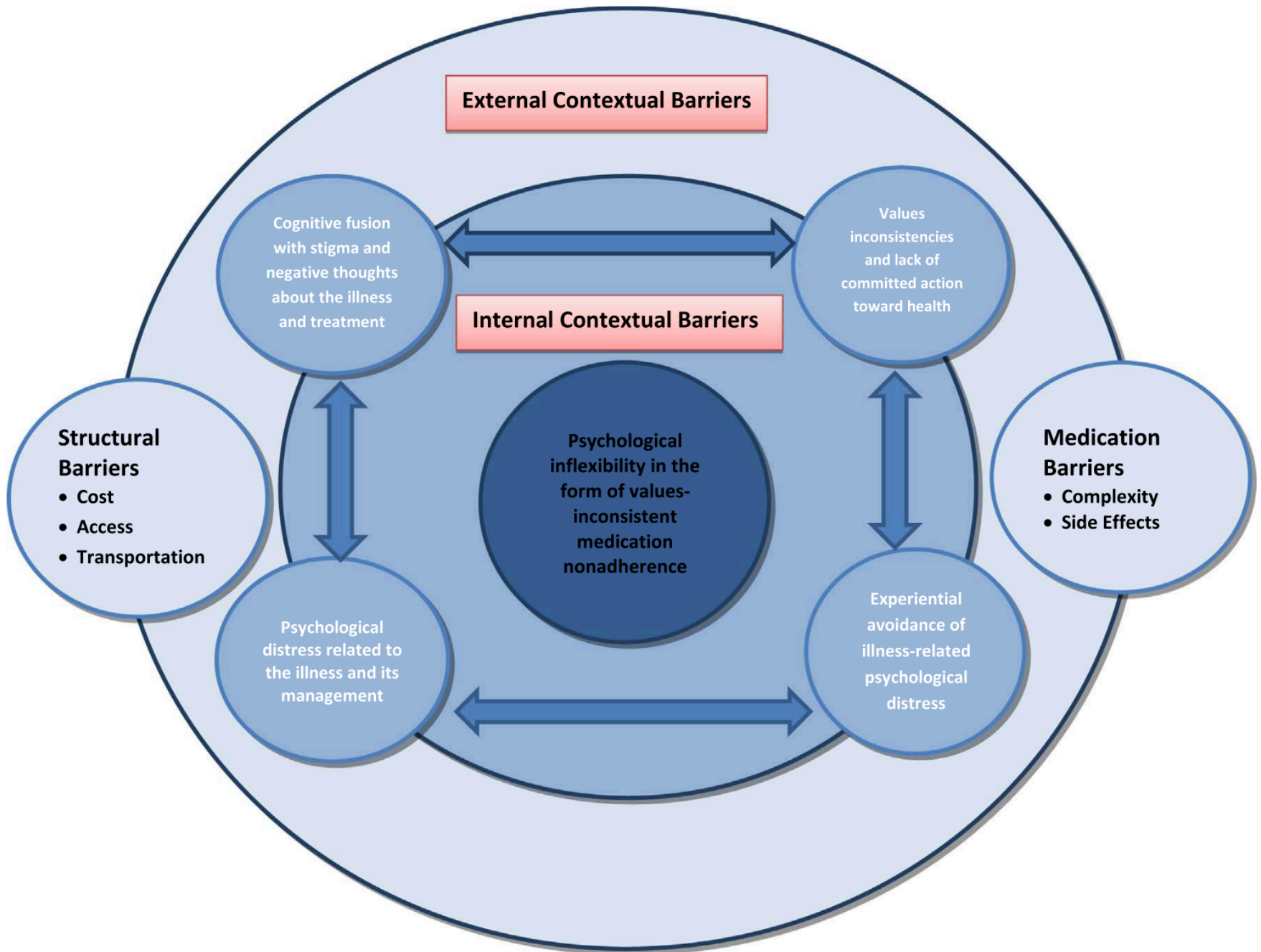


Fig. 1. A psychological flexibility model of medication adherence in psychotic-spectrum disorders.



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