



ACTive Living with Chronic Pain:

**A Treatment Approach Using
Acceptance and Commitment Therapy**

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September 22, 2017

Learning Objectives

1. Learn how ACT differs from traditional CBT in the treatment of chronic pain.
2. Case conceptualize chronic pain through the ACT Matrix.
3. Clarify ACTive living with chronic pain.

Commercial Support Disclosure

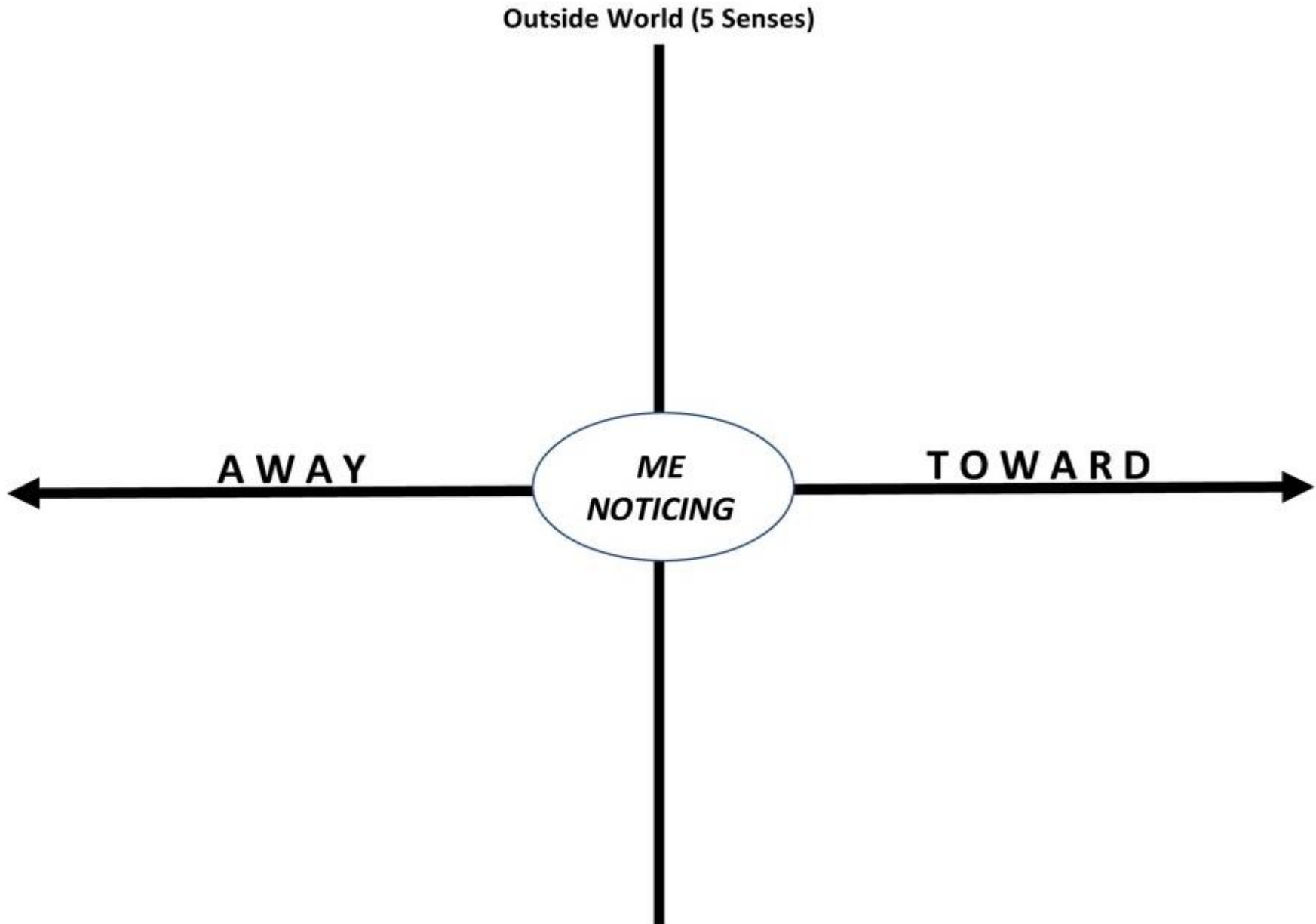
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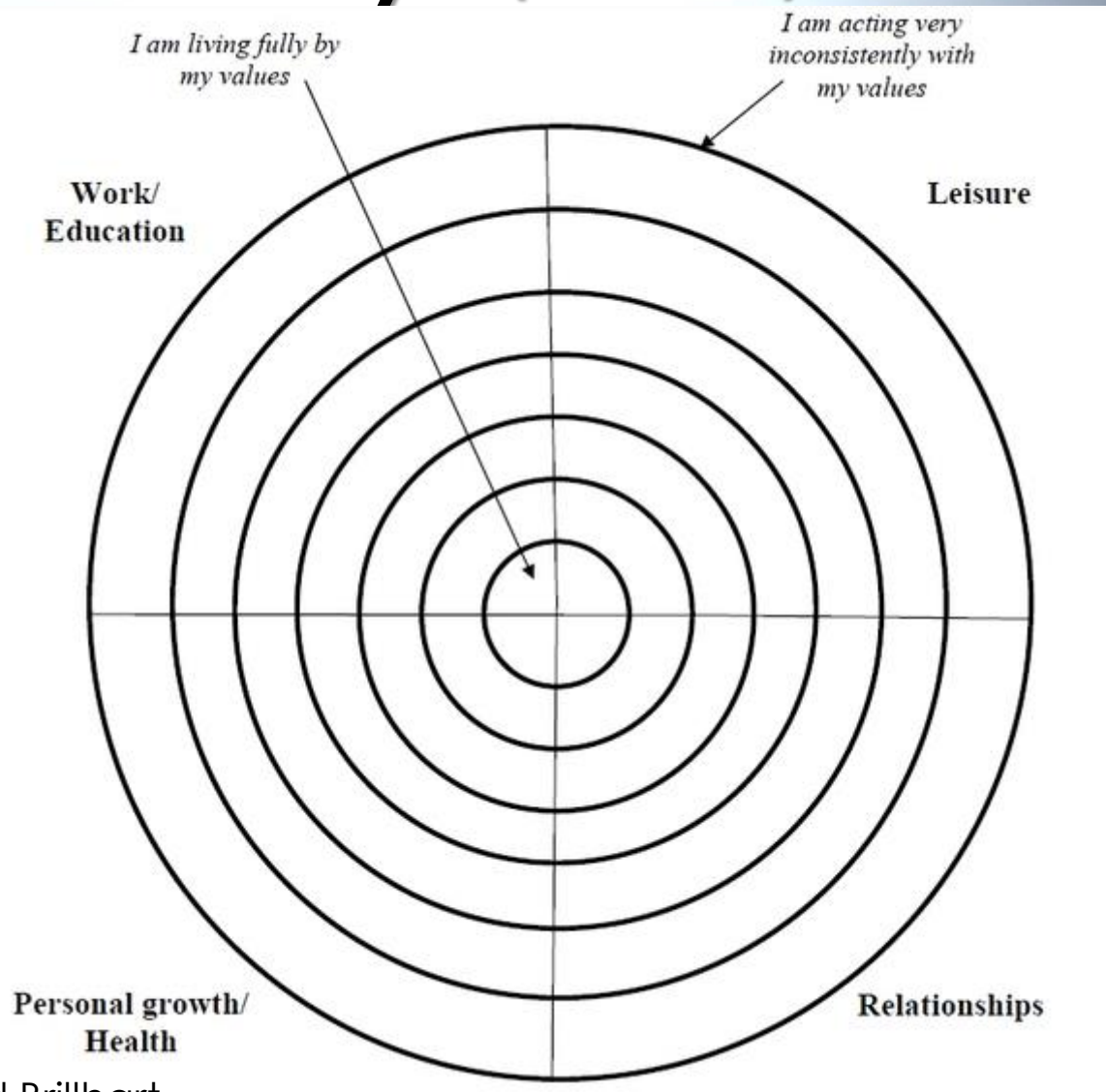
What is ACT?

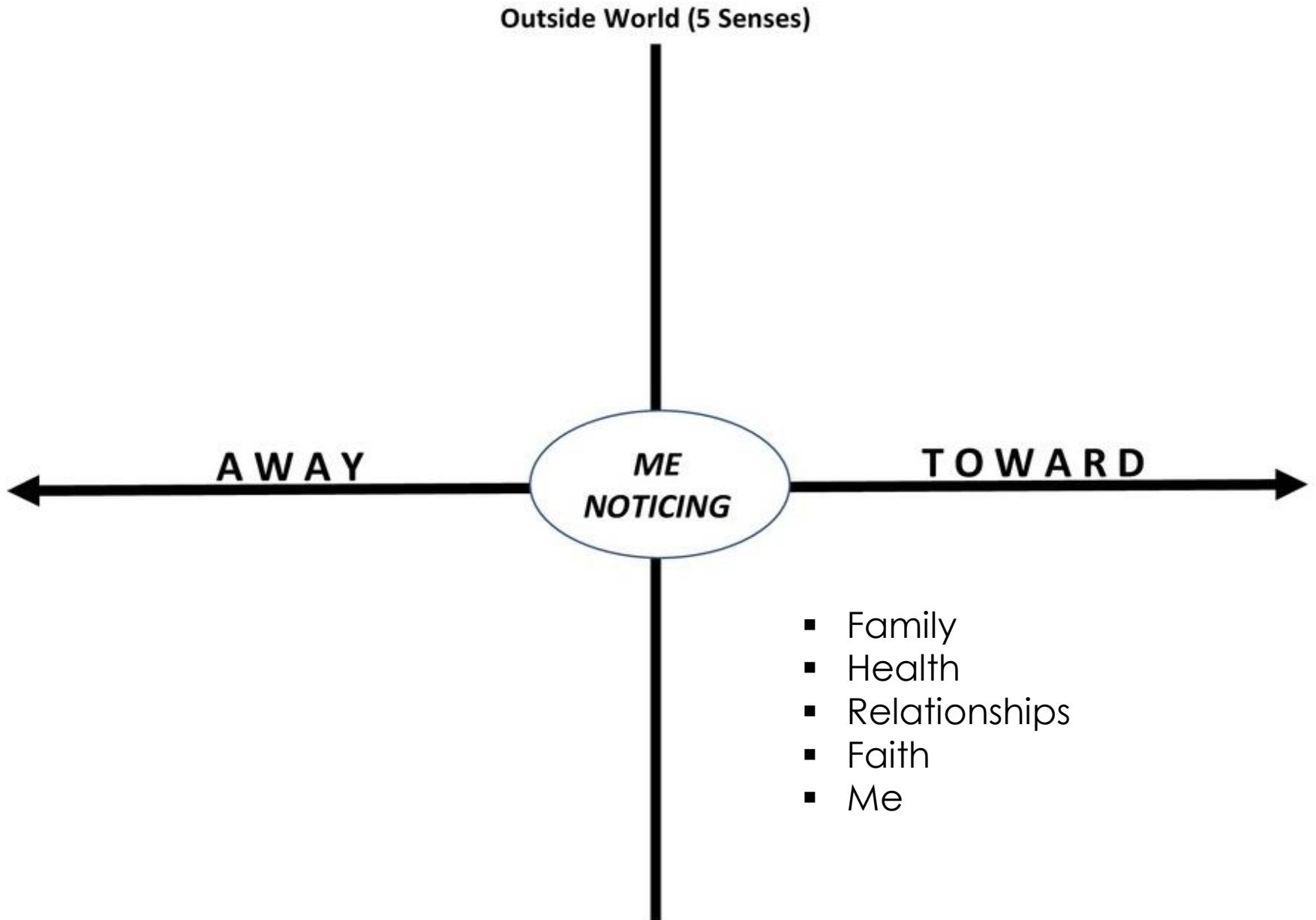
- ❑ Mindfulness-based Therapy
- ❑ ACT is not CBT
- ❑ Three focus areas:

Accepting your TFPs
Choosing a valued direction
Taking Action



Values Bull's Eye (Harris, 2008)





Just the Facts (Brillhart, 2015)

THOUGHTS:

FACTS:



Just the Facts (Brillhart, 2015)

THOUGHTS:

- “I’m a Failure”
- “I’m broken”
- “I’m unlovable”
- “I can’t....”
- “I’m ugly”

FACTS:

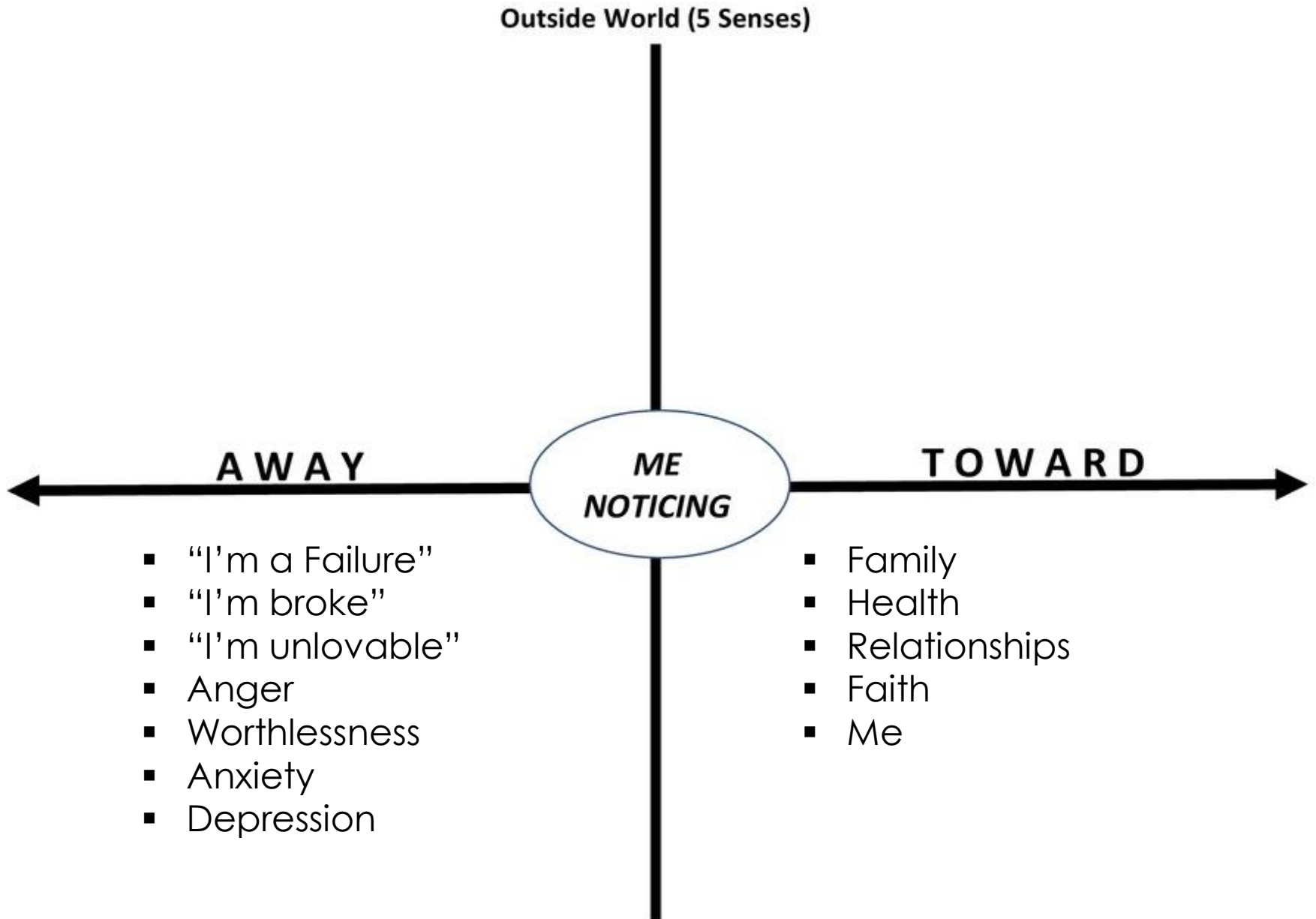
Just the Facts (Brillhart, 2015)

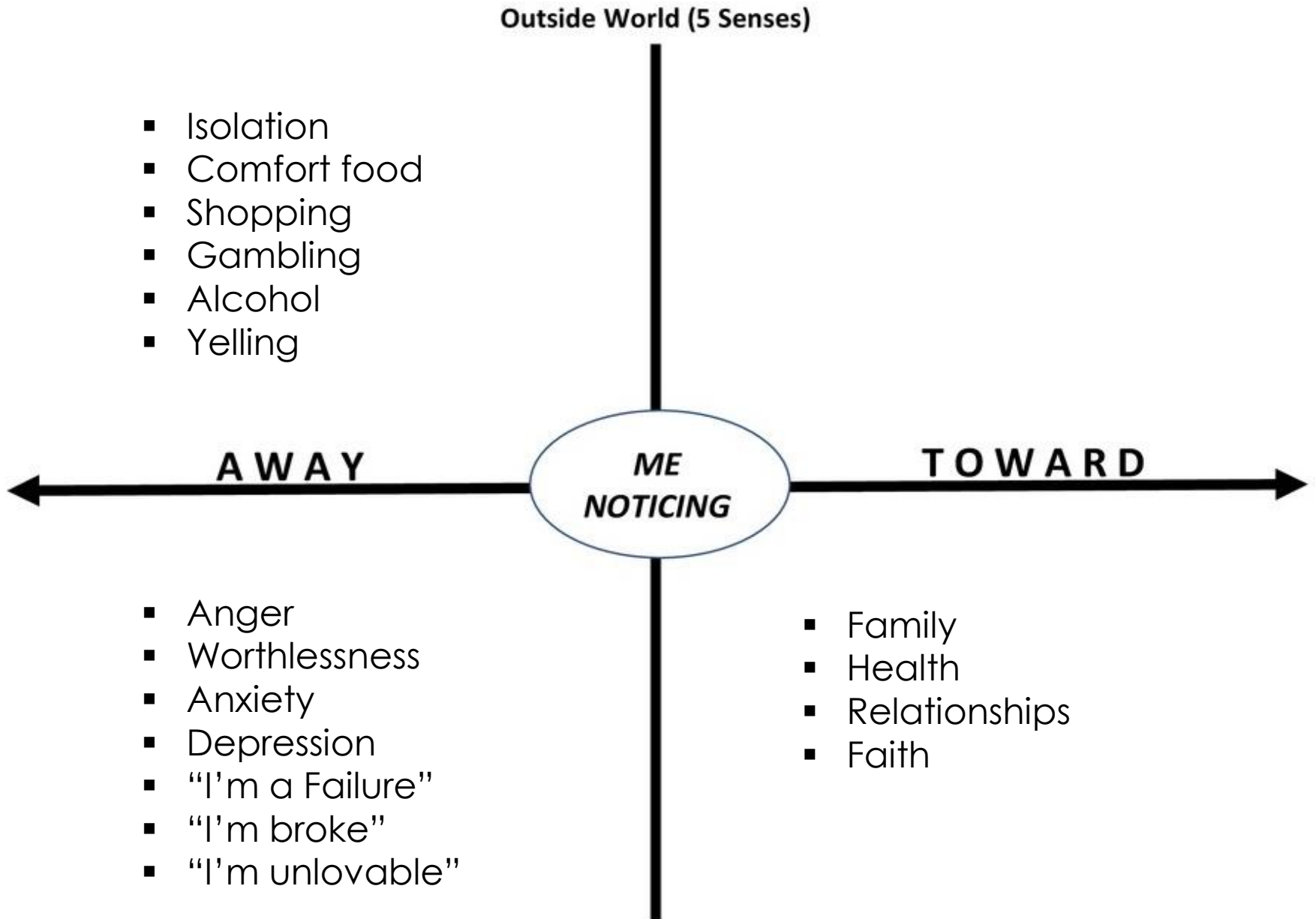
THOUGHTS:

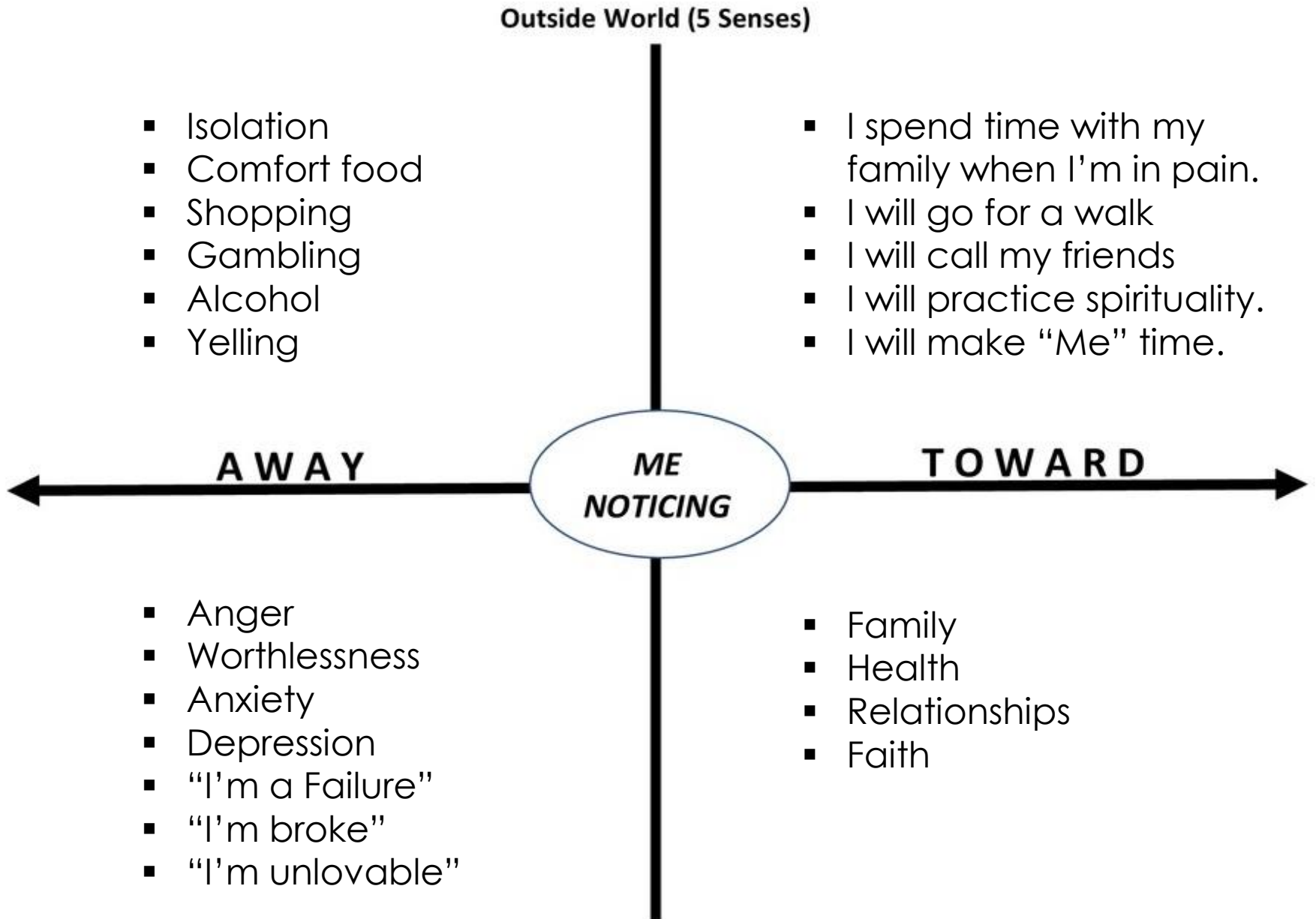
- “I’m a Failure”
- “I’m broken”
- “I’m unlovable”
- “I can’t....”
- “I’m ugly”

FACTS:

- “I can be successful”
- “I’m not broken all the time.”
- “My family loves me.”
- “I can....”
- “My [partner] says I’m attractive.”







S.M.A.R.T. Goals (Doran, 1981)

Specific
Measurable
Attainable
Realistic
Timebound



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References

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- ❑ Doran, G. (1981). There's a S.M.A.R.T. way to write management's goals and objectives. *Management Review*, 70, 35.
- ❑ Harris, R. (2008). The Bull's Eye. Retrieved from http://thehappinesstrap.com/upimages/Long_Bull's_Eye_Worksheet.pdf, on August 17, 2017
- ❑ Polk, K. L., & Schoendorff, B. (Eds.). (2014). *The ACT Matrix: A New Approach to Building Psychological Flexibility Across Settings and Populations*. Oakland, CA: New Harbinger Publications.
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