



接纳承诺治疗简介

Introduction to Acceptance and Commitment Therapy

罗厚员


Ph. D. (University of Alberta)

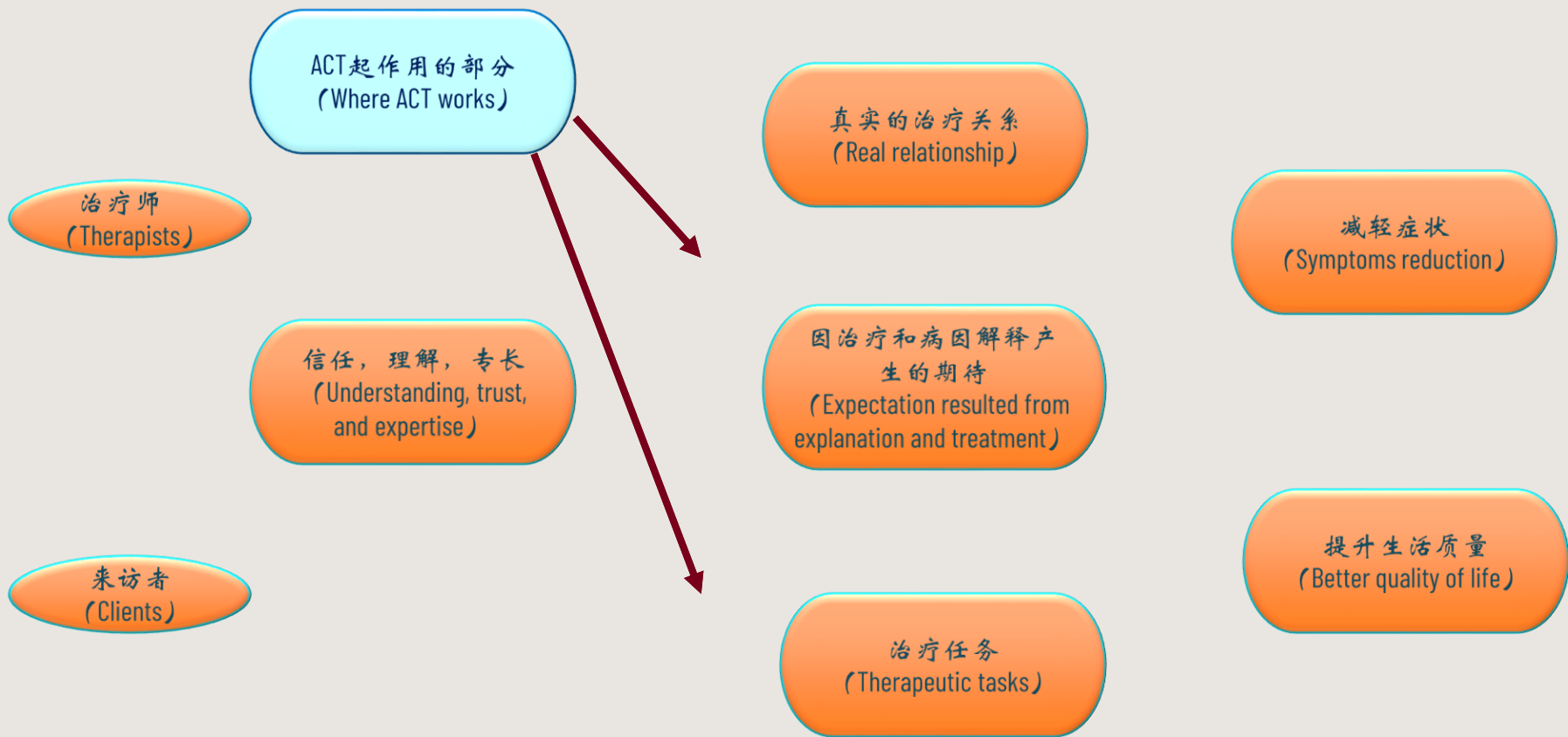
C. Psych. (Counselling and Clinical Psychology)

Toronto, Ontario, Canada

drhouyuan@gmail.com

2020年5月2日晚8点至10点





心理治疗的情境模型
(Contextual Model of Psychotherapy)

内容概要

- 01 哲学基础 (Philosophical Foundation)
- 02 基本原则 (Basic Principles)
- 03 治疗过程 (Treatment Process)
- 04 案例概念化 (Case Conceptualization)
- 05 基本技术 (Basic Techniques)
- 06 案例分析 (Case Analysis)




哲学基础 (Philosophical Foundation)

1. 功能情境主义 (Functional Contextualism)
2. 实用主义 (Pragmatism)
3. 佛学 (Buddhism)
4. 存在主义 (Existentialism)
5. 激进行为主义 (Radical Behaviorism)





内容概要

- 
- 01 哲学基础 (Philosophical Foundation)
 - 02 基本原理 (Basic Principles)
 - 03 治疗过程 (Treatment Process)
 - 04 案例概念化 (Case Conceptualization)
 - 05 基本技术 (Basic Techniques)
 - 06 案例分析 (Case Analysis)



基本原理 (Basic Principles)

1. 人生的本质 (Nature of Life)

痛苦是常态，幸福是例外 (Pain is inevitable and normal, happiness is exceptional) 。

人生的目标是变得更有意义，而非一定更快乐 (More fulfilling rather than necessarily happier) 。

背景：

佛学四圣谛 (Four Noble Truths) 中的苦谛 (Dukkha) 。

叔本华 (Schopenhauer) 认为人生的本质是痛苦的。

存在主义心理治疗对人生意义的重视。





基本原则 (Basic Principles)

2. 心理病理学成因 (Psychopathology)

认知融合 (Cognitive Fusion)

经验性回避 (Experiential Avoidance)


背景:

佛学四圣谛 (Four Noble Truths) 中的集谛 (Samudaya)。

进阶:

循程心理治疗 (Process-based Psychotherapy, PBT)

跨诊断心理治疗 (Trans-diagnostic Therapy)





基本原则 (Basic Principles)

3. 控制欲的问题 (Problems of Control Agenda)

痛苦 (Pain) vs 折磨 (Suffering)

又称

净痛 (Pure Pain) vs 垢痛 (Dirty Pain)





基本原则 (Basic Principles)

4. 关系框架理论 (Relational Frame Theory, RFT)

行为主义视角下的人类语言学习机制，对立于乔姆斯基的生物语言学理论 (Biolinguistics)。

ACT中用来消解语言的负面作用，如解离技术和大量使用隐喻 (Metaphor)。





基本原则 (Basic Principles)

5. 治疗目标 (Aim of ACT)

促进心理灵活性 (Psychological Flexibility)

定义:

充分地，有意识地接触此时此刻，并且能够坚持或改变自己的行为，以实现自己选择的人生价值。

“The process of contacting the present moment fully as a conscious human being and persisting or changing behavior in the service of chosen value” (Hayes et al., 2006, p. 9)





基本原则 (Basic Principles)

6. 始终关注可行性 (Workability)

判断可行性的标准在于是否符合价值观，始终以价值观作为判定是否需要改变的依据。

创造性无望 (Creative Hopelessness)：ACT中的动机式访谈 (Motivational Interviewing)。

常用问题：什么对你而言最重要？什么阻碍了你实现它们？你做了哪些尝试？效果如何？
有些什么代价？

What matters to you? What gets in the way? What have you tried? How has it worked and what has it cost?

背景：

功能情境主义 (Functional Contextualism)

实用主义 (Pragmatism)





基本原则 (Basic Principles)

7. 重视体验而非说教 (Experiential rather than didactic)

通过不断邀请来访者参与治疗活动来启发不同的视角，不鼓励说教。

Inviting clients to experientially do the therapeutic activities to get different perspectives.
Didactic therapy is discouraged.





内容概要

- 
- 01 哲学基础 (Philosophical Foundation)
 - 02 基本原则 (Basic Principles)
 - 03 治疗过程 (Treatment Process)
 - 04 案例概念化 (Case Conceptualization)
 - 05 基本技术 (Basic Techniques)
 - 06 案例分析 (Case Analysis)



治疗过程 (Treatment Process)

一句话概括ACT治疗过程 (The Process of ACT Treatment in One Sentence)

明晰人生价值，设定目标，识别阻碍，解决问题或接纳痛苦或减轻痛苦带来的影响，实现人生价值。

Clarifying life values, setting goals, identify barriers, solving problems or accepting challenging experiences or reducing the power of them, and fulfilling the life values.



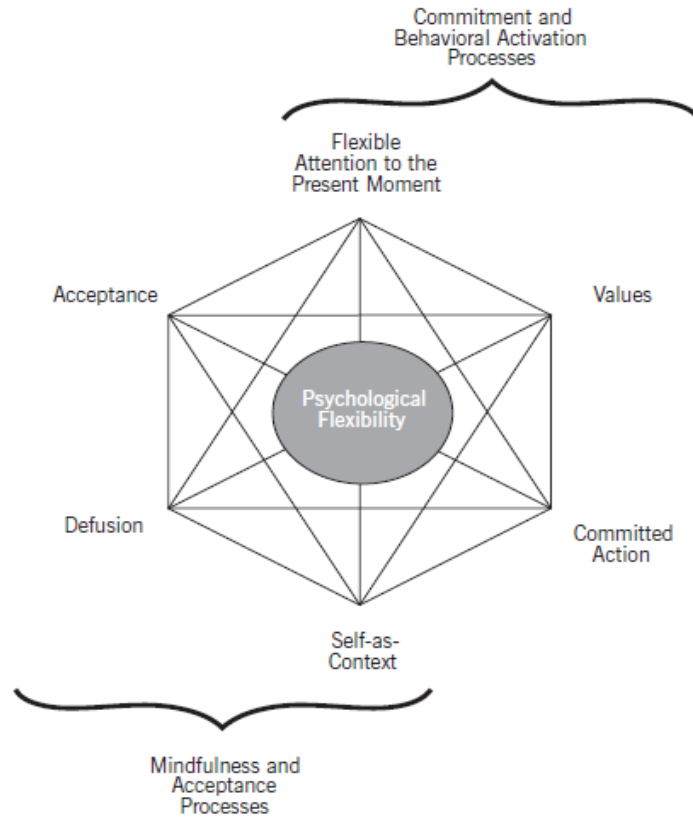


FIGURE 3.2. Psychological flexibility as a model of human functioning and behavior change. The four processes on the left are taken to be mindfulness and acceptance processes; the four on the right are commitment and behavior change or behavioral activation processes. All six working together are “psychological flexibility.” Copyright by Steven C. Hayes. Used by permission.

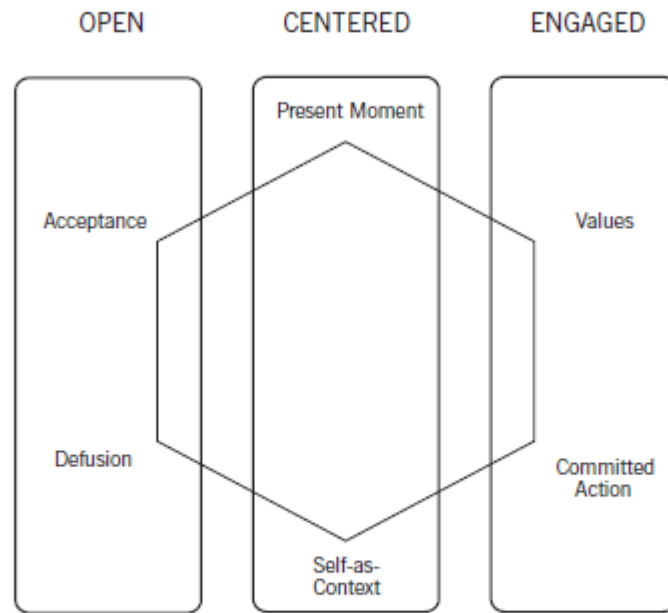



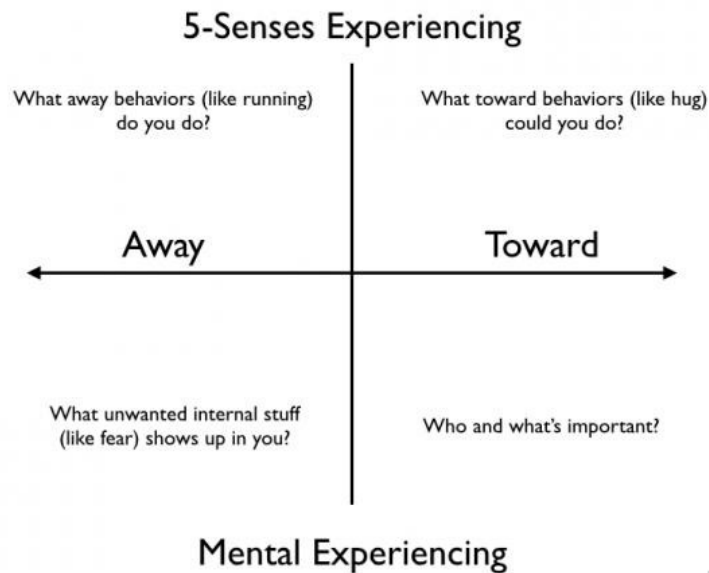
FIGURE 3.3. The three response styles that make up psychological flexibility.
Copyright by Steven C. Hayes. Used by permission.




内容概要

- 
- 01 哲学基础 (Philosophical Foundation)
 - 02 基本原则 (Basic Principles)
 - 03 治疗过程 (Treatment Process)
 - 04 案例概念化 (Case Conceptualization)
 - 05 基本技术 (Basic Techniques)
 - 06 案例分析 (Case Analysis)

案例概念化-ACT 矩阵 (Case Conceptualization-ACT Matrix)




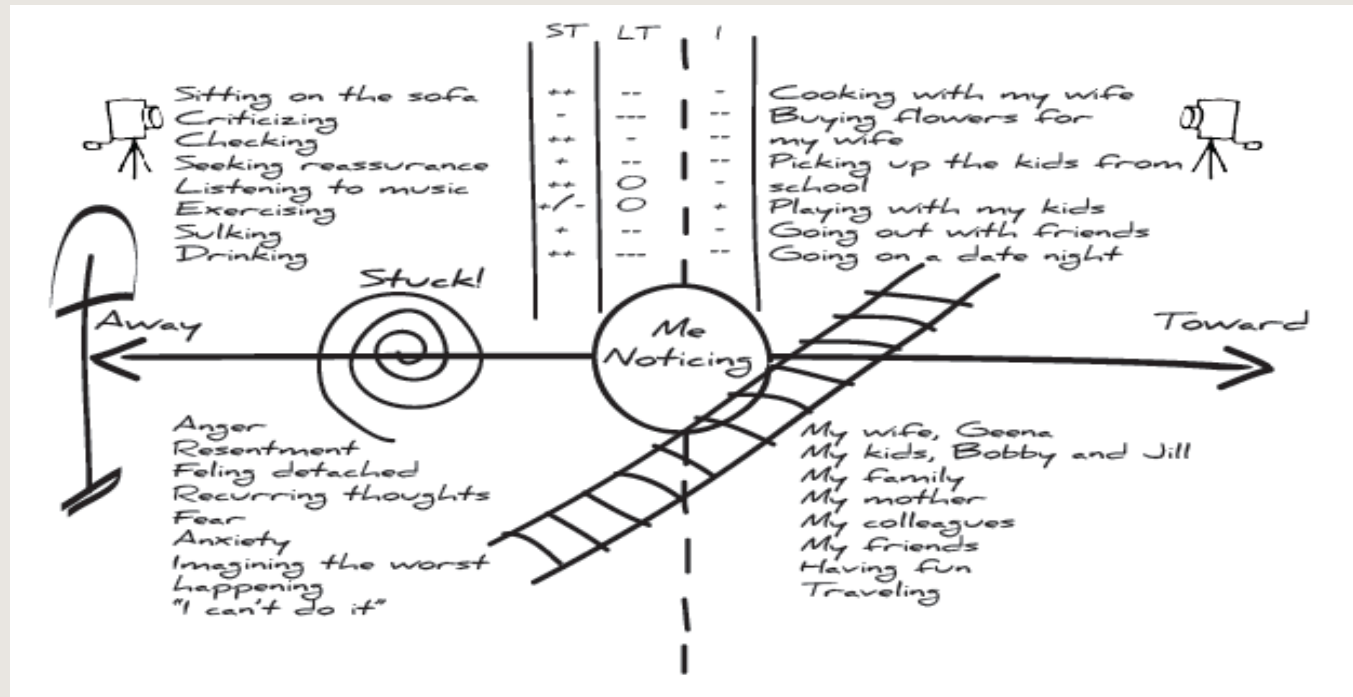


案例概念化-ACT 矩阵 (Case Conceptualization-ACT Matrix)

五个关键问题

Five key questions


1. 何人何事对你最重要 (Who and what are important to you?)
 2. 在实现最重要的人生价值过程中什么阻碍了你? (What shows up and gets in the way of moving toward who or what is important?)
 3. 是谁在进行这些思考? (Who stands at the center of the point of view?)
 4. 为了逃避讨厌的内心体验,你做了些什么? (What are some of the things you do to move away from unwanted inner stuff?)
 5. 你可以做些什么来实现重要的人生价值?
(What do you do or could you do to move toward who or what is important?)
- 



(Polk, Schoendorff, Webster, & Olaz, 2016, p.51)



内容概要

- 
- 01 哲学基础 (Philosophical Foundation)
 - 02 基本原则 (Basic Principles)
 - 03 治疗过程 (Treatment Process)
 - 04 案例概念化 (Case Conceptualization)
 - 05 基本技术 (Basic Techniques)
 - 06 案例分析 (Case Analysis)



基本技术 (Basic Techniques)

1. 明晰人生价值 (Values Clarification) 技术

人生价值 vs 具体目标 (Values vs Goals)

自下而上法 (Bottom-up Approach) :

奇迹提问 (miracle question)

询问具体的兴趣 (ask specific things interested)

询问厌恶的事情 (ask things aversive) 。






基本技术 (Basic Techniques)

1. 明晰人生价值 (Values Clarification) 技术

自上而下法 (Top-down Approach) :

直接询问 (directly ask)

人生指南针 (life compass)





基本技术 (Basic Techniques)

2. 承诺行动 (Committed action) 技术

类似于行为激活治疗，也可用作拓展DBT中的相反行动技术。(Similar to behavior activation treatment, it can also expand the "opposite action" technique from DBT)

首先设定目标 (goal setting)





基本技术 (Basic Techniques)

目标设定 (Goal setting) 技术

SMART 法则

S pecific	具体的
M easurable	可测量
A ddaptive	健康的
R ealistic	现实的
T ime-framed	有时间表

Short-term goals	短期目标
Medium-term goals	中期目标
Long-term goals	长期目标





基本技术 (Basic Techniques)

行为激活的几个基本原则 (Some principles of behavioral activation) :

根据自己的人生价值行动，而不是自己的心情 (Act on values, not mood) 。

从小事开始做起 (Start from small) 。

寻求行为强化 (Reinforce behaviors) 。

解决障碍和持之以恒 (Solve problems and persist) 。

可以考虑使用活动计划表 (Activity schedule)






基本技术 (Basic Techniques)

识别无法开始行动的阻碍 (Identify barriers to committed actions)

常用问题：什么阻止了你？ (What gets in the way? What stopped you from doing it?)

使用接下来的技术应对这些阻碍 (Utilizing following techniques to cope with those barriers)





基本技术 (Basic Techniques)

3. 认知解离 (Cognitive Defusion) 技术

解离初体验-我xx，我有一个我XX的想法，我注意到我有一个我XX的想法 (A taste of defusion: "I am X", "I'm having the thought that I am X", "I notice I am having the thought that I am X") .

电脑屏幕练习 (Computer screen exercise) .

溪流上的树叶 (Leaves on the stream) .





基本技术 (Basic Techniques)

解离的目的不是消除讨厌的体验，而是减轻这些体验的威力，因此来访者能够进行承诺行动。

The purpose of defusion is NOT to get rid of challenging experiences, but reduce the power of them so that clients can do committed actions.





基本技术 (Basic Techniques)

4. 接纳 (Acceptance) 技术

The nature of acceptance is allowing rather than liking or hating.

接纳的本质是允许（某种体验的存在），而不是喜欢或厌恶。

汤圆练习-原型：白熊思维实验 (Tangyuan task-prototype: white bear thought experiment)

叫花子隐喻和沼泽隐喻 (Joe the Bum metaphor and swamp metaphor) .

情绪聚焦/格式塔中的椅子技术 (Chair work from EFT/Gestalt) .

认知行为治疗中的暴露技术 (Exposure from CBT) .

辩证行为治疗中的极限接纳和安全区想象练习技术
(Radical acceptance, safe place visualization from DBT) .





基本技术 (Basic Techniques)


5. 正念 (Mindfulness) 技术

常规正念训练 (Regular mindfulness training)

简短的锚定技术 (Brief grounding techniques)

以正念呼吸为例，正念是训练注意力和觉知力，而不是训练呼吸，呼吸只是一个注意的目标。

(Take mindful breathing for example, it is about attention and awareness training instead of breathing training, breathing is just a target in this exercise)






基本技术 (Basic Techniques)

5. 正念 (Mindfulness) 技术

为什么要训练注意力和觉知力？ (Why need attention and awareness training?)

帮助来访者慢下来，意识到此时此刻在发生什么而不是自动反应（如被情绪，冲动带走），然后才能够有意识地管理自己的内心过程和行为，这是治疗技术起效的基本前提。

(Help clients slow down and notice what is happening instead of acting automatically (e.g., getting carried away by emotions and impulses), then they can manage their inner processes and behaviors consciously, this is foundational to therapeutic effect)





基本技术 (Basic Techniques)

6. 自我慈悲 (Self-compassion)

自我批评的反面，自我批评可以导致很多问题，如抑郁，焦虑，过度讨好等等 (Self-compassion is the opposite of self-criticism, which can cause problems like depression, anxiety and people-pleasing and so on) 。

自我慈悲包含：

觉察力 (Awareness)

正常化 (Normalizing)

仁慈 (Kindness)

缓解 (Alleviation)





基本技术 (Basic Techniques)

6. 自我慈悲 (Self-compassion)

自我慈悲的训练计划通常包括 (Self-compassion training protocol usually includes) :

- 动机增强 (Motivation improvement)
- 正念训练 (Mindfulness training)
- 慈悲意象 (Compassionate imagery)
- 慈悲思维 (Compassionate thinking)
- 慈悲行为 (Compassionate behavior)
- 慈悲生活方式 (Compassionate living)





基本技术 (Basic Techniques)

7. 经典认知治疗技术 (Classical Cognitive Therapy techniques)


先通过认知治疗技术确保来访者的困扰不属于纯粹建立在曲解事实的基础上，然后再应用ACT的技术。

First, use cognitive therapy techniques to make sure clients' struggles are not solely based on biased perception of the reality, then use ACT techniques.





内容概要

- 
- 01 哲学基础 (Philosophical Foundation)
 - 02 基本原则 (Basic Principles)
 - 03 治疗过程 (Treatment Process)
 - 04 案例概念化 (Case Conceptualization)
 - 05 基本技术 (Basic Techniques)
 - 06 案例分析 (Case Analysis)

案例分析 (Case Analysis)

1. 一位甲状腺癌存活者的困境

使用到的技术:

1. Values exploration
2. Goals setting
3. Computer screen
4. Self-compassion

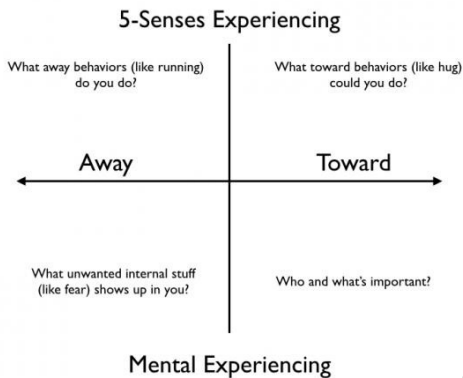


案例分析 (Case Analysis)

2. 一位被幻听困扰的青年

使用到的技术:

1. Cognitive techniques
2. Tangyuan task
3. Values exploration
4. Goals setting
5. Leaves on the stream
6. Joe the Bum
7. Computer screen



The Matrix
Kevin Polls, Ph.D.



案例分析 (Case Analysis)

3. 遇到职业发展瓶颈的中年人

使用到的技术:


1. Values exploration
2. Goals setting

厌恶办公室政治，厌恶看不到工作成果，厌恶被干预太多

人际关系简单，希望看到工作成果，不被干预

任务取向，可看到直接结果，有自主权


根据职业价值量化考察具体职位



一些思考 (Final Thoughts)

个人主义和集体主义对个体的影响，可能导致个体对人生价值的理解有显著差异。






一些思考 (Final Thoughts)

ACT 的优势

1. 简洁高效的框架。
2. 实用可行的技术。

ACT 的不足

1. 不重视体验的意义。
 2. 初学时具体技术不够清晰。
- 

书籍推荐

Books Recommendation

Harris, R. (2019). *ACT made simple: An easy-to-read primer on acceptance and commitment therapy 2nd edition*. New Harbinger Publications. (中文版: 《ACT, 就这么简单 第一版》, 祝卓宏等译, 机械工业出版社, 2016)

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2011). *Acceptance and commitment therapy: The process and practice of mindful change*. Guilford Press. (中文版: 《接纳承诺治疗: 正念改变之道》, 祝卓宏等译, 知识产权出版社, 2016)

Polk, K. L., Schoendorff, B., Webster, M., & Olaz, F. O. (2016). *The essential guide to the ACT Matrix: A step-by-step approach to using the ACT Matrix model in clinical practice*. New Harbinger Publications.



书籍推荐

Books Recommendation

Harris, R (2008). *The happiness trap: how to stop struggling and start living*. Trumpeter, Boston. (中文版: 《幸福的陷阱》, 邓竹菁等译, 机械工业出版社, 2018)

McKay, M., Wood, J. C., & Brantley, J. (2019). *The dialectical behavior therapy skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance 2nd edition*. New Harbinger Publications. (中文版: 《辩证行为疗法: 掌握正念、改善人际效能、调节情绪和承受痛苦的技巧 第一版》, 王鹏飞等译, 重庆大学出版社, 2017)



书籍推荐

Books Recommendation



ACBS
ASSOCIATION FOR
CONTEXTUAL BEHAVIORAL SCIENCE

About ACBSNewsNetworkingEmailing ListsEventsInternationalFAQContactLogin

HomeACTRFTCBSResourcesTrainingChapters/SIGSJoin | Renew

HOME

Resources

Select Language Powered by Google Translate

► Clinical Resources

► Research Resources

► Assessment Measures

► Publications

► Protocols

► Professional Bookstore

► Video

► Audio

► Powerpoints

► Materials in Other Languages

► ACT in Context Podcast

► Journal of Contextual Behavioral Science

Resources



Clinical Resources



Research Resources



Assessment Measures



Publications



Protocols



Professional Bookstore



Video



Audio



Powerpoints

Podcasts

11: ACT with Adolescents with Dr. Louise Hayes

10: ACT for Coping with Trauma and PTSD with Robyn Walser

09: An Introduction to Committed ACTION with Daniel J. Moran

SEE ALL PODCASTS

Featured Video



Materials in Other Languages




Journal of Contextual Behavioral Science



ACT in Context Podcast

Featured book

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (second edition)



Centre for
Clinical
Interventions

Home / Resources / For Clinicians

About UsTreatmentResearchTrainingResourcesNews

Self Compassion

Also in this section

Overview

Looking After Yourself

Looking After Others

For Clinicians

Workbook - Building Self-Compassion

From Self-Criticism to Self-Kindness: This workbook is designed to provide you with some information and practical skills to help you be less critical and more compassionate towards yourself. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Module 1: Understanding Self-Compassion

This module provides a general description of what self-compassion is, and why it is important to our mental health, particularly in helping us overcoming our tendency to be our own worst critic.

Module 2: Barriers to Self-Compassion

This module is about pre-empting and dealing with the common barriers that get in the way of being more compassionate towards ourselves. Typical barriers are positive beliefs we may hold about being self-critical and negative beliefs we may hold about what is means to be self-compassionate.

Module 3: Preparing for Self-Compassion

This module teaches you the first practical steps towards being more self-compassionate. That is, retraining your attention to be more aware of when you are being self-critical and may be in need of a kinder approach to yourself, and also how to slow things down, using your breathing to activate a calming physical state that is more conducive to being self-compassionate.

Module 4: Compassionate Imagery

We know that imagery can be very powerful in triggering our emotions. With this in mind, this module teaches you how to develop your own compassionate image, that will help you trigger compassionate feelings within you, which you can then direct towards yourself whenever you need them.

Module 5: Self-Compassionate Thinking



ACT交流学习群



该二维码7天内(5月9日前)有效，重新进入将更新

ACT学习交流群