

Figure 7.1 Summary of Defusion Techniques

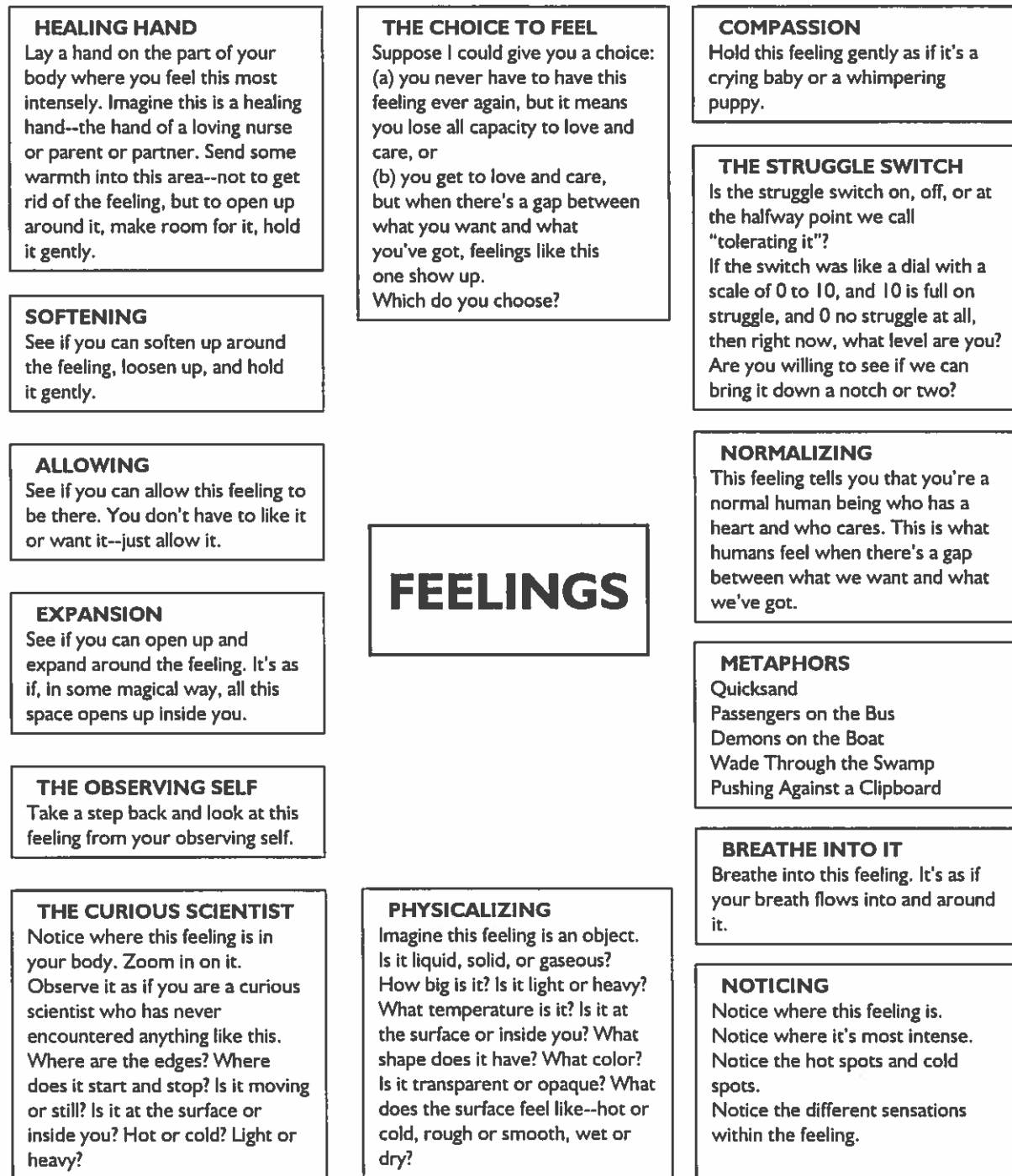


Figure 8.1 Common Acceptance Techniques

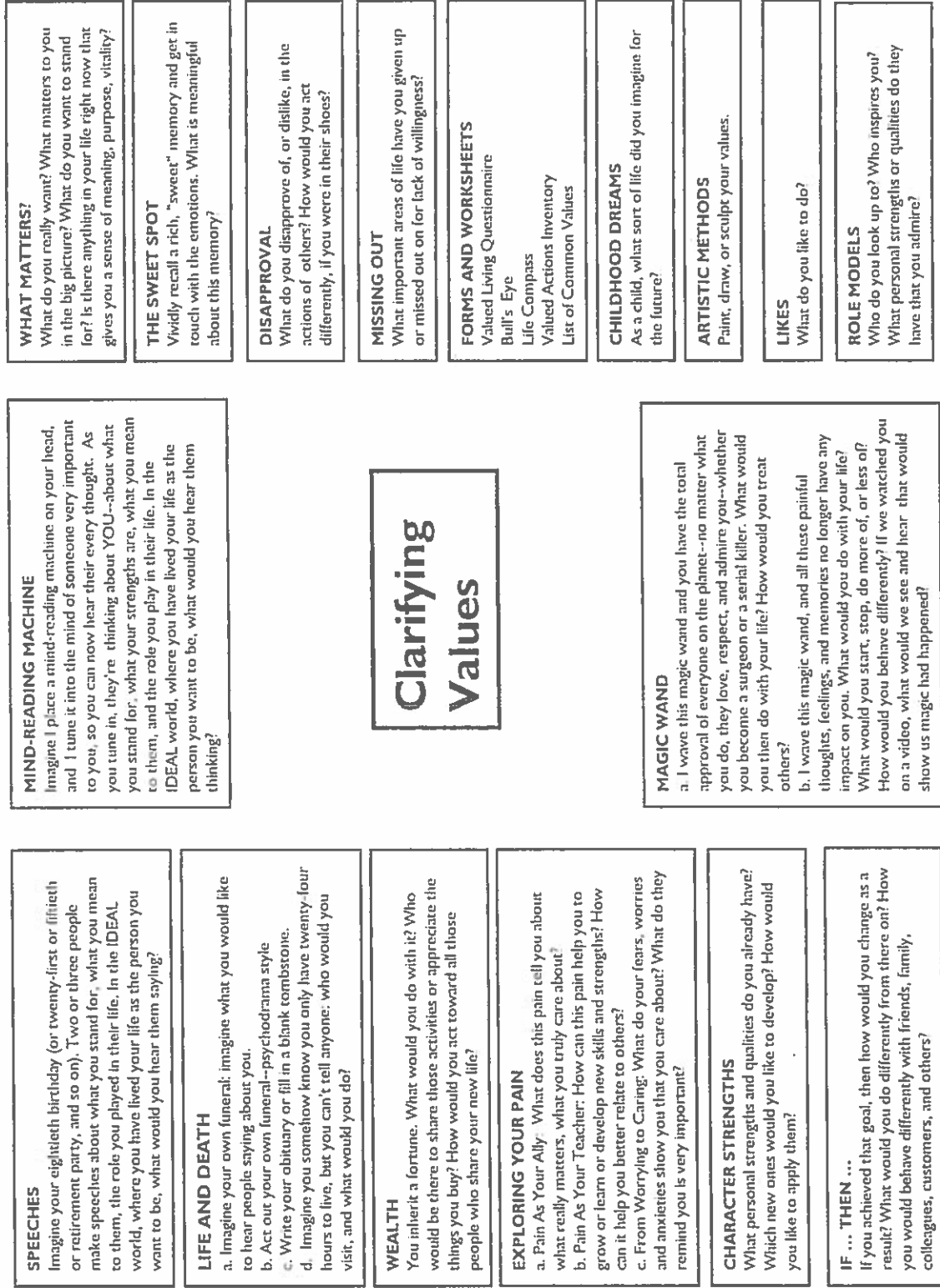


Figure 11.1 Common Values Clarification Techniques

Dropping anchor/expansive awareness
Powerful first step with overwhelming memories
– push feet hard into floor (or other anchoring strategy, e.g. diaphragmatic breathing) and notice the memory & also notice your body & also notice what you see, hear, touch, taste, smell etc.

Noticing & Naming:
"I'm noticing ..", "I'm having a memory of .."
NB must be non-judgmental naming. Ideally the naming establishes the memory into a historical narrative: e.g. "memory of the Vietnam war, memory of childhood sexual abuse, memory of my father beating me"

New narrative around the memory: making sense or finding meaning or purpose within it. E.g. *What does this memory tell you really matters to you?*

Self-as-context: observing memories from the 'space' of the observing self

'Physicalise' the memory - imagine it as an object: shape, colour, size, temperature, movement, weight, etc. Locate it in the body or 'place' it in the room

Acceptance: 'sitting with' the memory and making room for it, as well as all the thoughts and feelings that go with it

Leaves On A Stream (or similar)
Putting visual memories onto the leaves (or onto clouds in the sky etc.)

Mindful physical movement – especially useful when clients 'freeze up' or adopt 'shutting down' or 'closing off' postures. In the presence of the memory, practise mindfully stretching, walking, drinking, moving, changing postures, moving head and arms, tapping feet, pressing palms together etc.

Self-compassion – acknowledging the presence of the memory and how painful it is; validating and accepting the memory and the emotional pain that goes with it; practicing self-kindness in words, deeds, gestures, imagery and self-talk; and defusing from harsh self-talk (especially shaming self-judgment)

MEMORIES

Deconstruct the memory – i.e. mindfully notice and name and acknowledge all the various 'elements' of it: including imagery, sound, smell, taste, and touch 'within' the memory, and all the various feelings, emotions, thoughts, sensations and changes in body posture that show up in connection with the memory => segue into acceptance of each 'element'

Write out the memory, detailed sensory step-by-step description of what happened
Write out the memory and rescript it
Write about ways you have grown as a result of the events in the memory
Write a letter to yourself from the future describing how you recovered and turned your life around

© Russ Harris 2015 – www.lmlearningACT.com

Self-touch – practicing mindful, kind self-touch in presence of the memory, e.g. hugging yourself, laying a hand on your heart or over the pain, massaging your temples

Describing the memory – narrating the events with emotional and sensory detail, non-judgmentally

Imagery rescripting – visualize/imagine the adult self going back in time to help the younger self in the memory. Adult self can console, comfort, support, advise, counsel, intervene, rescue, help younger self understand what happened and why, etc.

Body-memory connection: explore mindfully what happens in different parts of the body when the memory is present: sensations, postures, actions, movements, feelings. Exploring new responses to these body events, e.g. self-touch, self-compassion, physical movement, breathing differently

Extending the memory – include positive or neutral events that happened immediately before or after and re-run the memory with these incorporated (especially identifying strengths)

Artwork – drawing/painting/ sculpting the memory

Exposure with an imaginary TV or computer Screen – safest to leave this to late in therapy, after other techniques have been used. Visualize the memory on a screen and play around with: zooming in and out of different parts, altering contrast and colour, and sharpness and brightness, altering volume and sound, noticing the background, adding non-judgmental factually descriptive subtitles, looking at the image as if you a cinematographer and noting details like shadows, lighting, colours and textures

