

* Using the ACT Matrix

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COUNSELLOR
RESOURCES



* How to Reference This Lecture

When referring to a lecture from the Counselling Study Resource (CSR), or Counsellor Continued Professional Development (Counsellor CPD), set out your reference as follows:

For CSR:

Bennett, R. 2020. 'Appetitive and Aversive Control'. Using the ACT Matrix [Lecture Recording]. Counselling Study Resource.

For Counsellor CPD:

Bennett, R. 2020. 'Appetitive and Aversive Control'. Using the ACT Matrix [Lecture Recording]. Counsellor CPD.

Here, the part in quote marks shows the section of the lecture that you are referring to (as the whole lecture may be an hour long).

* Learning Outcomes

Objectives:

- ✓ To define and discriminate behaviour under appetitive or aversive control
- ✓ To introduce the key principles of the ACT Matrix
- ✓ To map core processes of the psychological flexibility model onto the ACT Matrix
- ✓ To provide a step-by-step procedure for using the ACT Matrix in practice
- ✓ To identify helpful questions to enable you and your clients to get the most from the ACT Matrix, from assessment through to subsequent interventions



AWAY



TOWARDS



* Appetitive and Adverse Control

- ✓ Behaviour under appetitive control:
 - moving closer to what you do want
 - approaching/exploring an 'appetitive stimulus'
- ✓ Behaviour under aversive control
 - moving away from what you don't want
 - escaping from/avoiding an 'aversive stimulus'

* Appetitive and Aversive Control: Exercise

Create scenarios where the following behaviours are under aversive control or under appetitive control:

- ✓ Running through a forest
- ✓ Making love
- ✓ Moving to a new house
- ✓ Dieting

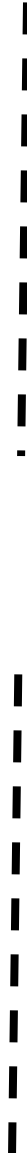
What is the difference, experientially?

* Appetitive and Aversive Control

Things to remember:

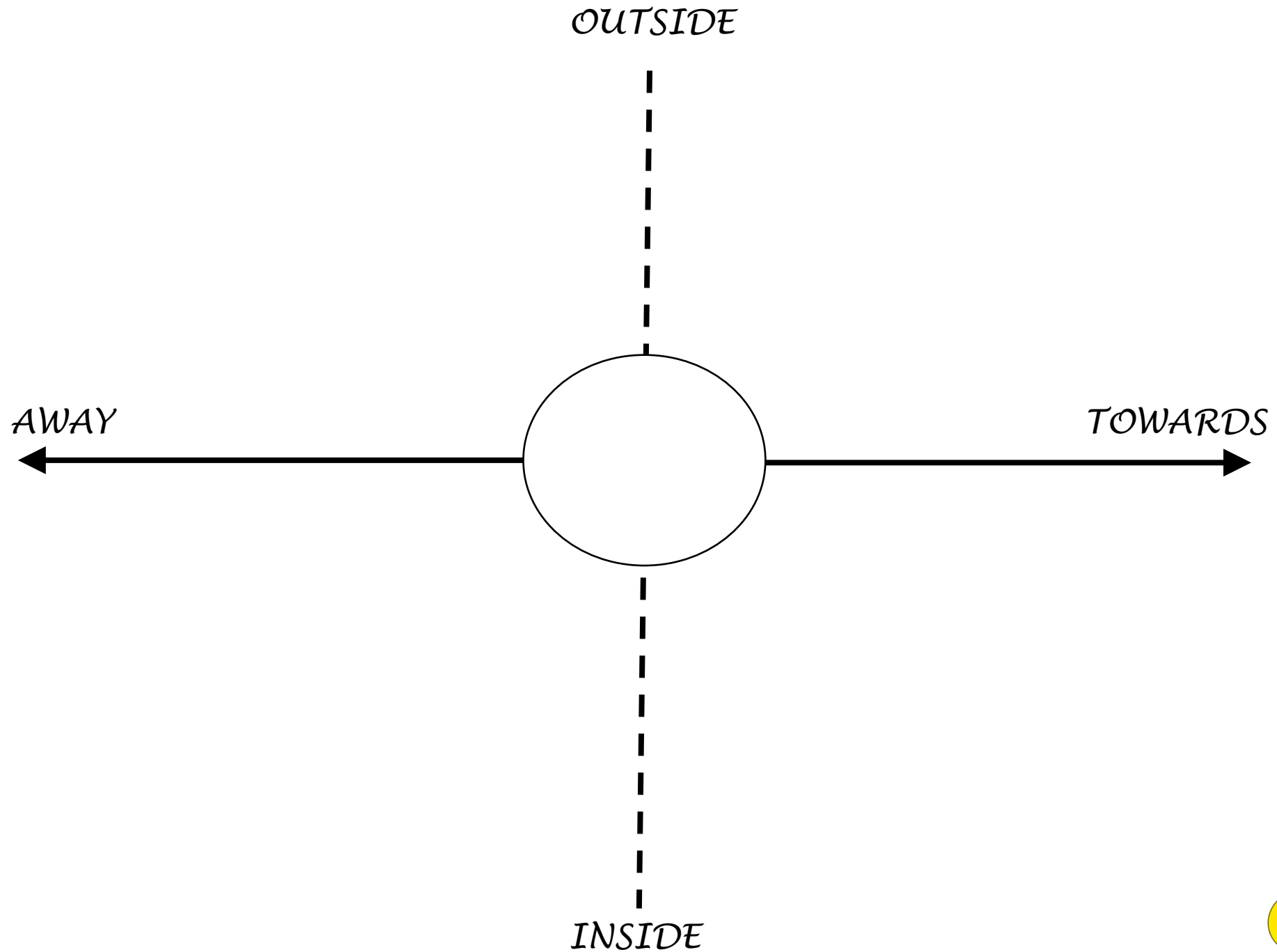
- ✓ Form and function are not the same thing.
- ✓ Intention and function are not the same thing.
- ✓ Any behaviour can be either a towards move or an away move.
- ✓ Functionally similar behaviours can look very different.

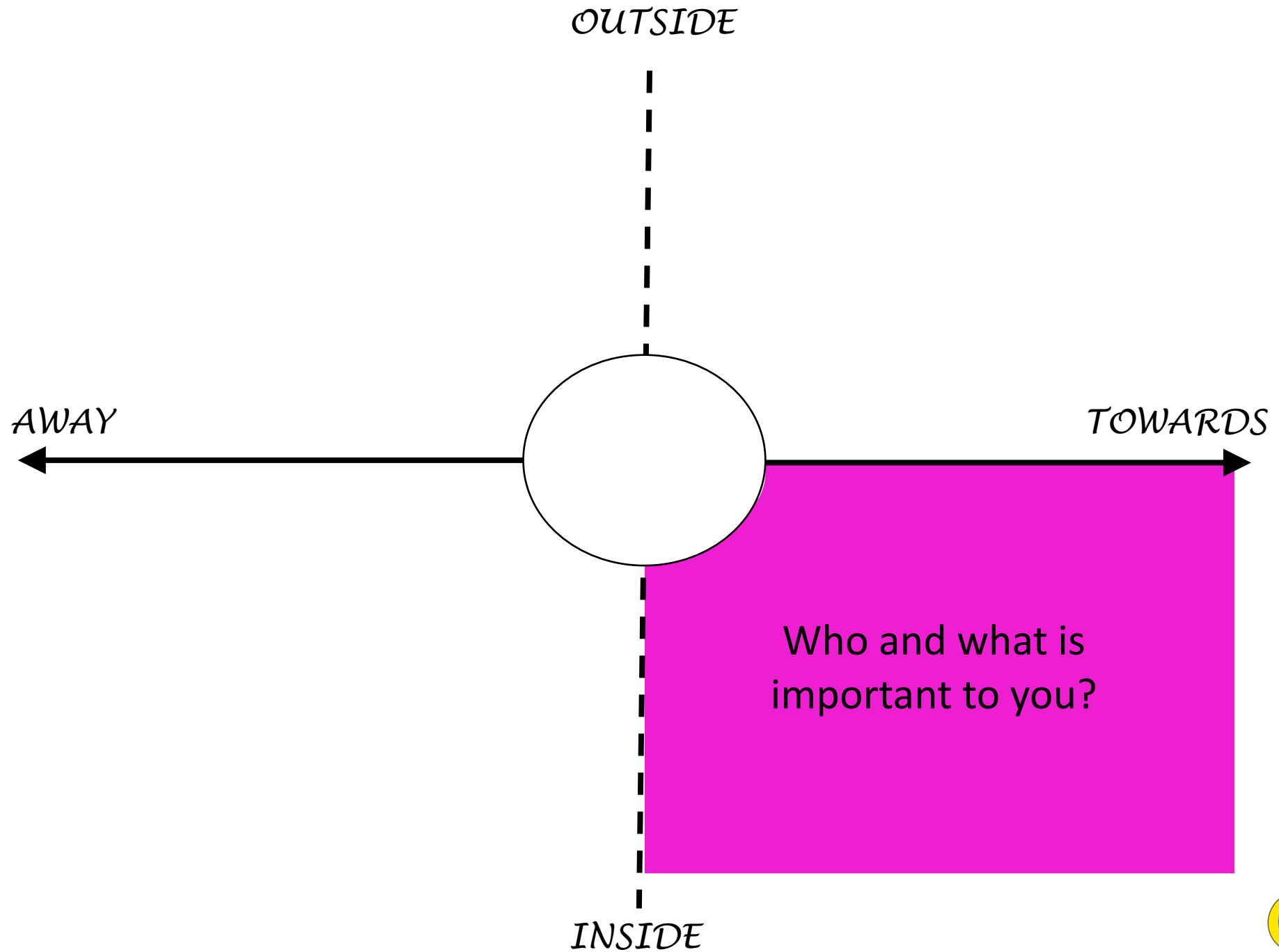
AWAY



TOWARDS

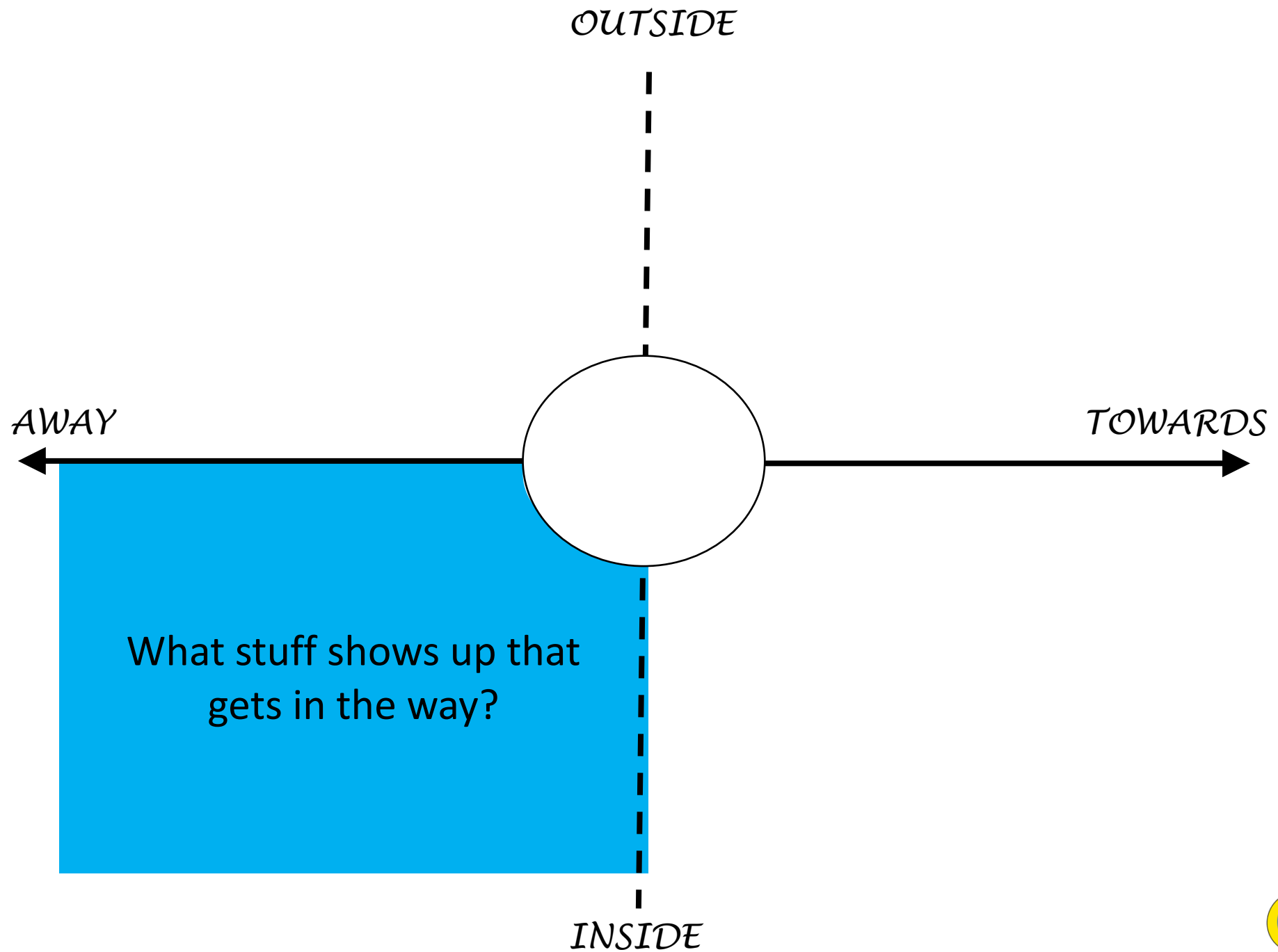






* Values Defined

- ✓ Freely chosen
 - reflecting desires rather than demands
- ✓ Act as a stimulus for reinforcing action
 - something you can enact, as well as think and feel
 - indicate a direction rather than a destination
- ✓ Always present
 - unlike goals, not something you need to wait around for
 - largely independent of context
- ✓ Prioritised, although not necessarily justified
 - like different directions on a compass



* What Gets in the Way?

- ✓ It can be helpful to make a mind/body distinction.
- ✓ A handy mnemonic:

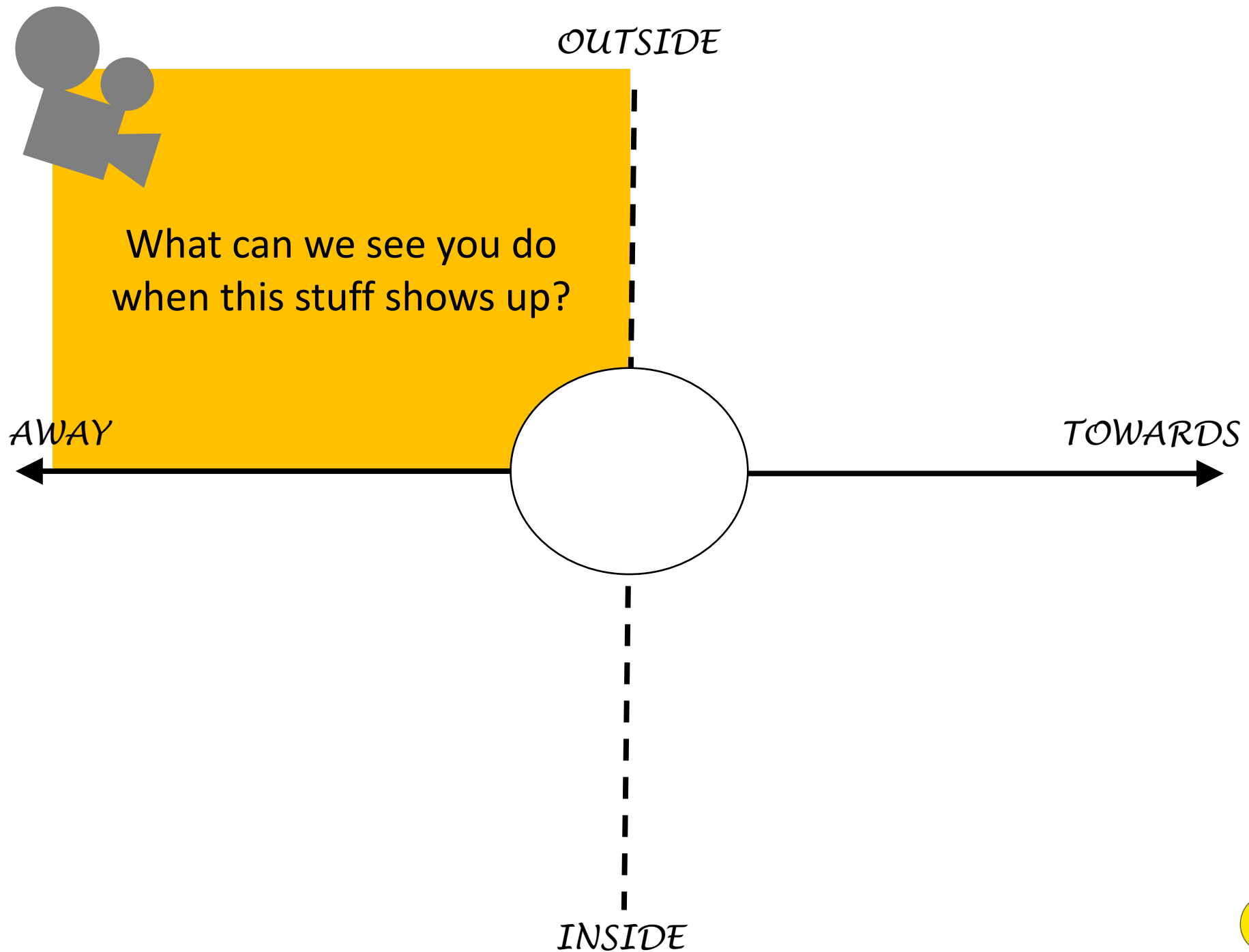
Thoughts

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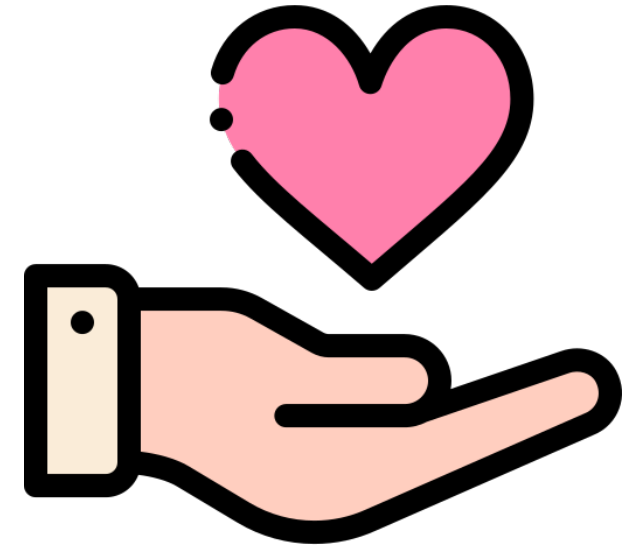
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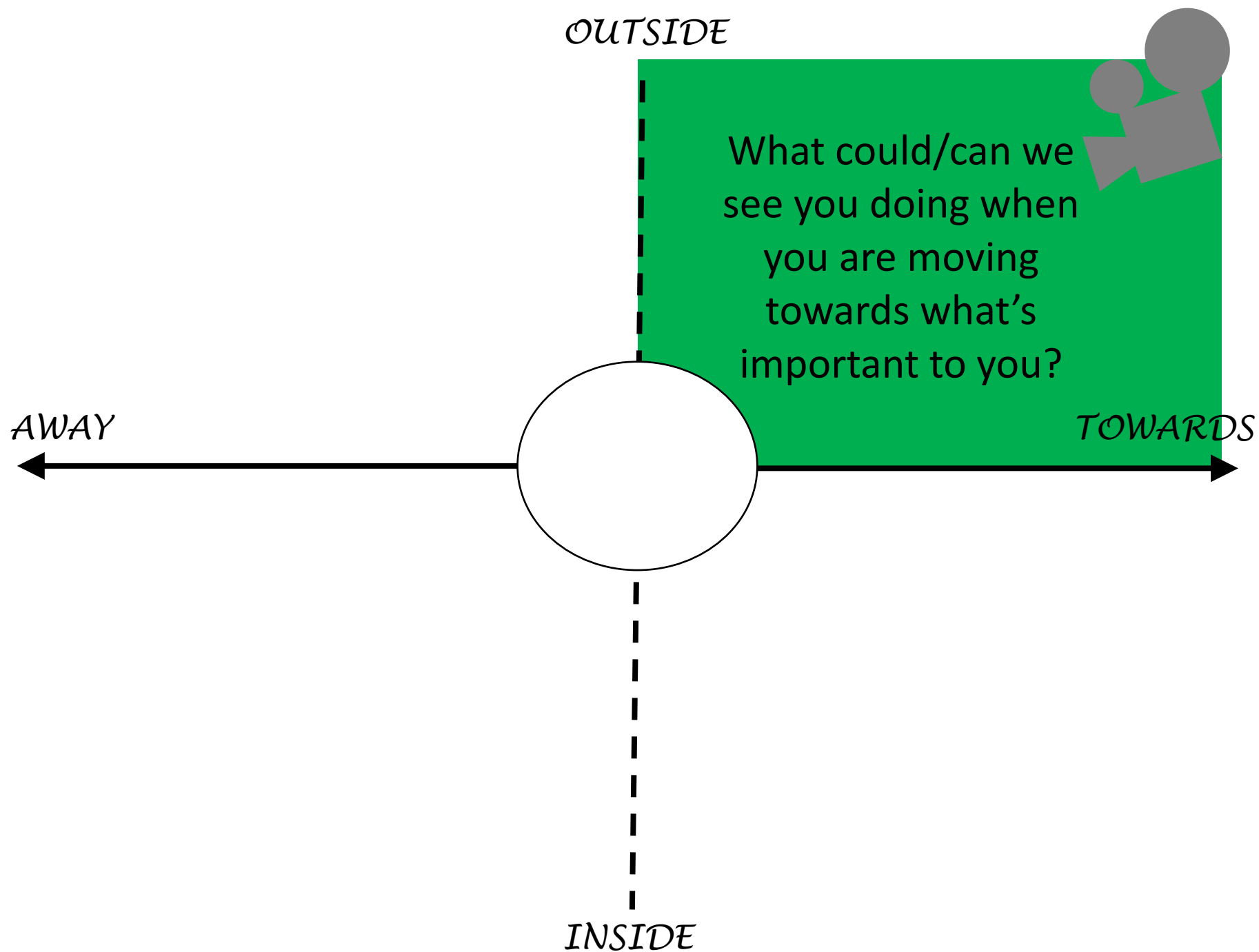
S ensations



* Compassion for the Away Moves

- ✓ Functional analysis of the away moves is important.
- ✓ Away moves are a valid option.
- ✓ Promote self-compassion to counter fusion with blame or self-criticism.
- ✓ Make room for a non-judgemental approach.

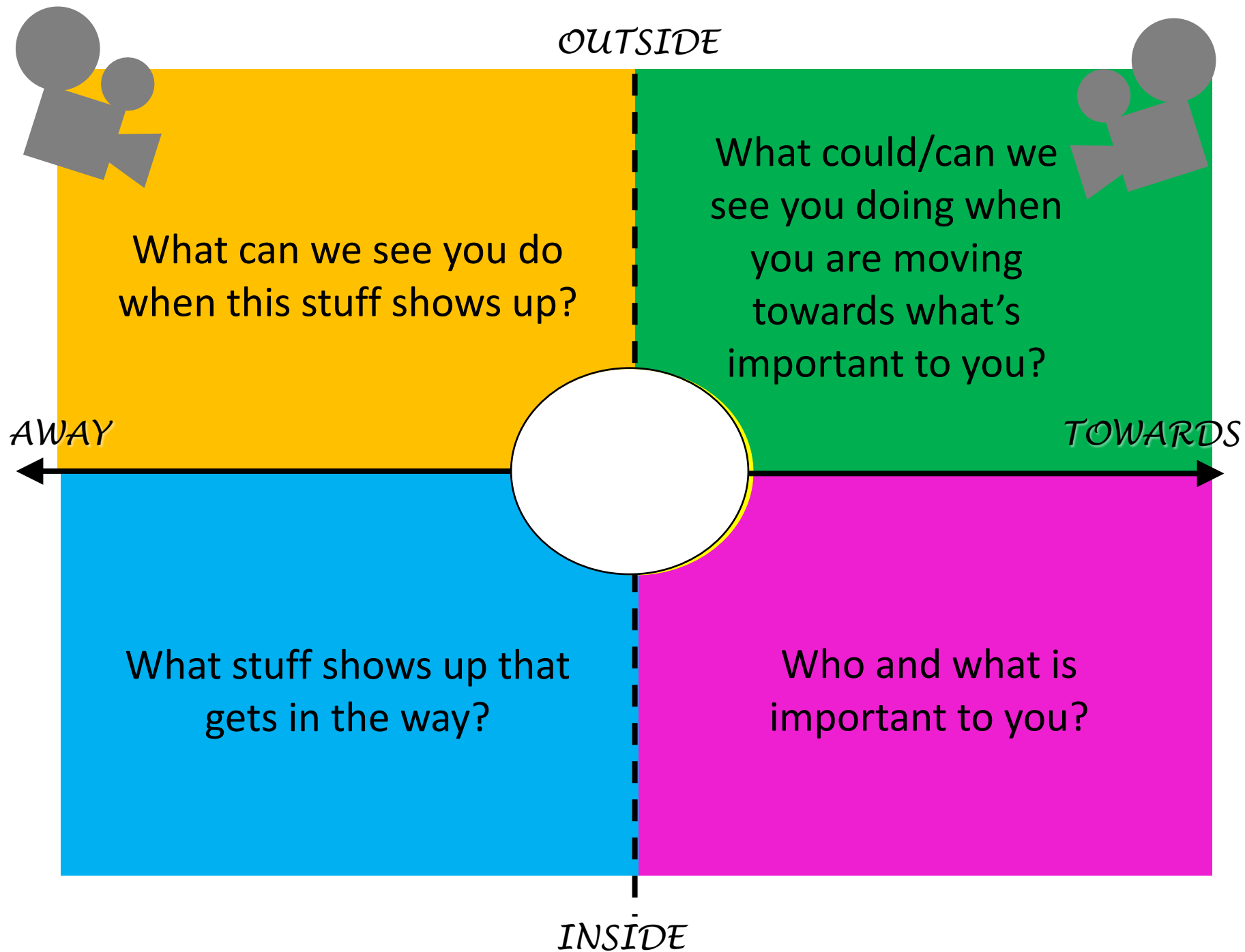


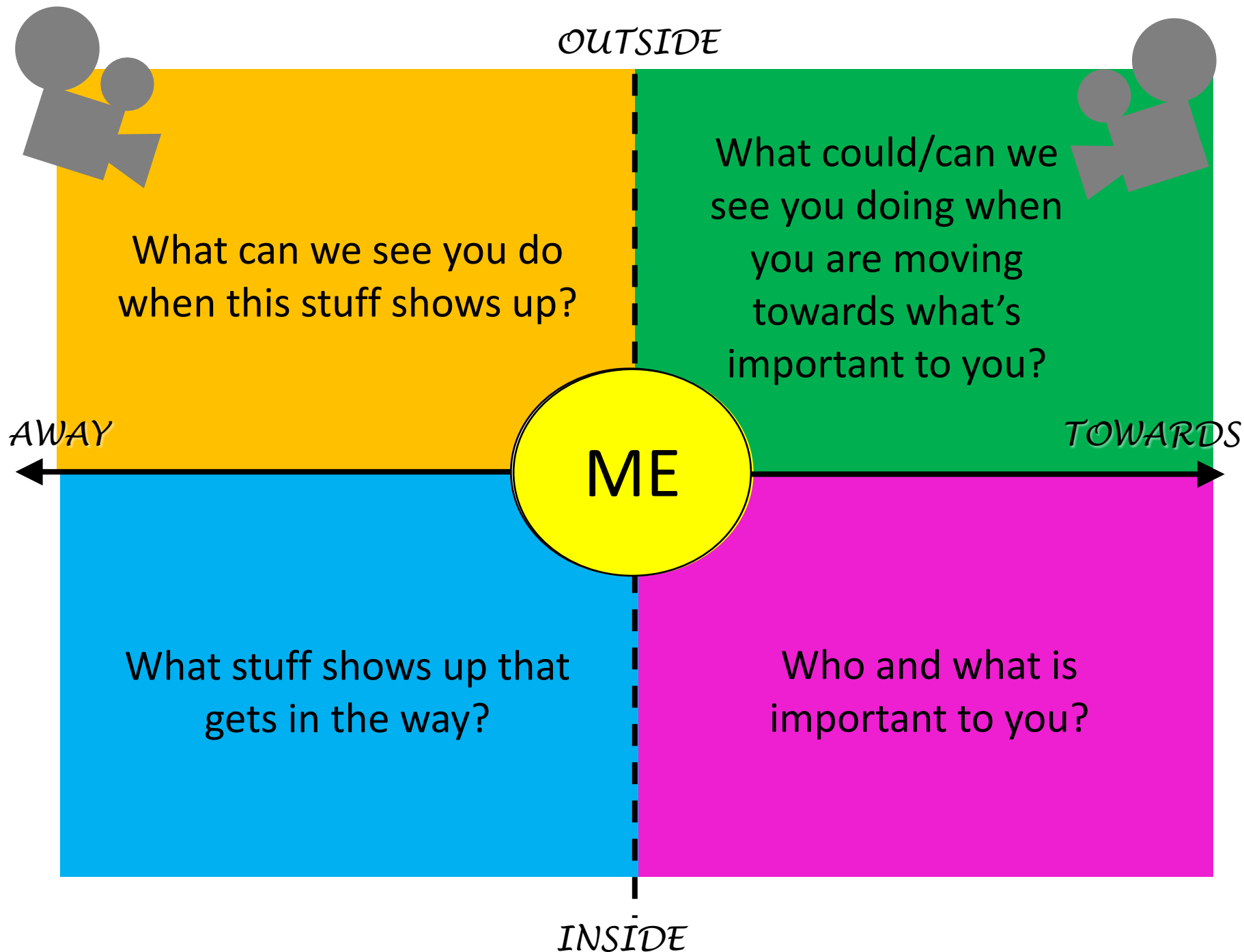


* Above the Line

Focus on observable behaviour:

- ✓ action rather than intention
- ✓ use a CCTV or documentary metaphor
- ✓ clearly discriminate
 - top left (driven by aversive control/experiential avoidance)
 - from top right (driven by appetitive control/values)



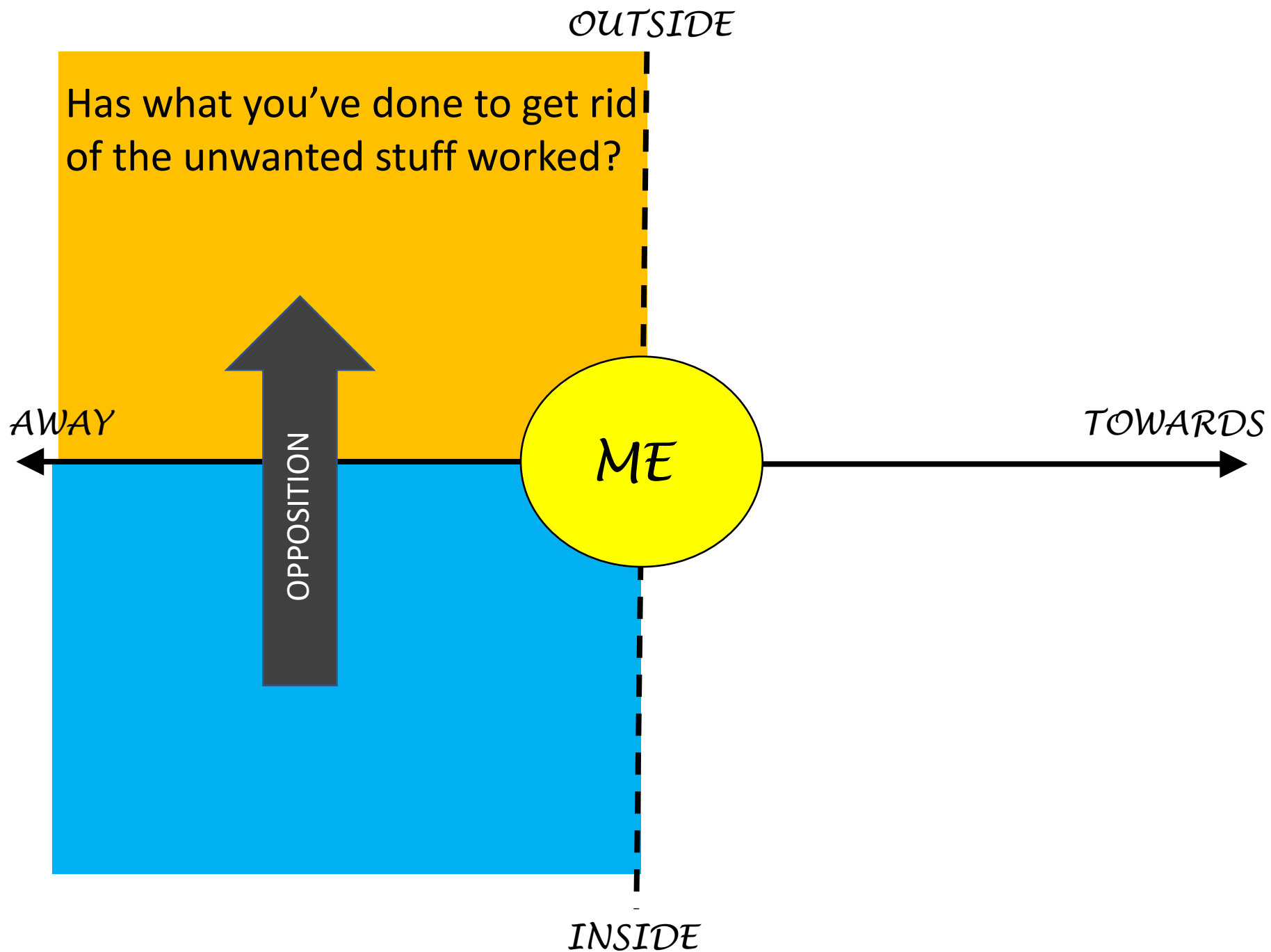


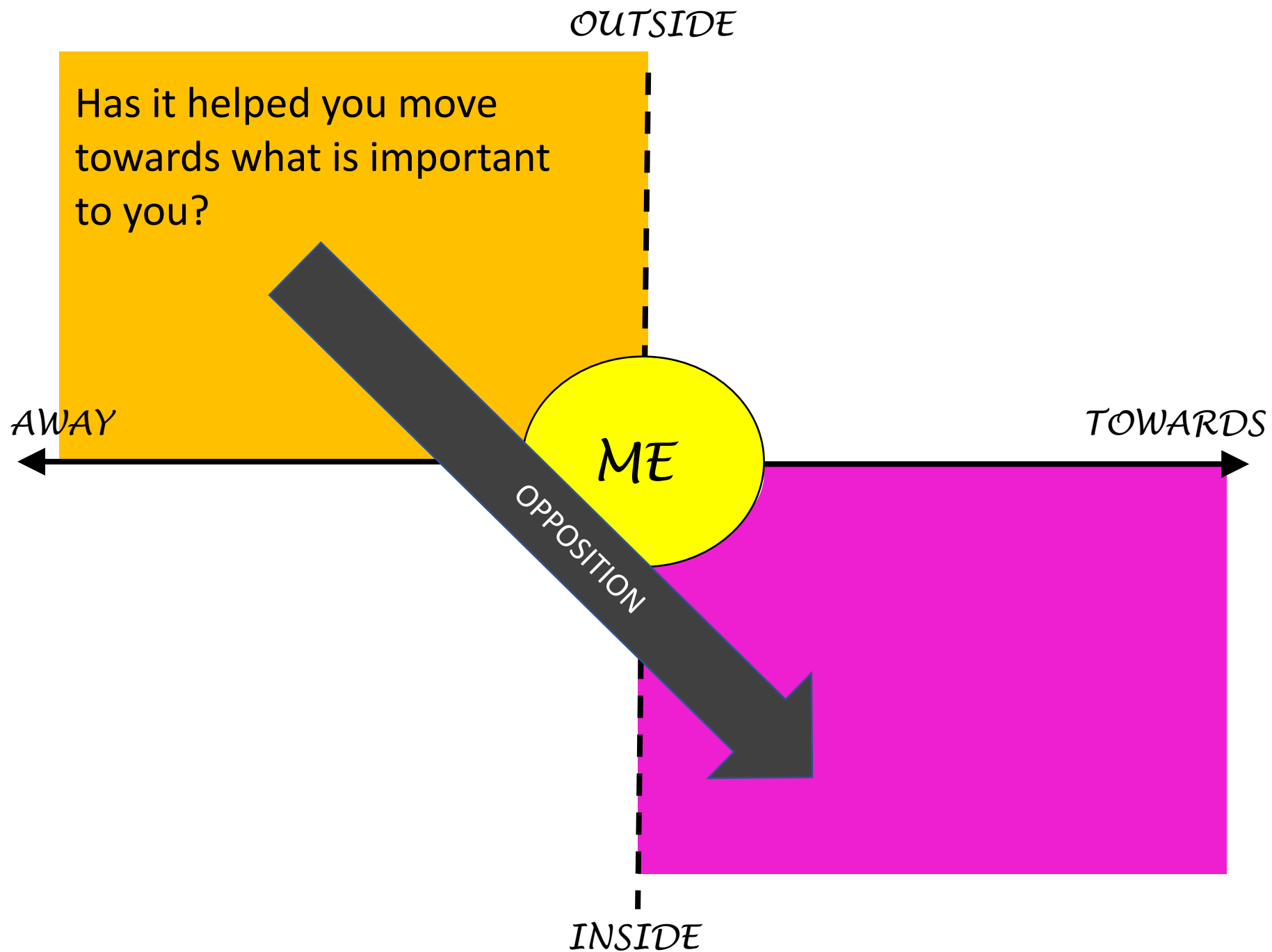
* In the Middle

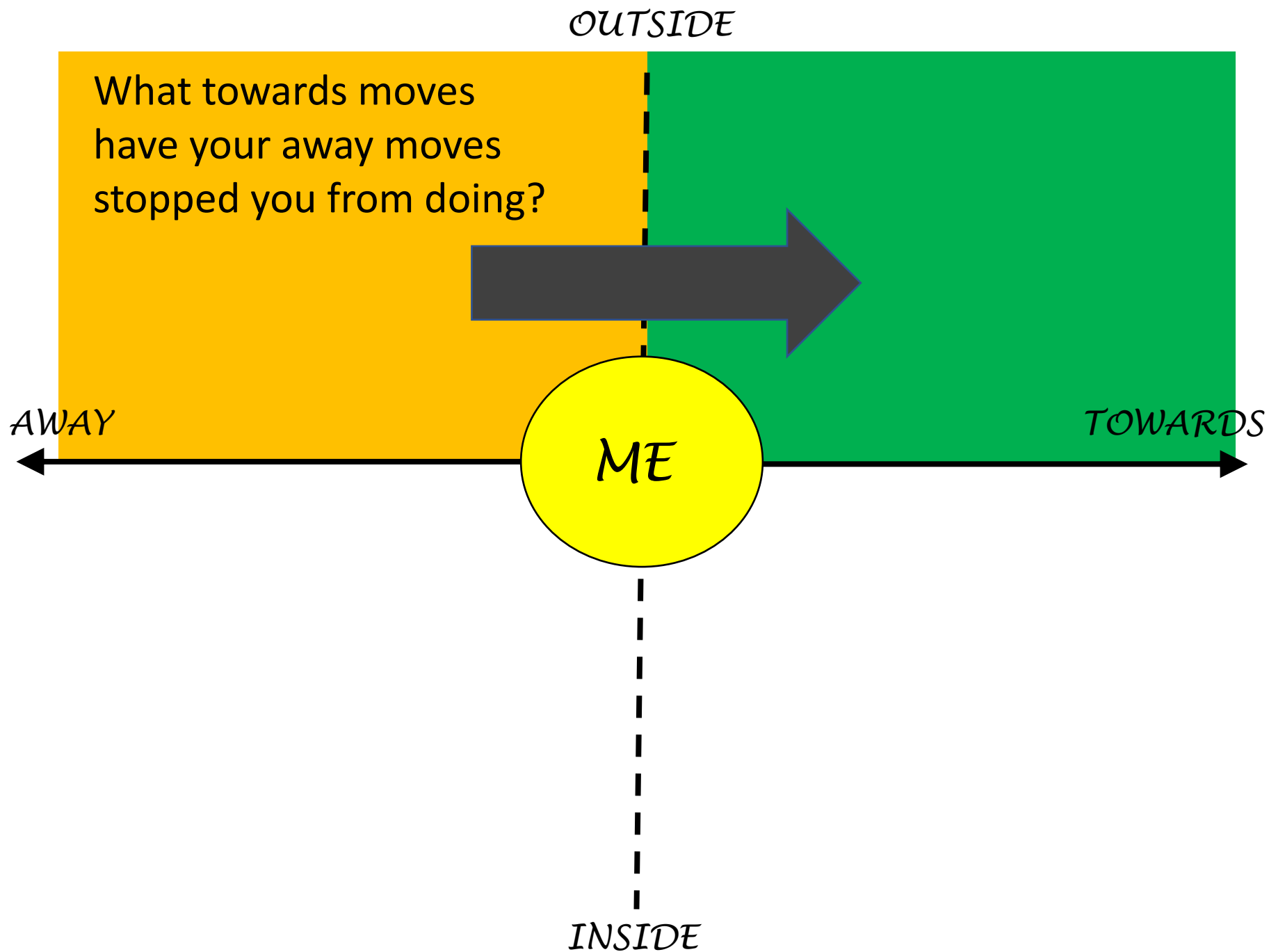
Describe 'ME' as:

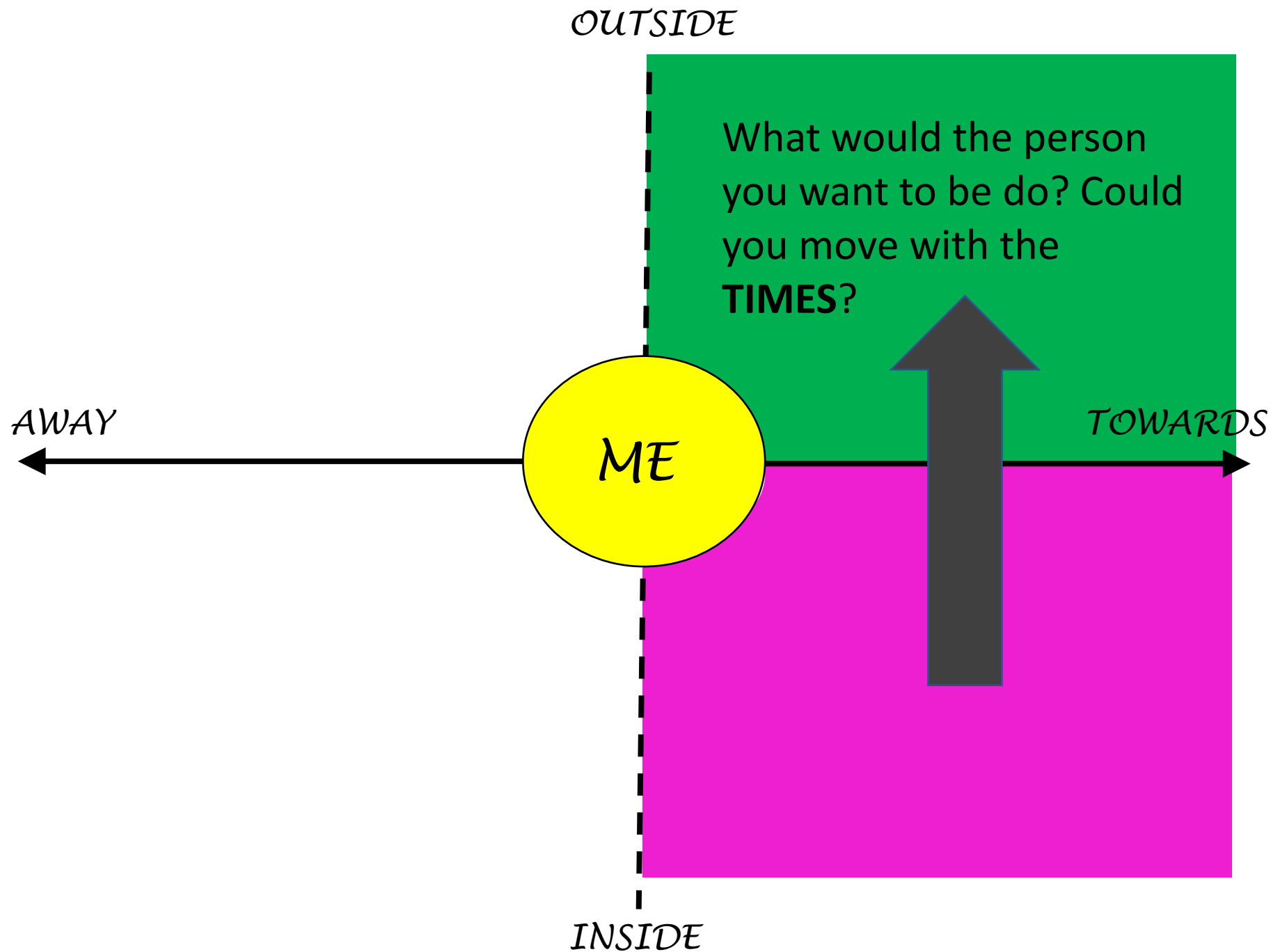
- ✓ Being in contact with the present moment
- ✓ Having a helicopter view
- ✓ Distinct from the content of ME
- ✓ The noticer
- ✓ The chooser

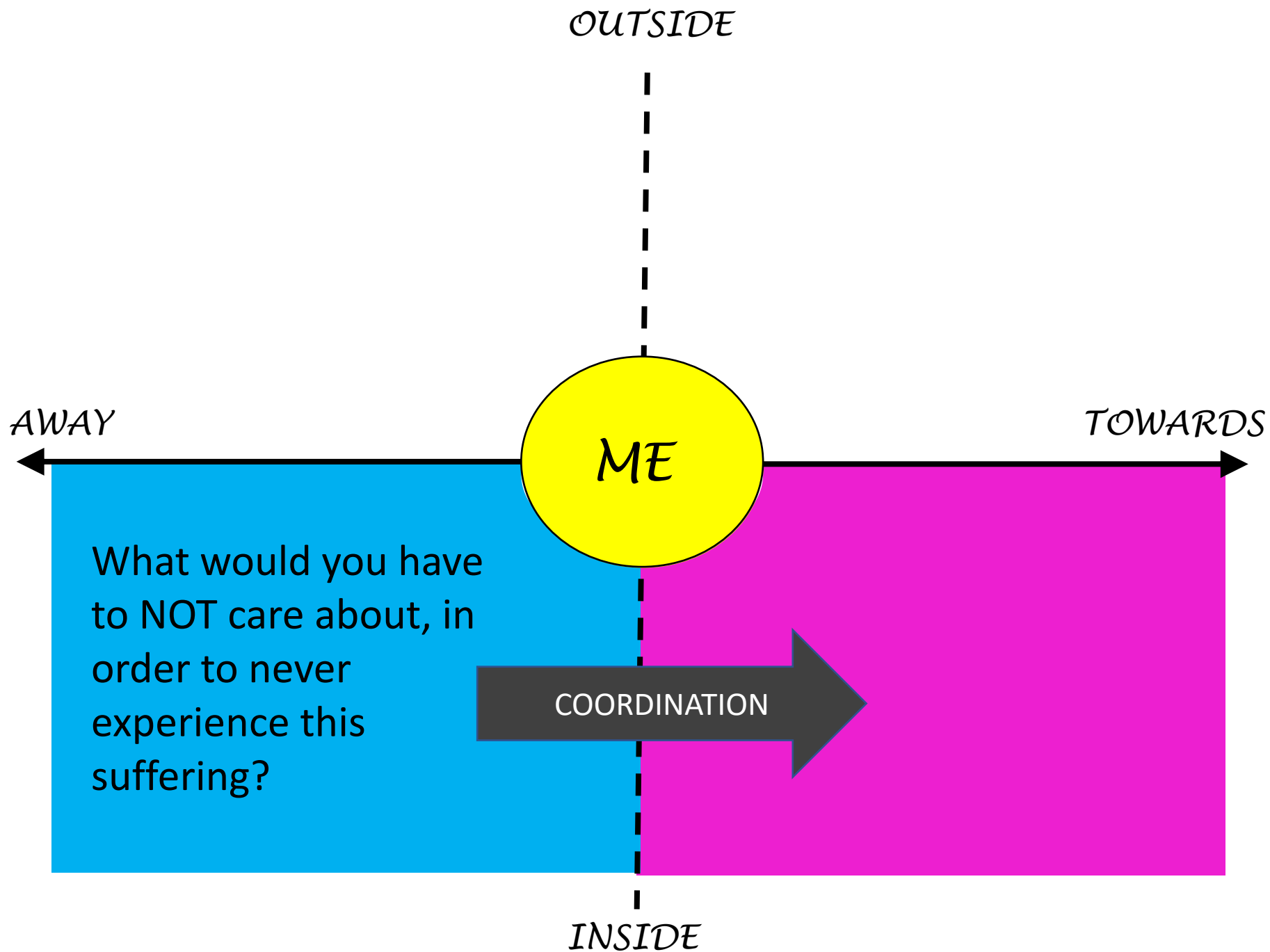


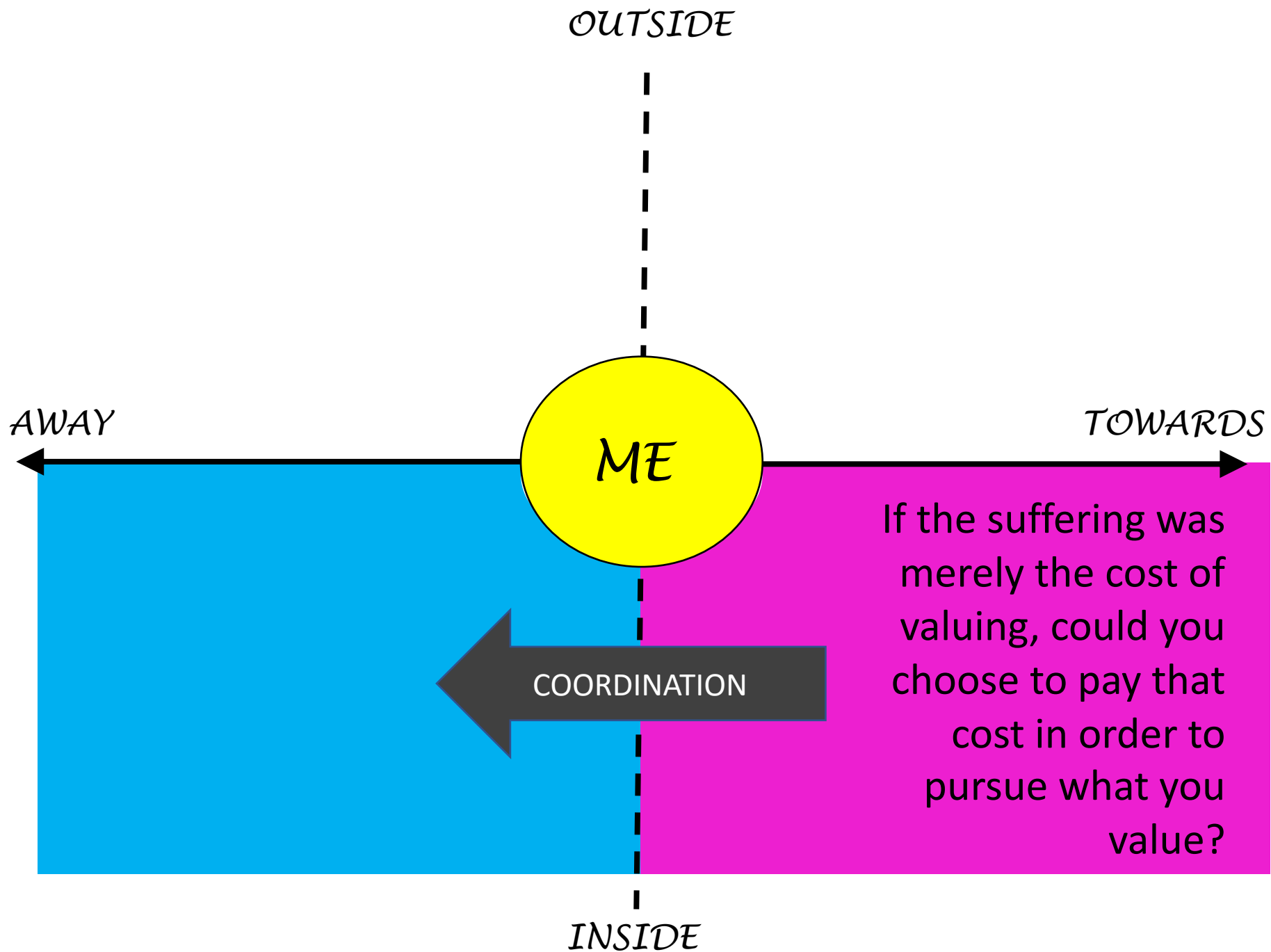


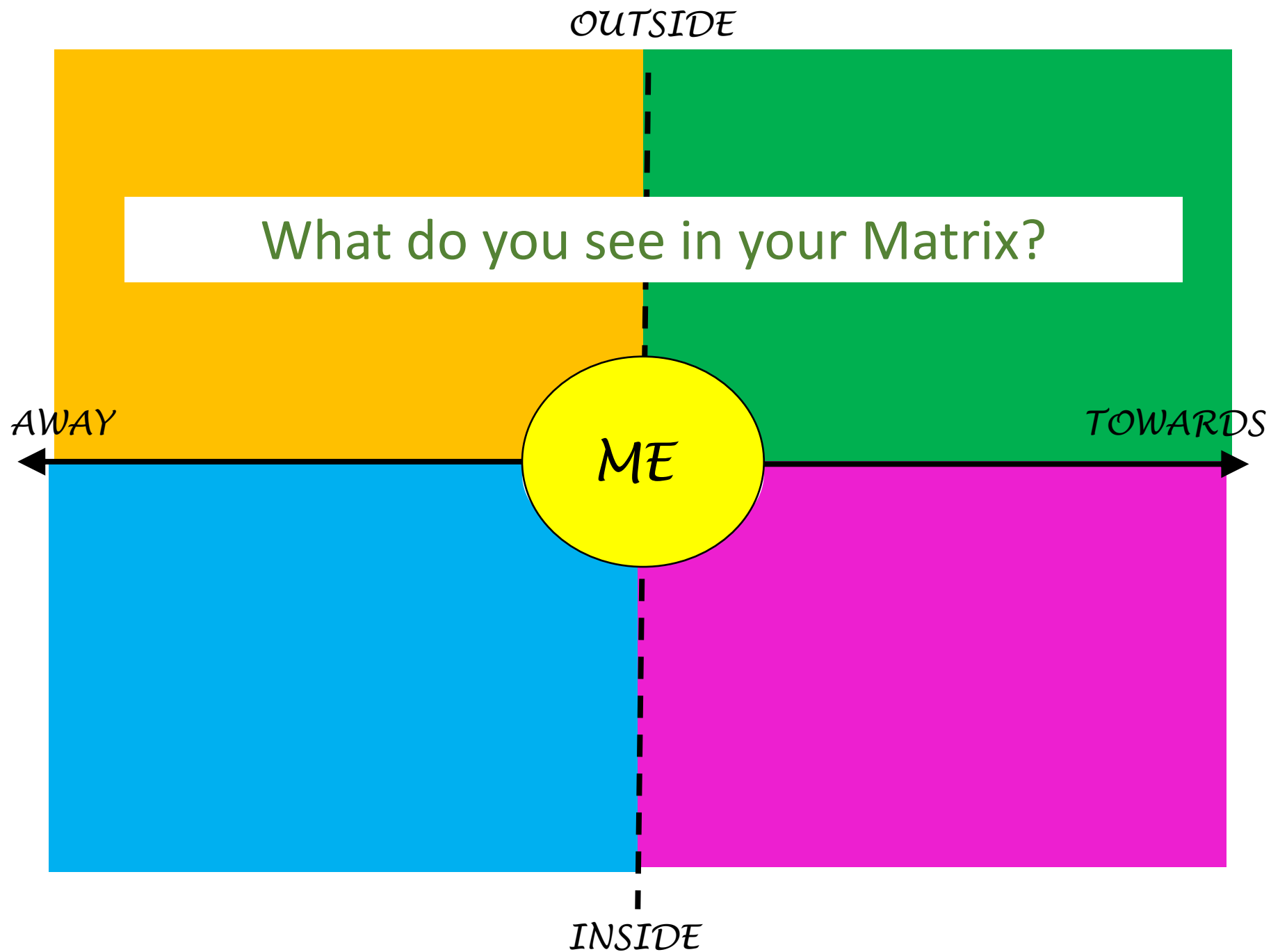


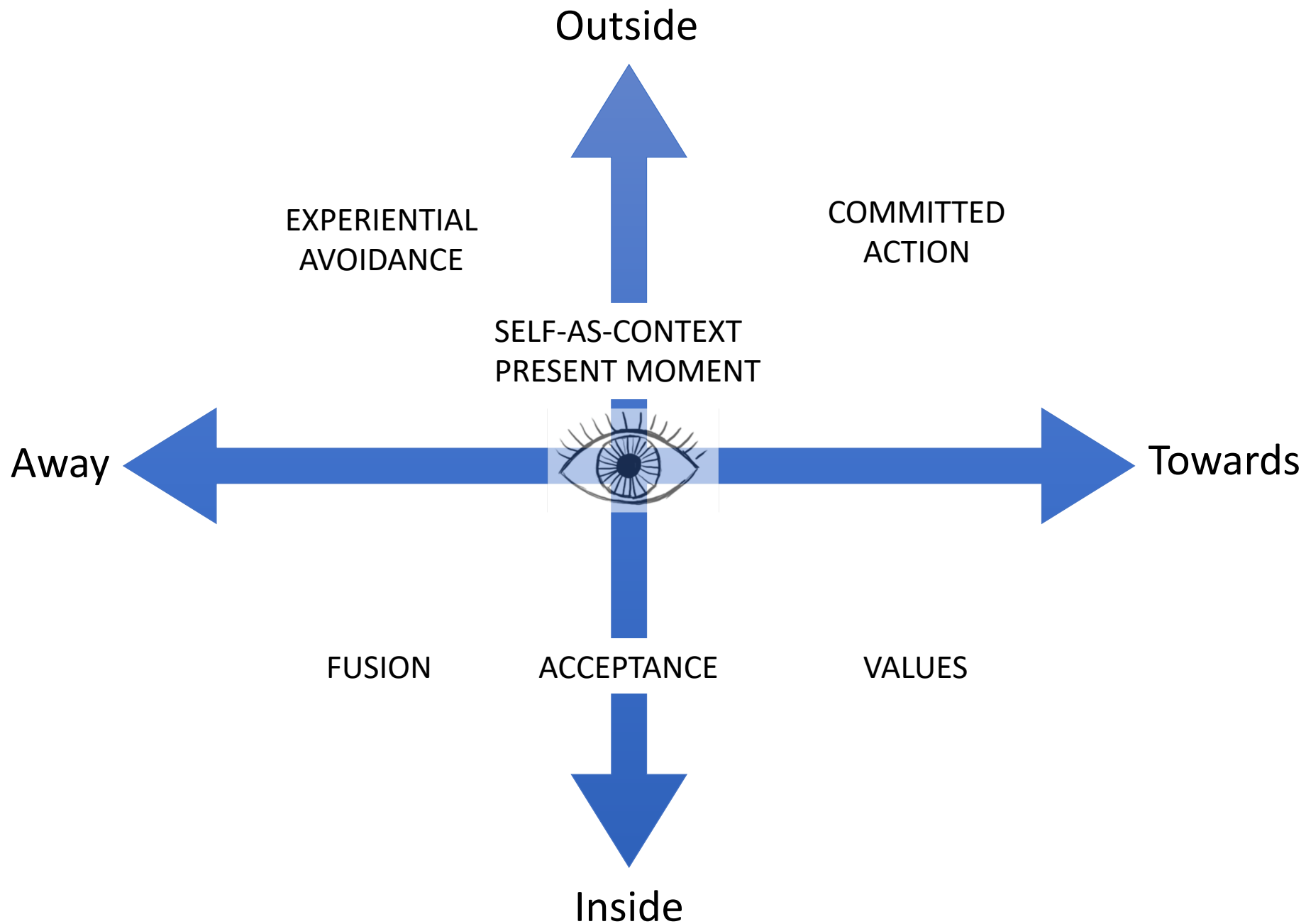










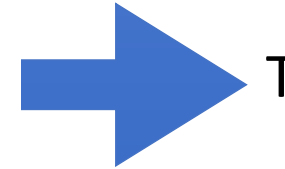
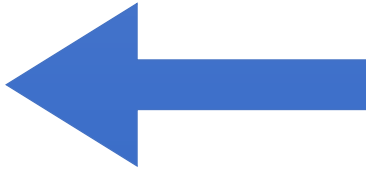


- Has what you've done to solve your problems ...
 - worked to avoid the unwanted (short/long term)?
 - worked to move towards values?
 - got in the way of towards moves?

- If your values were in the driving seat, what would you do?
- What small towards step can you take in the next 24 hours?
- What do you do on a good day?

- Pause: what are you noticing (thoughts/feelings/emotions)?
Where in your body?

A



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- There's a part of you now noticing yourself there, then. What could you advise from here?

- What's your mind (name it) telling you?
- Notice it, name it, thank it and let it go!
- What is there, which you can't have?
- What would you have to make room for?

- What would you have to not care about in order not to suffer?
- What is worth suffering for?
- Are you willing to have the discomfort in order to fill your life with what matters?

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