

Module 3

Core Health Professional Skills

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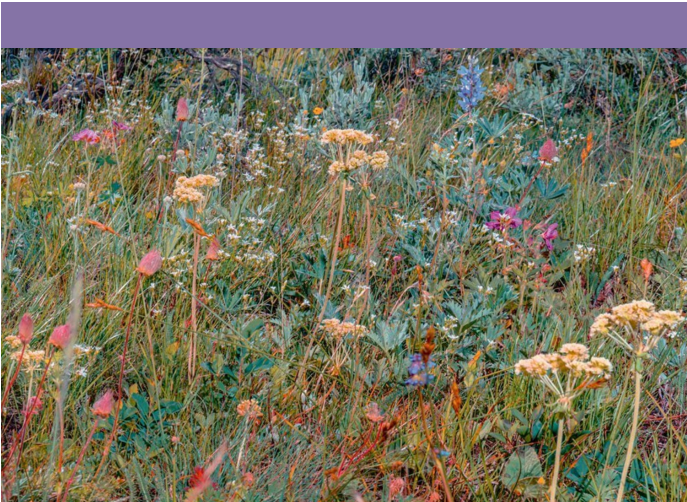


FUNDAMENTALS OF PAT



Group Agreements

CENTRE



CONFIDENTIALITY



ENGAGEMENT



NON-JUDGMENTAL
LISTENING

Group Agreements

CENTRE



TIMELINESS

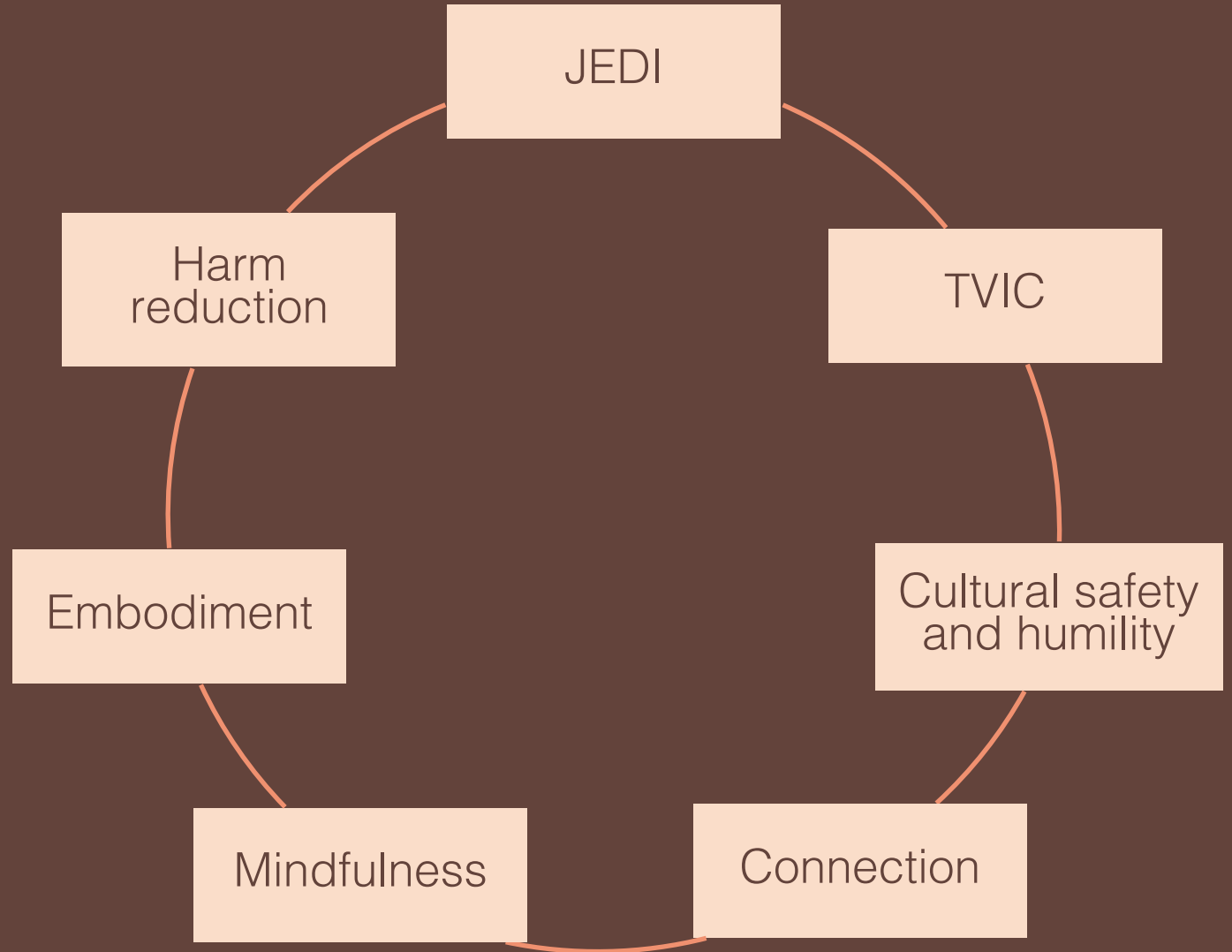


RIGHT TO PASS



EQUITY

SEVEN GUIDING PRINCIPLES



Core facilitation skills

- Interoceptive awareness
- Awareness of embodied oppression
- Embodied communication
- Embodied inquiry
- Dual awareness: tracking and working in two time zones
- Therapeutic supportive touch
- Movement in therapy
- Working with the psychological flexibility model
- Working with parts and internal family systems
- Trust enhancement
- Spiritual intelligence
- Experience with altered states of consciousness
- Perspectives on healing

DEVELOPMENTAL

- Change across time
- Learning, growth, improvement
- How we act relationally, intersubjectively as humans
- Narrative conceptualization
- Directed, “flashlight” awareness
- Forming interpretations, choosing actions, movement

FRUITIONAL

- Immediate, NOW
- Unconditional okay-ness
- Who and what we are in relation to everything
- Experiential knowing, ineffable
- Broad “lantern” awareness
- Observing, experiential spaciousness or emptiness

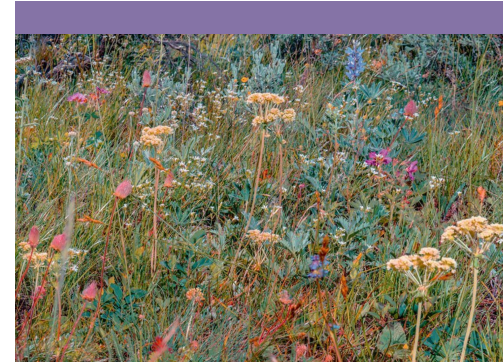
Embodied Inquiry = Psychological Flexibility

MINDFULNESS & SOMATIC



DIRECT EXPERIENCE

Body as a source of information and place to witness/explore experience

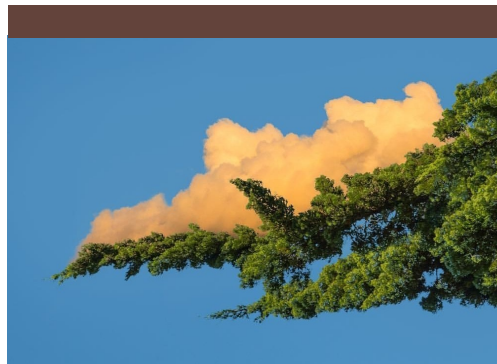


PHENOMENOLOGICAL

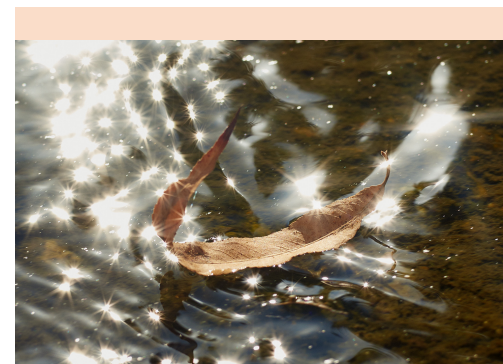
Components of experience



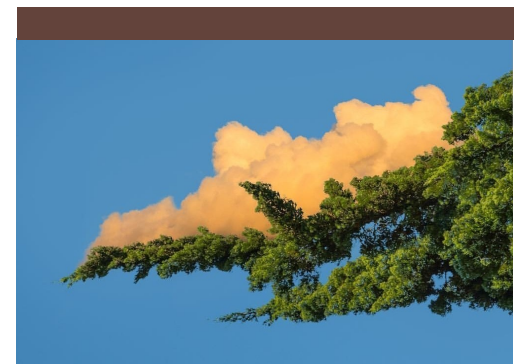
ATTENTIONAL TRAINING



TURNING TOWARD



ACCEPTANCE/
COMPASSION



CHANGE STRATEGIES

DIMENSIONS OF EXPERIENCE

SIBAM

- Sensations (inter/prop)
- Images (internal sight)
- Behaviour (observable)
- Affect (named, physical correlates)
- Meaning (arising/applying)

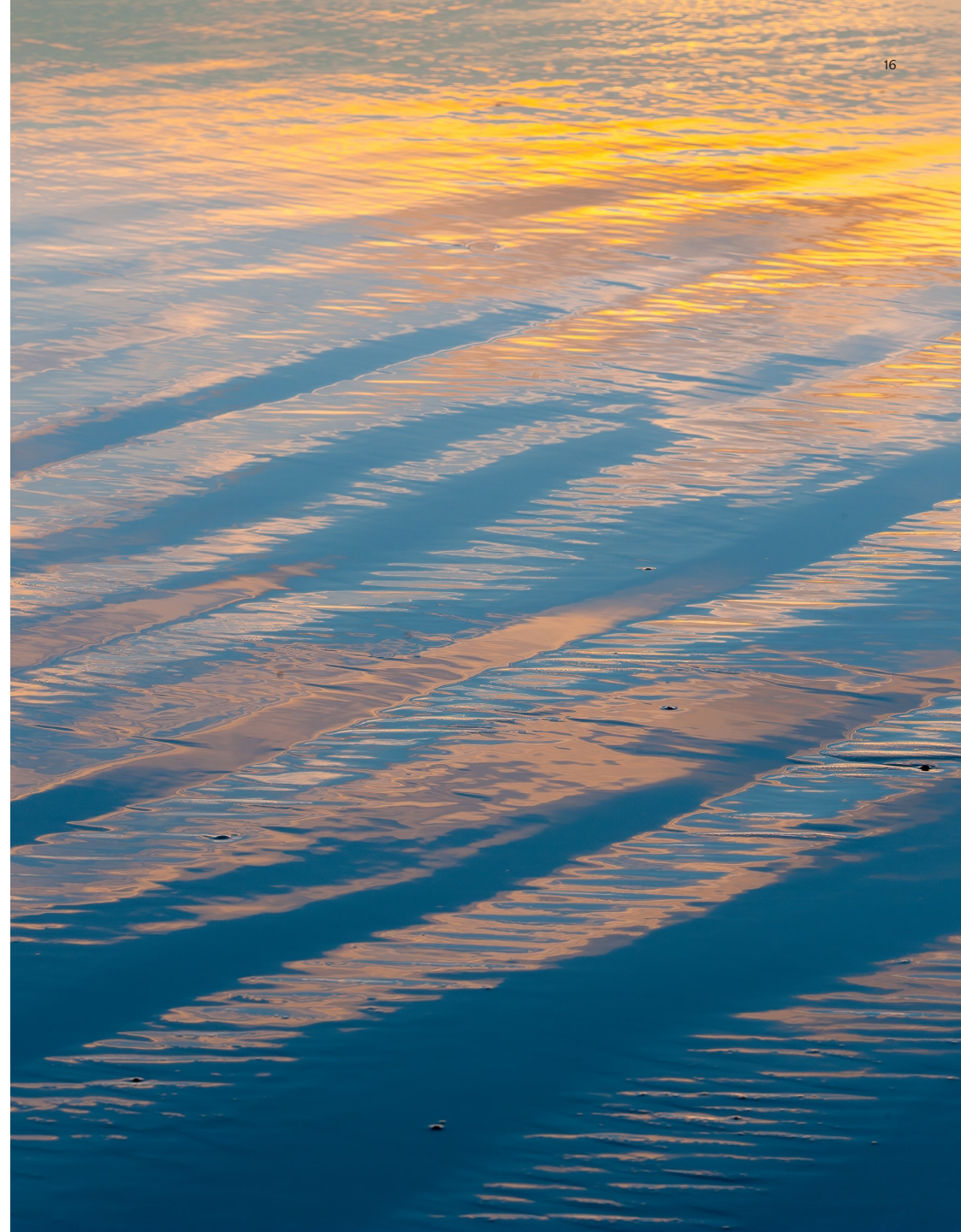
“BOTTOM UP” PROCESSING

- Direct Experience to Abstract Conceptualization
 - humans are meaning makers
 - meaning makes sense of experience
 - defines and reinforces a sense of self
 - can provide alternative perspectives and interpretations
 - can disrupt fixed views and beliefs
 - processing and exploration of symbols, metaphors, and archetypes
 - Psychedelics enhance meaning-making



PAT PSYCHOTHERAPY PRINCIPLES

- Attitudes - Curiosity & Non-judgment
- Cognitive De-fusion/De-centering & Re-Appraisal
- Present Moment Orientation – Immediacy
- Developmental as required
- Acceptance & Psychological flexibility (opening up)
- Self-Determination (autonomy, relatedness, competence)
- Non-Directive
- Experiential/Process Based
- Reflection & Meaning-Making
- Change Strategies (Applied Learning and Values)
- Process based therapy is individualized, focused on solving problems, and enhancing well-being vs symptom reduction or manualized treatments.



DIRECT EMBODIED RESOURCES

INTERNAL:

- Contact points (feet, chair)
- Sensations of breathing
- Bilateral oscillatory movements

Embodied INQUIRY:
LEADING BY FOLLOWING THE CLIENT

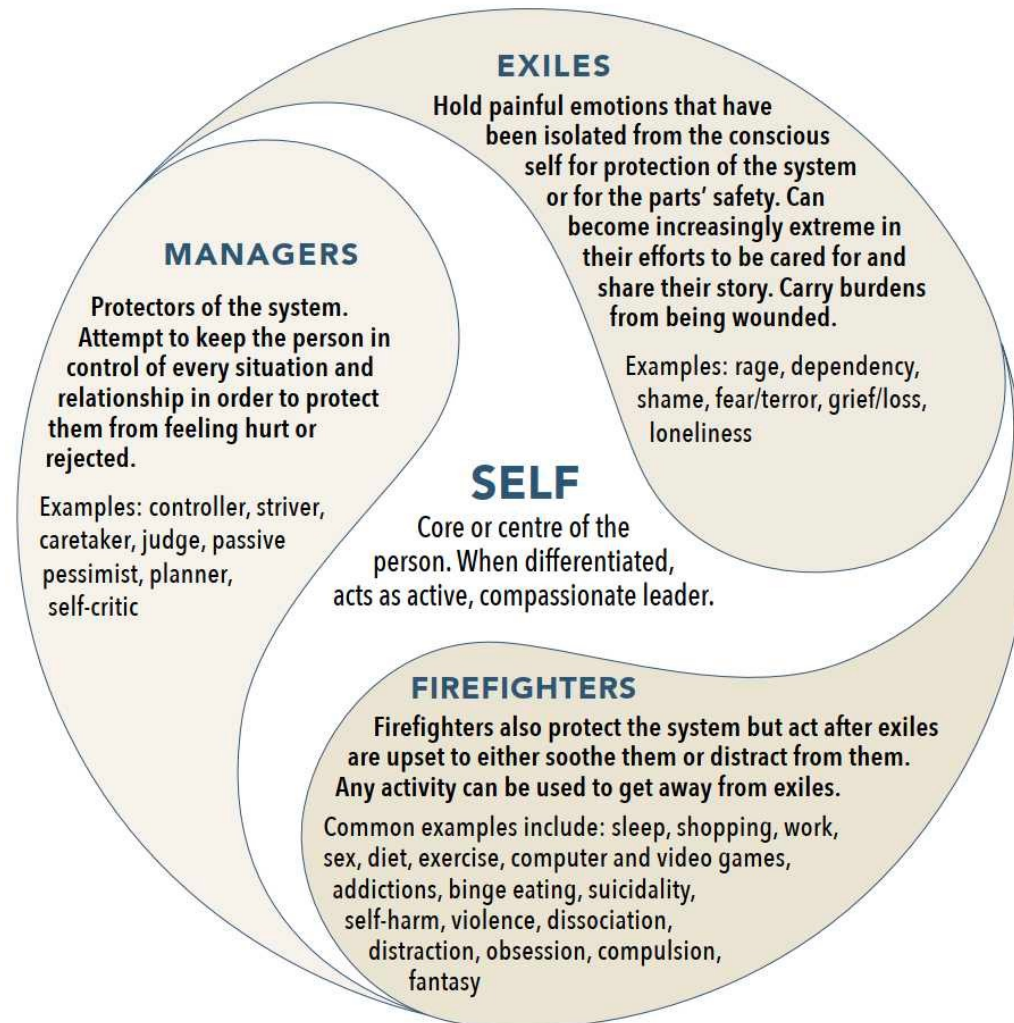
ELABORATED EMBODIED RESOURCES

EXTERNAL, EXPERIECED INTERNALLY:

- Person, place, spiritual figure, plant, animal, circumstance, etc.
- Brings sense of connection, nourishment, security, warmth
- “Elaborated” using EI

Internal Family Systems (IFS)

THE INTERNAL SYSTEM



PSYCHOLOGICAL FLEXIBILITY

ACT Hexaflex

