Module 3

Core Health Professional Skills

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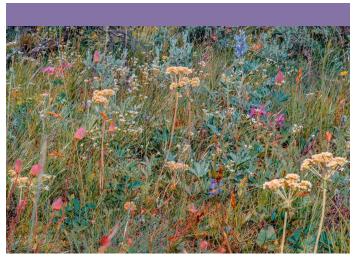
FUNDAMENTALS OF PAT





Group Agreements

CENTRE







CONFIDENTIALITY

ENGAGEMENT

NON-JUDGMENTAL LISTENING

Group Agreements

TIMELINESS

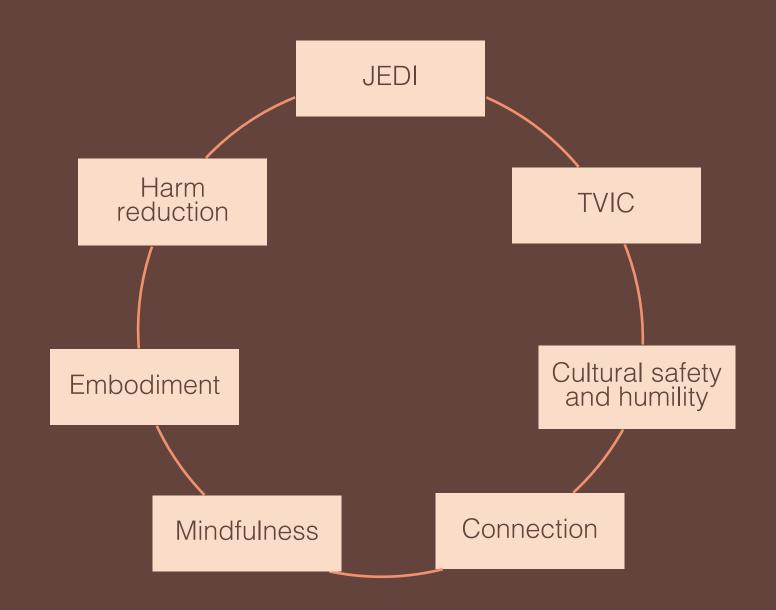
CENTRE

EQUITY



RIGHT TO PASS

SEVEN GUIDING PRINCIPLES



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

= PsychologicalFlexibility



DIRECT EXPERIENCE

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



PHENOMENOLOGICAL ATTENTIONAL

Components of experience



ATTENTIONAL TRAINING



TURNING TOWARD



ACCEPTANCE/COMPASSION

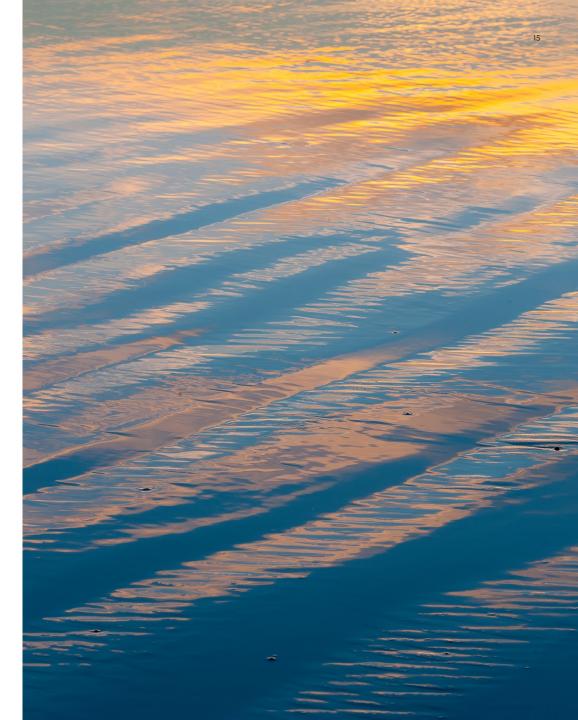


CHANGE STRATEGIES

MINDFULNESS & SOMATIC

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

ELABORATED EMBODIED RESOURCES

EXTERNAL, EXPERIECED INTERNALLY:

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

Internal Family Systems (IFS)

THE INTERNAL SYSTEM

EXILES

Hold painful emotions that have been isolated from the conscious self for protection of the system or for the parts' safety. Can become increasingly extreme in their efforts to be cared for and share their story. Carry burdens from being wounded.

Examples: rage, dependency, shame, fear/terror, grief/loss, loneliness

SELF

Core or centre of the person. When differentiated, acts as active, compassionate leader.

FIREFIGHTERS

Firefighters also protect the system but act after exiles are upset to either soothe them or distract from them.

Any activity can be used to get away from exiles.

Common examples include: sleep, shopping, work, sex, diet, exercise, computer and video games, addictions, binge eating, suicidality, self-harm, violence, dissociation, distraction, obsession, compulsion, fantasy

MANAGERS

Protectors of the system.
Attempt to keep the person in control of every situation and relationship in order to protect them from feeling hurt or rejected.

Examples: controller, striver, caretaker, judge, passive pessimist, planner, self-critic

PSYCHOLOGICAL FLEXIBILITY

ACT Hexaflex

