

Module 3

Core Health Professional Skills

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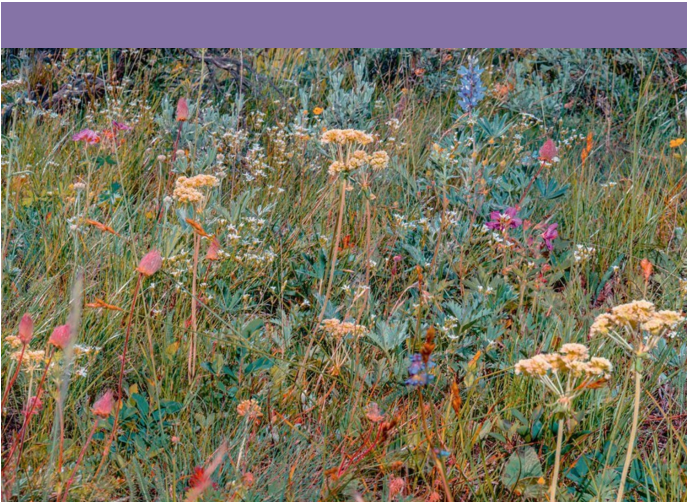


FUNDAMENTALS OF PAT



Group Agreements

CENTRE



CONFIDENTIALITY



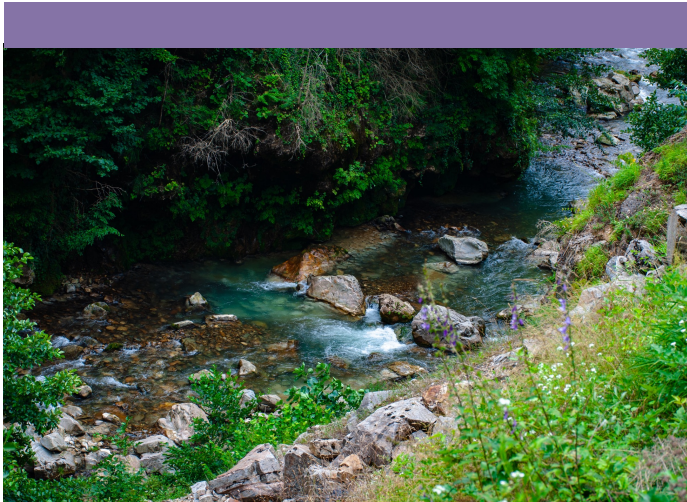
ENGAGEMENT



NON-JUDGMENTAL
LISTENING

Group Agreements

CENTRE



TIMELINESS

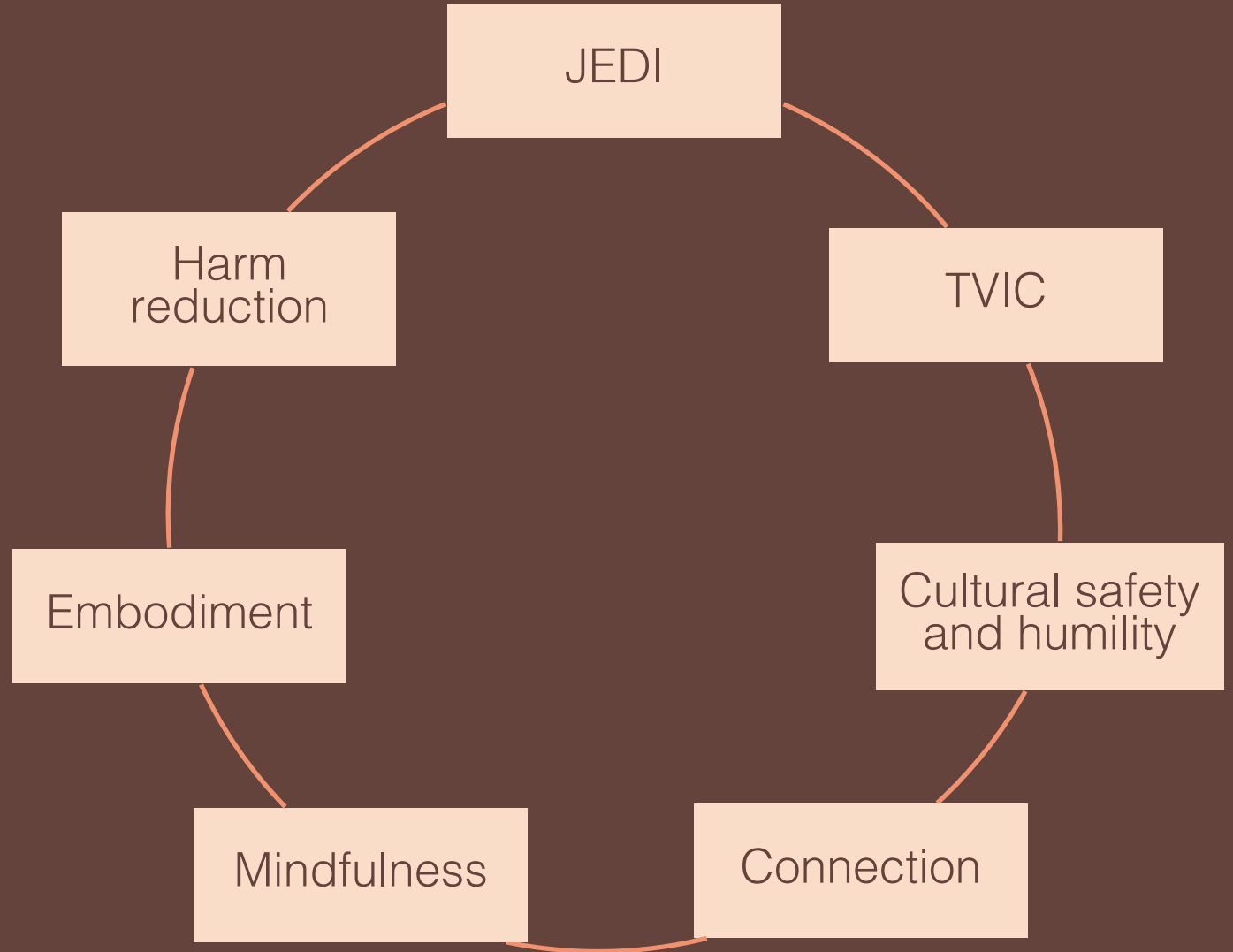


RIGHT TO PASS



EQUITY

SEVEN GUIDING PRINCIPLES



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

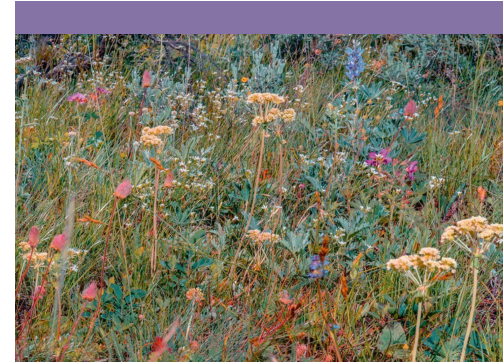
Embodied Inquiry = Psychological Flexibility

MINDFULNESS & SOMATIC



DIRECT EXPERIENCE

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

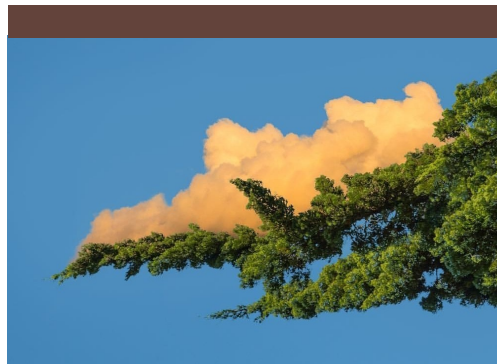


PHENOMENOLOGICAL

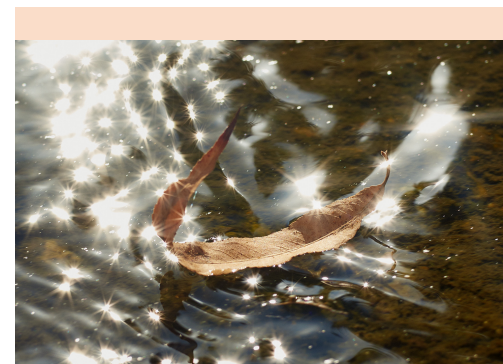
Components of experience



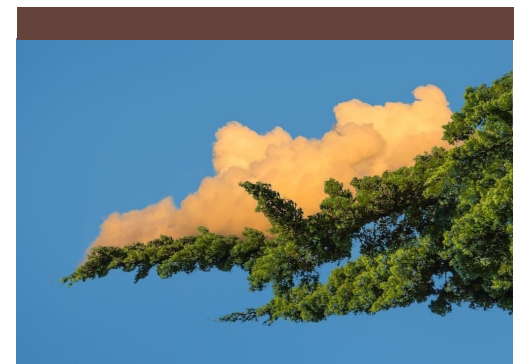
ATTENTIONAL
TRAINING



TURNING TOWARD



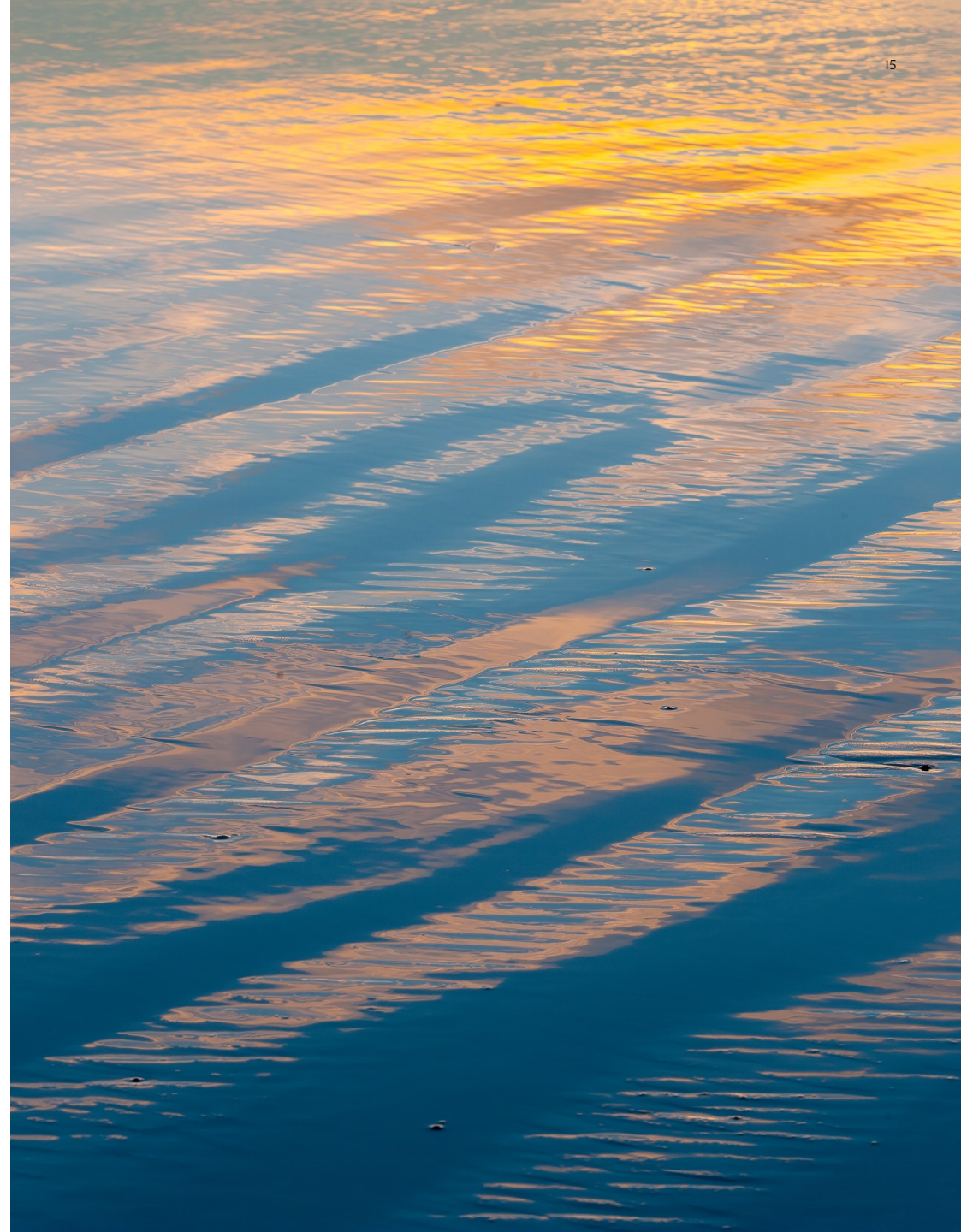
ACCEPTANCE/
COMPASSION



CHANGE STRATEGIES

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

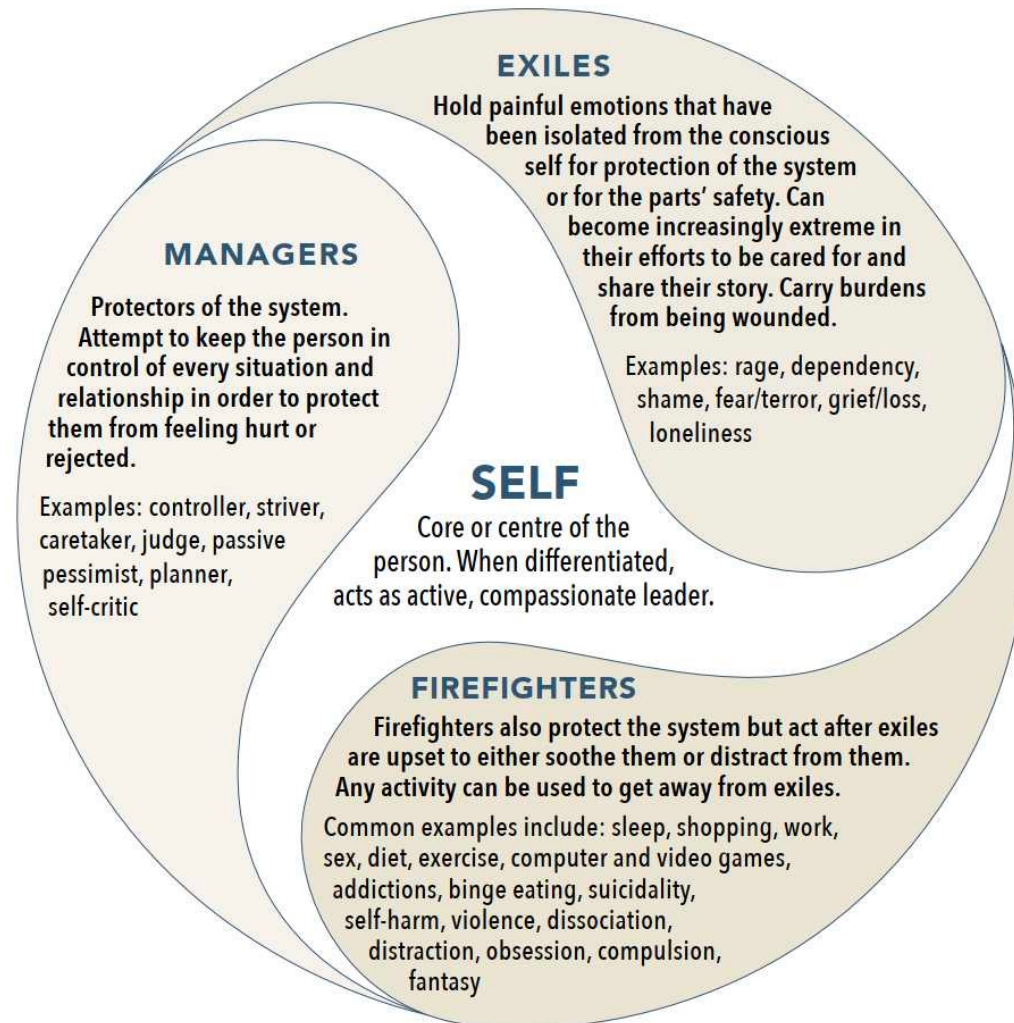
ELABORATED EMBODIED RESOURCES

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

