

ACT for Psychosis Recovery

Booster Session 2

Welcome Back!

- Developing life direction
- Increasing awareness of obstacles
- Learning the skills of open, aware, and active in order to respond more effectively to obstacles
- Connecting with each other and having fun!

Noticing Exercise



Committed Action Review


- Think of the value you identified last week and the action linked to the value
- Did you notice any passengers show up in relation to this action?
- What was your experience of the mindfulness practice?

Committed Action Worksheet: Active

My SMART action for the week:
(specific, meaningful, adaptive, realistic, time-framed)

Value(s) connected with my action:

Passengers that might come to the front of my bus:



The illustration shows a red bus with a driver and passengers, labeled 'Bus of Life'. It is on a road that splits into two directions. A signpost at the junction has two signs: 'VALUES' pointing left and 'SOME OLD ROAD' pointing right.

Skills Refresher

Open

- Passengers on the bus
- Committed action
- Pushing against the folder
- Having vs Buying into thoughts
- Sticky labels

Aware

- Noticing exercises: mindfulness of breath and body, mindful stretch, mindful walking, three-minute breathing space, mindful eating, leaves on the stream, clouds in the sky
- Identifying values, passengers, etc.
- Videos of Paul and George

Skills Refresher

Active

- Coming to the workshops
- Choosing valued directions
- SMART goals
- Committed actions during the week to move you closer to your goals or move you in a valued direction
- Having vs buying into thoughts
- Passengers on the bus

Acting out your Passengers



Review of the Workshops

- What was your overall experience of the workshop?
- What have you noticed?
- How have you responded?
- What was it like for you when you came to the first workshop session?
- What's it like now?
- How can you take these skills forward?

Feedback

- How did you find the session today?
- What did you notice?
- What did you find helpful or unhelpful, or both?
- What was the most memorable thing from today's session?