

ACT for Psychosis Recovery

Session 2

What the Groups are About

- 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!

What we Covered Last Time

- Mindful noticing
- Thinking about what's important
- Passengers on the Bus and what passengers get in the way of leading a meaningful life

Noticing Exercise



Passengers on the Bus



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 'SINK OR SWIM' pointing right.

Paul's Story

ACT for
PSYCHOSIS RECOVERY

Discussion

- What “passengers” are on Paul’s bus?
- How does he respond to his passengers?
- What do you think is important to Paul?

Willingness



Acting out Paul's/George's Passengers



Getting Present & Noticing



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:

Developing Aware Skills: Mindfulness Practice

Mindfulness practice enables you to develop several skills:

- the ability to focus and engage in what you are doing;
- the ability to let thoughts come and go without getting caught up in them;
- the ability to refocus when you realise you're distracted;
- and the ability to let your feelings be as they are without trying to control them.



The noticing exercise that I intend to practice this week is:

You may find it helpful to record what you noticed during the mindfulness practice, and also any benefits you encounter that help you keep on track with getting active:

What I noticed (thoughts, feelings, sensations):

Benefits:

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?