

playing with defusion

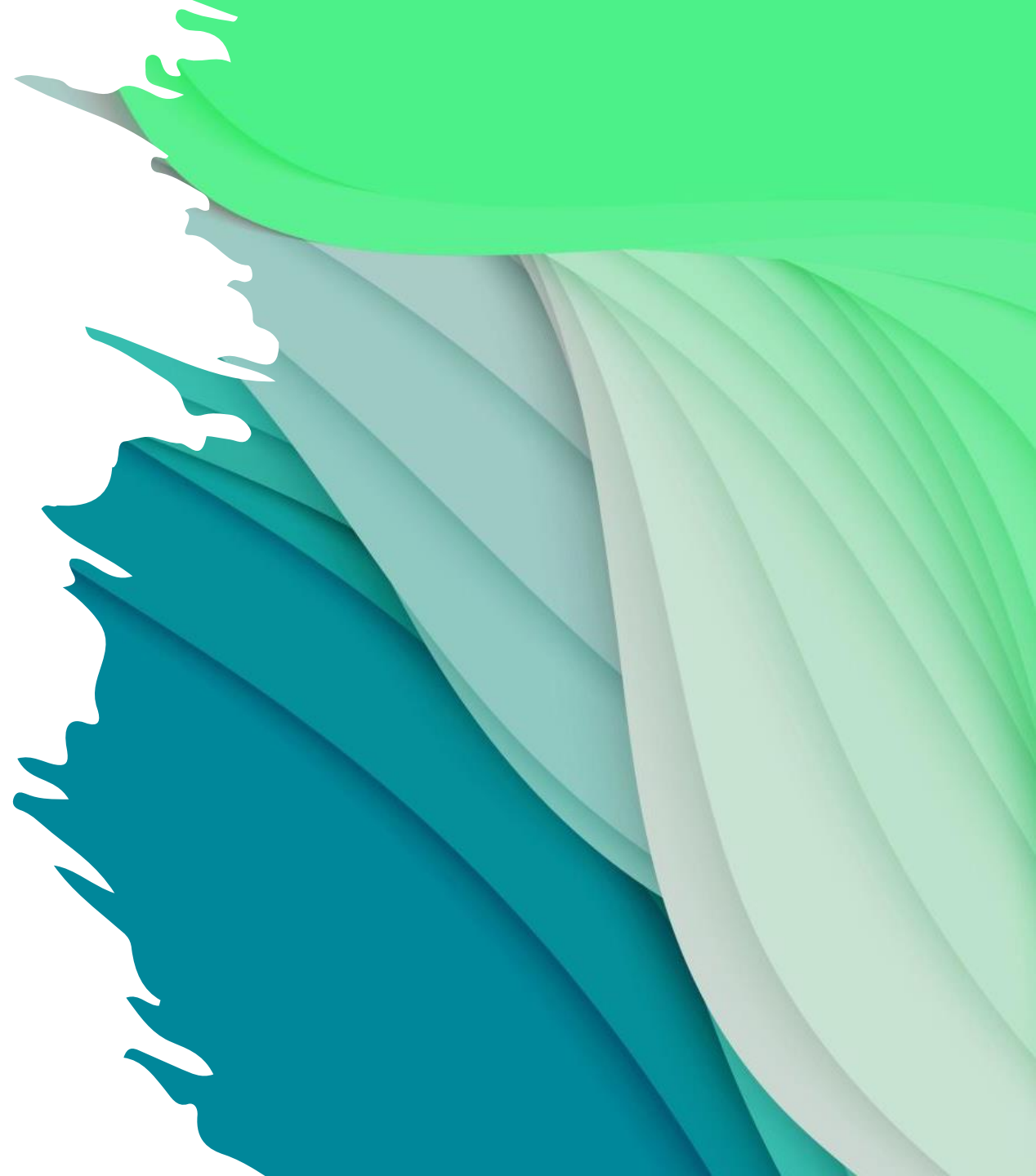
workshop prepared for hervey bay aCt
interest group

may chi

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01 june 2020 | 6pm – 7:30pm | online

<https://us02web.zoom.us/j/89037205631>





Your story

A beginning?

A turning?

An ending?





What is defusion?

And what does it have to do with May's story or my story?





Defusion is not a procedure

Treated as a technique, it can seem:

- like a gimmick
- nongenuine
- confusing
- like it's not working
- nonsensical
- magical

Procedure or Process?

Procedure

Techniques or methods therapist utilizes to achieve treatment goals of the client.

Process

Underlying change mechanisms that lead to desired treatment goals.

Hofmann, S. G., & Hayes, S. C. (2019). The future of intervention science: Process-based therapy. Clinical Psychological Science, 7(1), 37-50.



Defusion is a process.

Defusion is being able to
sense the space and
**choose the relationship we
want** with our internal
experiences (thoughts and
feelings).

Imagine it is **movement**,
not position.

*Movement,
not position*



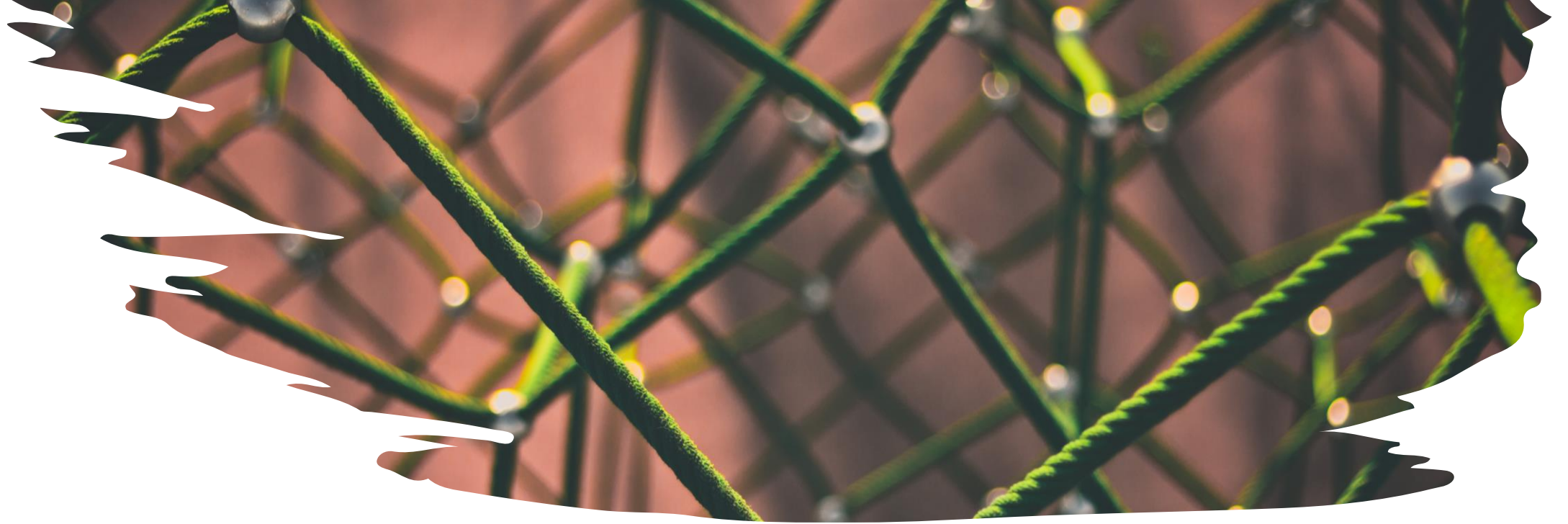


*Sensing the
space*





Self is constructed through frames of language...



Self is constructed through frames of language...

...and the words are interchangeable

I am...



Smart



Smart and sexy



Smart not sexy



Smarter than sexy



Smart like the rest of humankind



Smarter now

I am...



Tired



Tired and sexy



Tired not sexy



More tired than sexy



Tired like the rest of humankind



More tired now

I am...



Ugly



Ugly and sexy



Ugly not sexy



More ugly than sexy



Ugly like the rest of humankind



Uglier now

Sadness...



Is a burden



Is a burden and a gift



Is not something anyone can understand



Gives me strength



Comes and goes



Completes me

My pain...



Is a burden



Is a burden and a gift



Is not something anyone can understand



Gives me strength



Comes and goes



Completes me

*I notice that
my pain...*



Is a burden



Is a burden and a gift



Is not something anyone can understand



Gives me strength



Comes and goes



Completes me

Your story

How does your perspective
move through the story?

How has the story elicited
feeling?

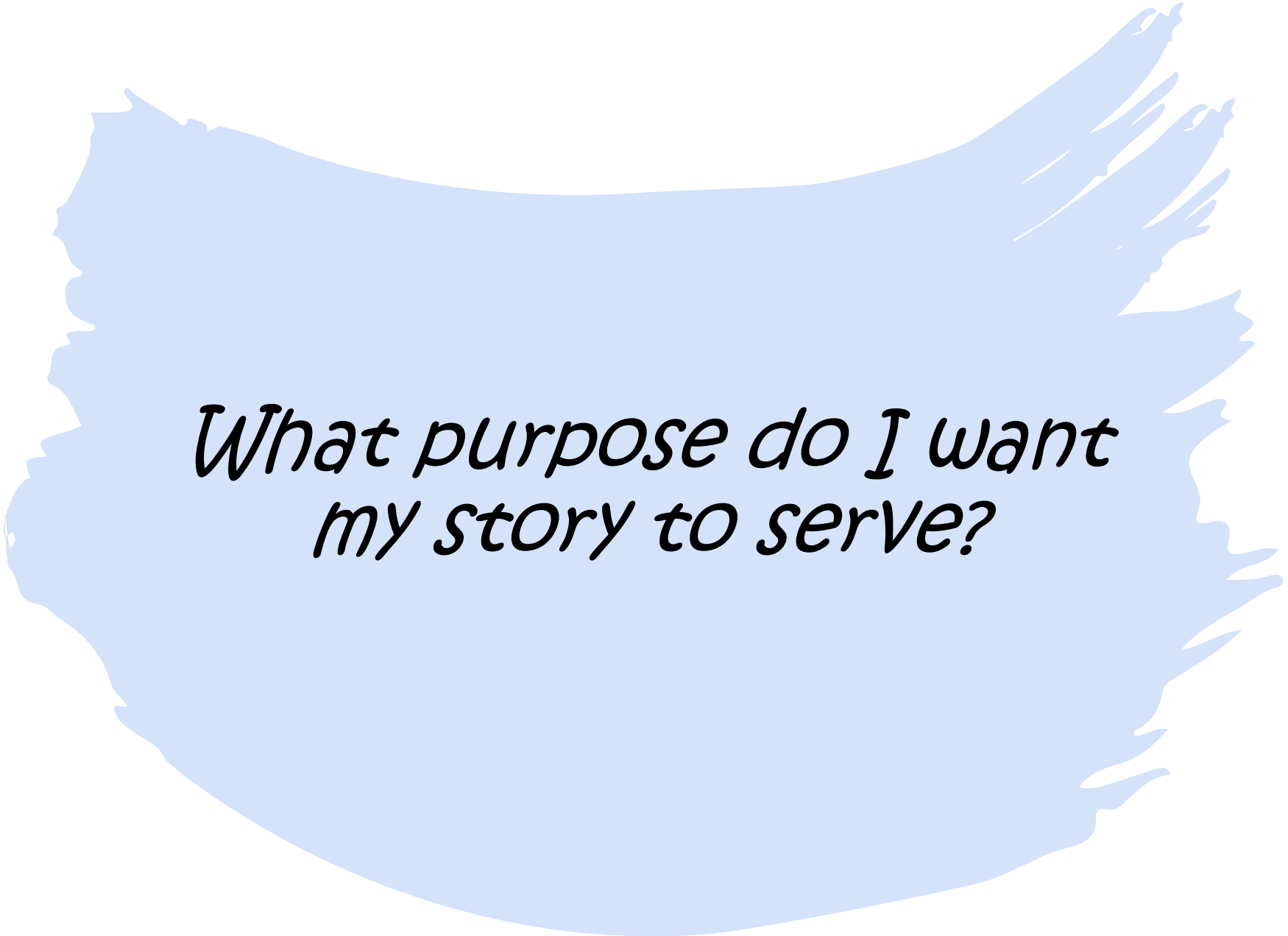


*Choose the
relationship
we want*



*What do I
value?*





*What purpose do I want
my story to serve?*

Your story

Can I have the relationship I want with it?

Is there movement towards my values?



Defusion

- Sense the space
- Choose the relationship
- Movement





Questions?