

Day 4
**Therapist Wisdom and Bringing the
Process of Change to Light**

Diana Hill, Ph.D.



Sunday 10/13: 8am-4:30pm ET

Therapist Wisdom and Bringing the Process of Change to Light

Featuring Diana Hill, PhD

8:00-9:45 am: Therapist Flexibility

9:45-10:00 am: Morning Break

10:00 am-12:00 pm: From Categories to Systems: Network Modeling

12:00-1:30 pm: Lunch Break

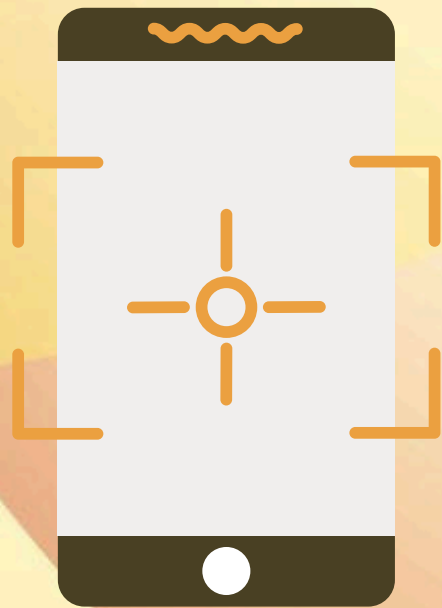
1:30-2:45 pm: Let's Give It a Try! Network Modeling

2:45-3:00 pm: Afternoon Break

3:00-4:30 pm: Just Beyond Yourself: Embodying Compassion

**Please note that there is no evening session on Day 4.*

Link To Today's Slides



Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp



I'm Diana

Wise Effort Podcast

www.Dr.DianaHill.com/actwithme

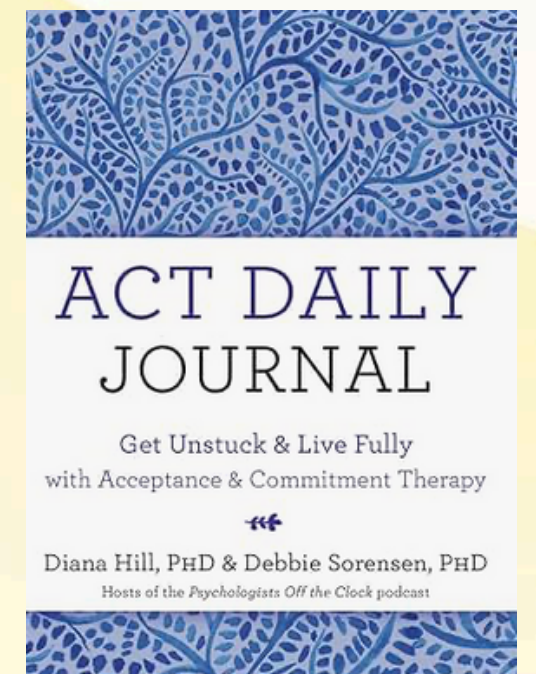
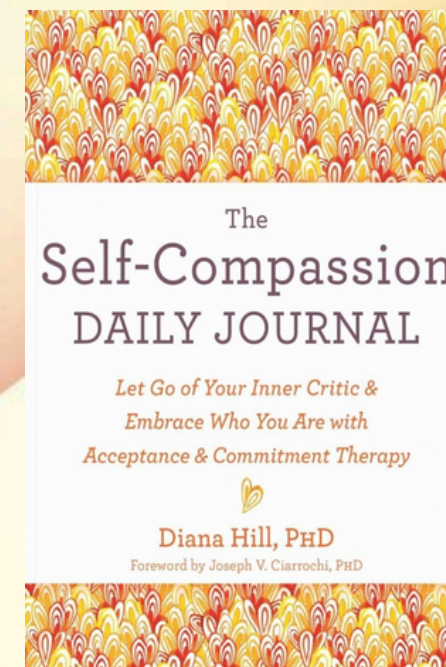
[@drdianahill](#)

Diana Hill, Ph.D.
with Katy Bowman, M.S.

I Know
I Should
Exercise
But...



44 Reasons We Don't Move
& How to Get Over Them





Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp



When I sit with

YouTube With Diana Hill and Kelly Wilson



Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®



Diana Hill



Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®

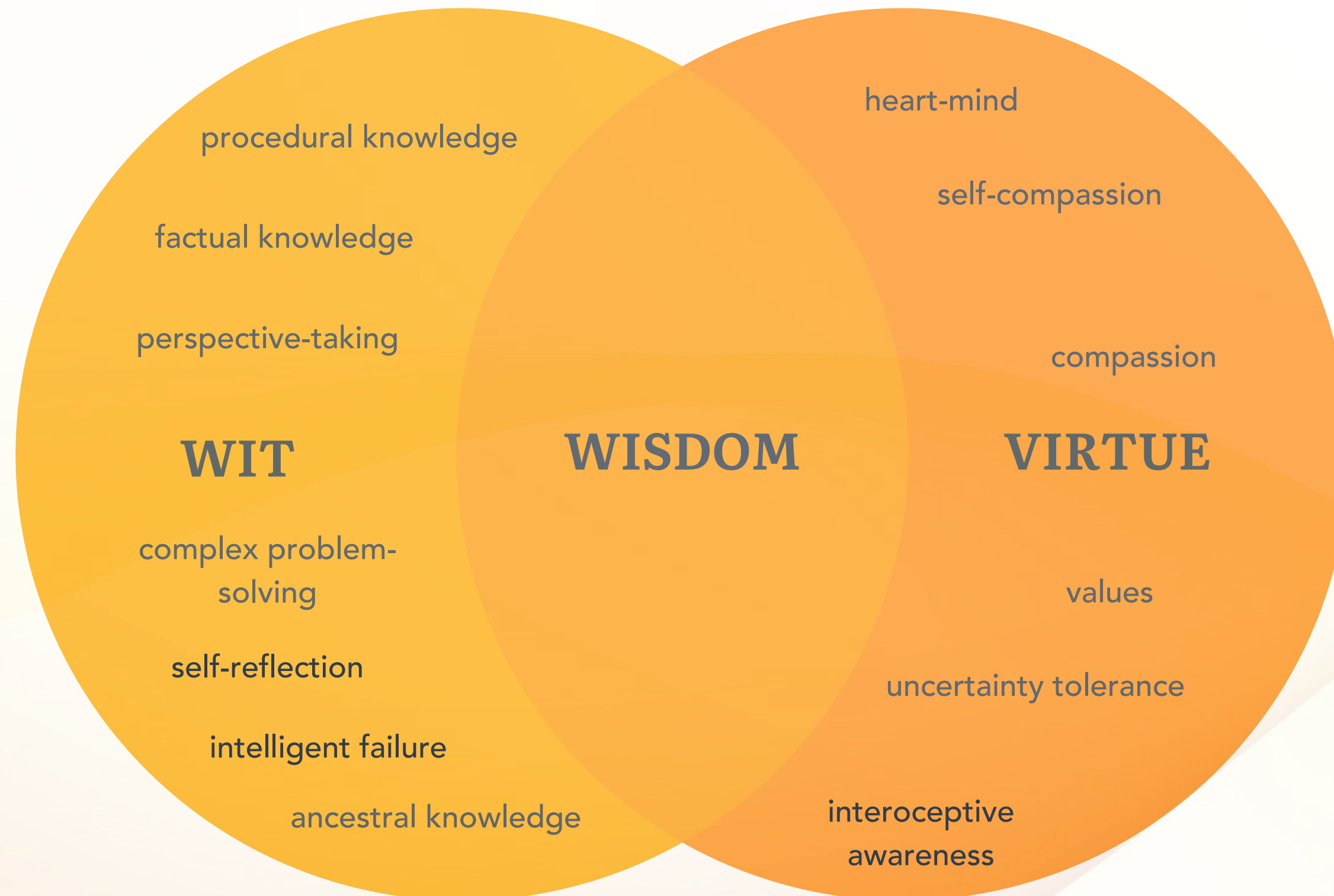
What if...

We are already psychologically flexible.

We are already wise.

All of us.

What Does It Mean to Be Wise?





Therapist Core Yearnings

Connect with others
Make sense of things
Feel deeply
Be oriented
Have purpose
Develop competence

What do we really yearn for with Steven Hayes and Joseph Ciarrochi



you



your client



Which one is normal?

It's not unusual to be unusual.

van tilberg_(2019).

16 PF personality
test
warmth
reasoning
emotional stability
etc.

Odds of you being
“normal”

1 in 16,077,969

Less than 500
people in the world
are normal

slide adapted from Joseph Ciarrochi, thank you Joe!

Diana Hill

www.drdianahill.com/actwithme
[@drdianahill](https://twitter.com/drdianahill)

ACT BootCamp®

Normal last seen here.

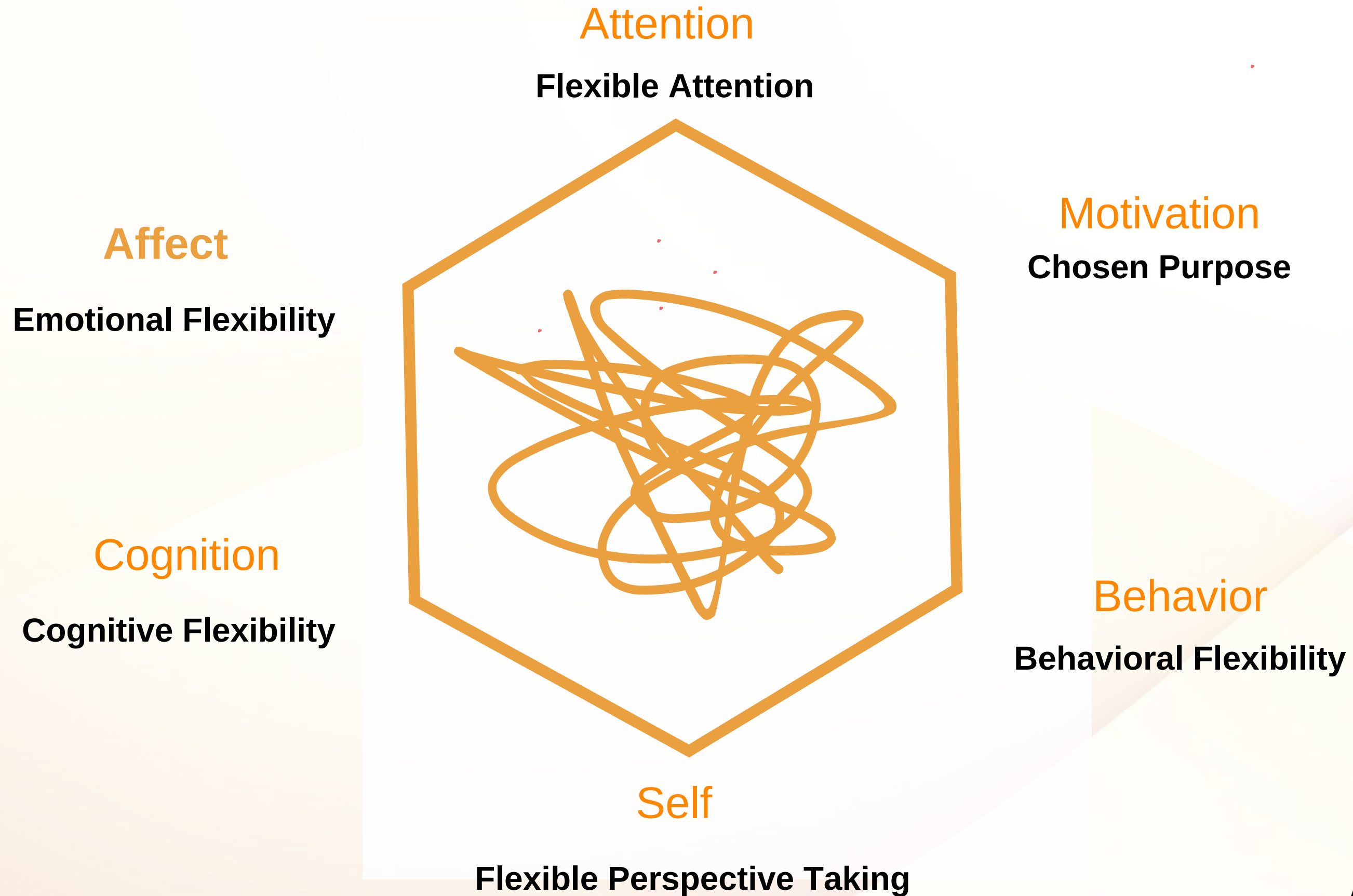


Diana Hill

www.drdianahill.com/actwithme
[@drdianahill](https://twitter.com/drdianahill)

ACT BootCamp®

6 Core Processes of ACT





Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®



Attentional Flexibility

We have
arrived we
are here.

Diana Hill

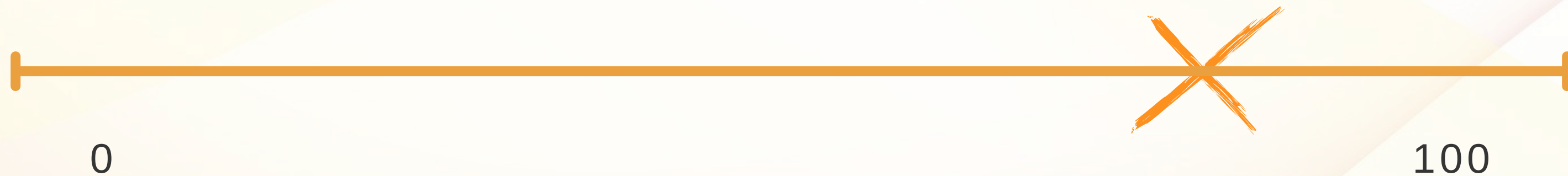
www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®

Attentional Flexibility

Psy-Flex

Being present. Even if I'm somewhere else with my thoughts, I can focus on what's going on in important moments.



Attentional Flexibility

When have
you been
present when
it mattered?

Chosen Purpose

Psy-Flex

Awareness of one's own values. I determine what's important for me and decide what I want to use my energy for.



OMNI
SHOREHAM

MEETING ROOMS

ACT Boot Camp
Blue Room



Chosen Purpose

Why did you put
your energy here?

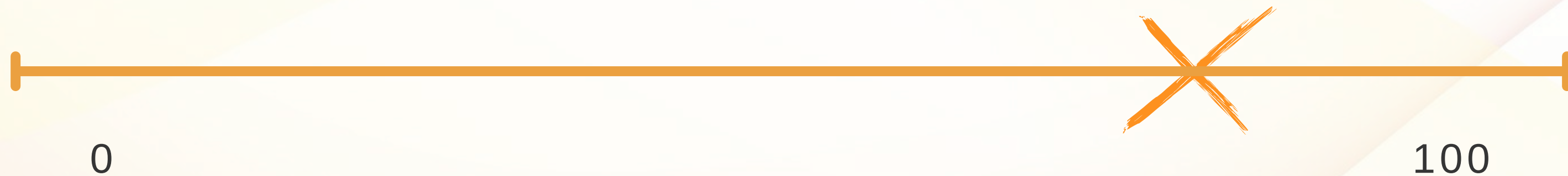
www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®

Emotional Flexibility

Psy-Flex

Being open for experiences. If need be, I can let unpleasant thoughts and experiences happen without having to get rid of them immediately.



Emotional Flexibiility

What difficult
feelings did
you open to?

Cognitive Flexibility

Psy-Flex

Letting thoughts be. I can look at hindering thoughts from a distance without letting them control me.





Cognitive Flexibility

What
unhelpful
thoughts
showed up?

Flexible Perspective Taking

Psy-Flex

Steady self. Even if thoughts and experiences are confusing me I can notice something like a steady core inside of me.





Flexible Perspective Taking

Looking back on
your first day here,
what would you tell
yourself, knowing
what you know
now?

Behavioral Flexibility

Psy-Flex


Being engaged. I engage thoroughly in things that are important, useful, or meaningful to me.



Behavioral Flexibility

How do you
want to show
up on this last
day?

*this
moment
is full of
wonders*



Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®

Psy-Flex

Being present. Even if I'm somewhere else with my thoughts, I can focus on what's going on in important moments.

Awareness of one's own values. I determine what's important for me and decide what I want to use my energy for.

Letting thoughts be. I can look at hindering thoughts from a distance without letting them control me.

Being open for experiences. If need be, I can let unpleasant thoughts and experiences happen without having to get rid of them immediately.

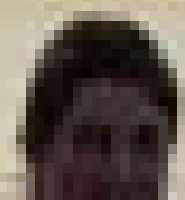
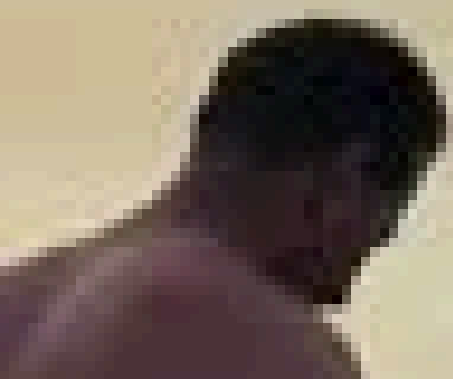
Being engaged. I engage thoroughly in things that are important, useful, or meaningful to me.

Steady self. Even if thoughts and experiences are confusing me I can notice something like a steady core inside of me.



Life at it's most lively

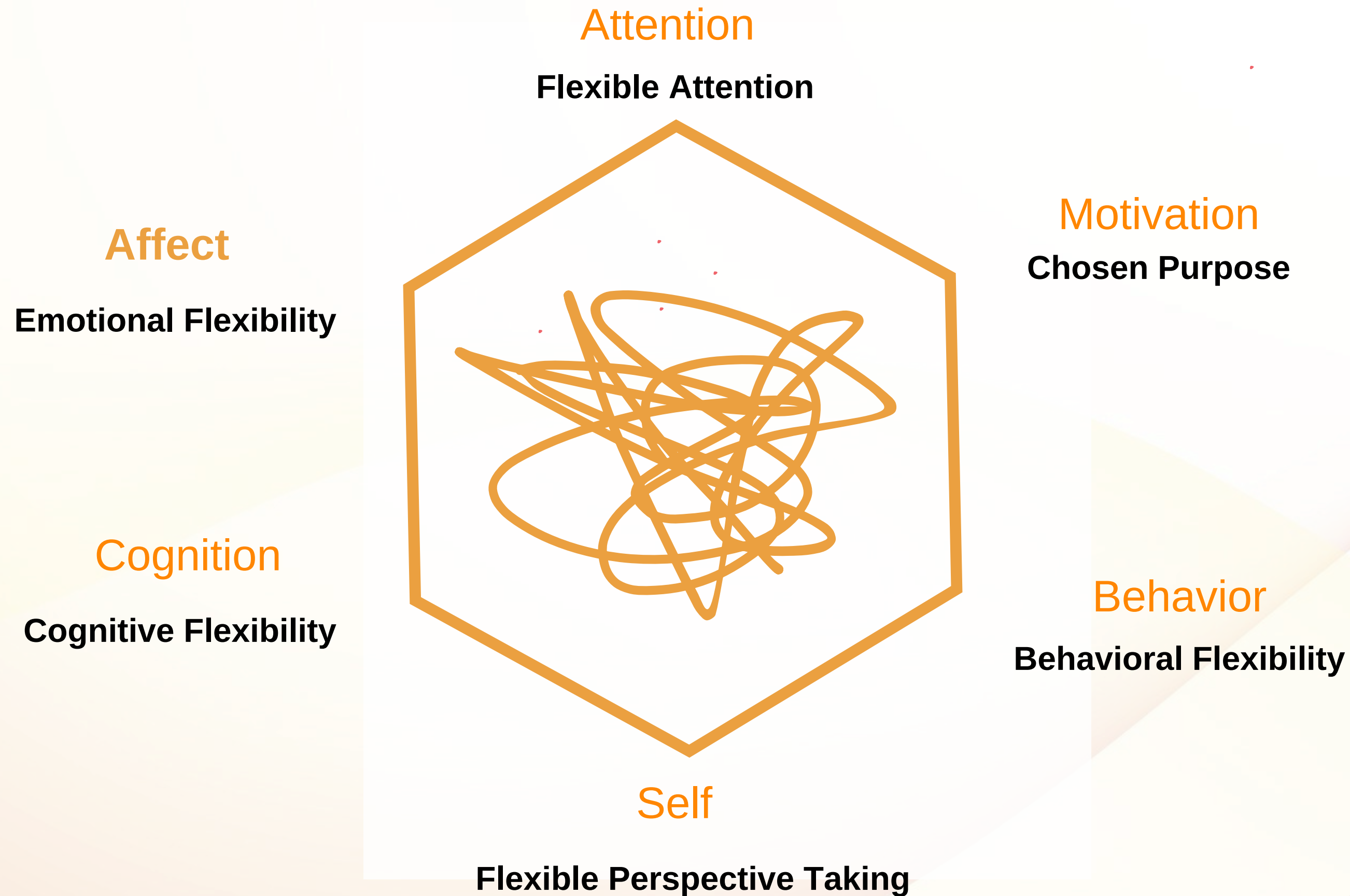
What brings you vitality?



What do you regret?



6 Core Processes of ACT



From Categories to Systems

Network Modeling

DSM-5 Diagnosis

■ Diagnostic Classifications

1. Bipolar I Disorder

- One or more Manic Episode or Mixed Manic Episode
- Minor or Major Depressive Episodes often present
- May have psychotic symptoms
- Specifiers: anxious distress, mixed features, rapid cycling, melancholic features, atypical features, mood-congruent psychotic features, mood incongruent psychotic features, catatonia, peripartium onset, seasonal pattern
- Severity Ratings: Mild, Moderate, Severe (DSM-5, p. 154)



The Five Cups



Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®

The Five Cups

The upside down cup

The dirty cup

The cup with holes

The full cup

The cup that is turned over, empty and ready to receive.

Diana Hill

www.drdianahill.com/actwithme
@drdianahill



ACT BootCamp®

I'm going to teach you **the five simple steps** to network modeling that will revolutionize your case conceptualization.

My goal is for you to see **how easy it is**
create a network and to **get inspired** to
take the first step towards towards a
whole new way of conceptualizing
clients



Clues That You Would Benefit From Using Network Modeling

You tend fall back on the **same set of favorite interventions**, but get mixed results.

You're Googling...

- Z codes
- *Not Otherwise Specified*
- ***How does GERD impact depression?***
- ***Can breathing exercises make anxiety worse?***

A silver fork is positioned vertically on the right side of the image, with a portion of spaghetti wrapped around its tines. The spaghetti is a light yellow color and is tangled in a way that suggests it is being tossed or thrown. The background is a plain, light gray.

You feel like you are **throwing evidence-based spaghetti** at the therapy wall.

You're supposed to be the expert here,
but don't know what to do next.

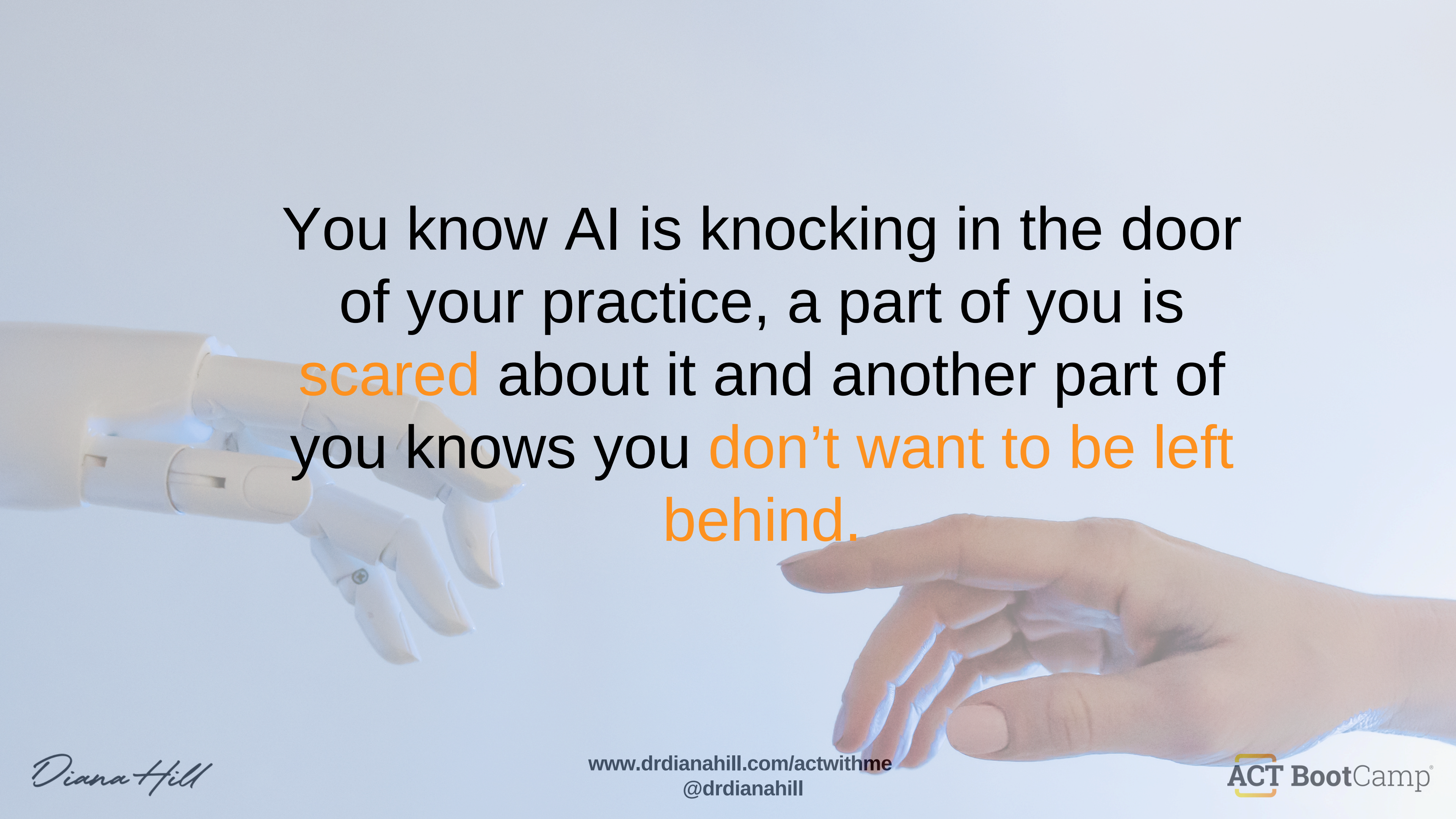
Your client came in with one problem, only to come back with **a different problem** the next week.

So now you are waiting for **two books on Amazon** to arrive and you don't have time to read both.



www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp



You know AI is knocking in the door
of your practice, a part of you is
scared about it and another part of
you knows you **don't want to be left
behind.**

You care A LOT about helping
alleviating suffering and promoting
vitality. And you want to **keep
growing and evolving** as a
therapist.

These are all **big clues** that
you are **yearning**
for something
different



Diana Hill

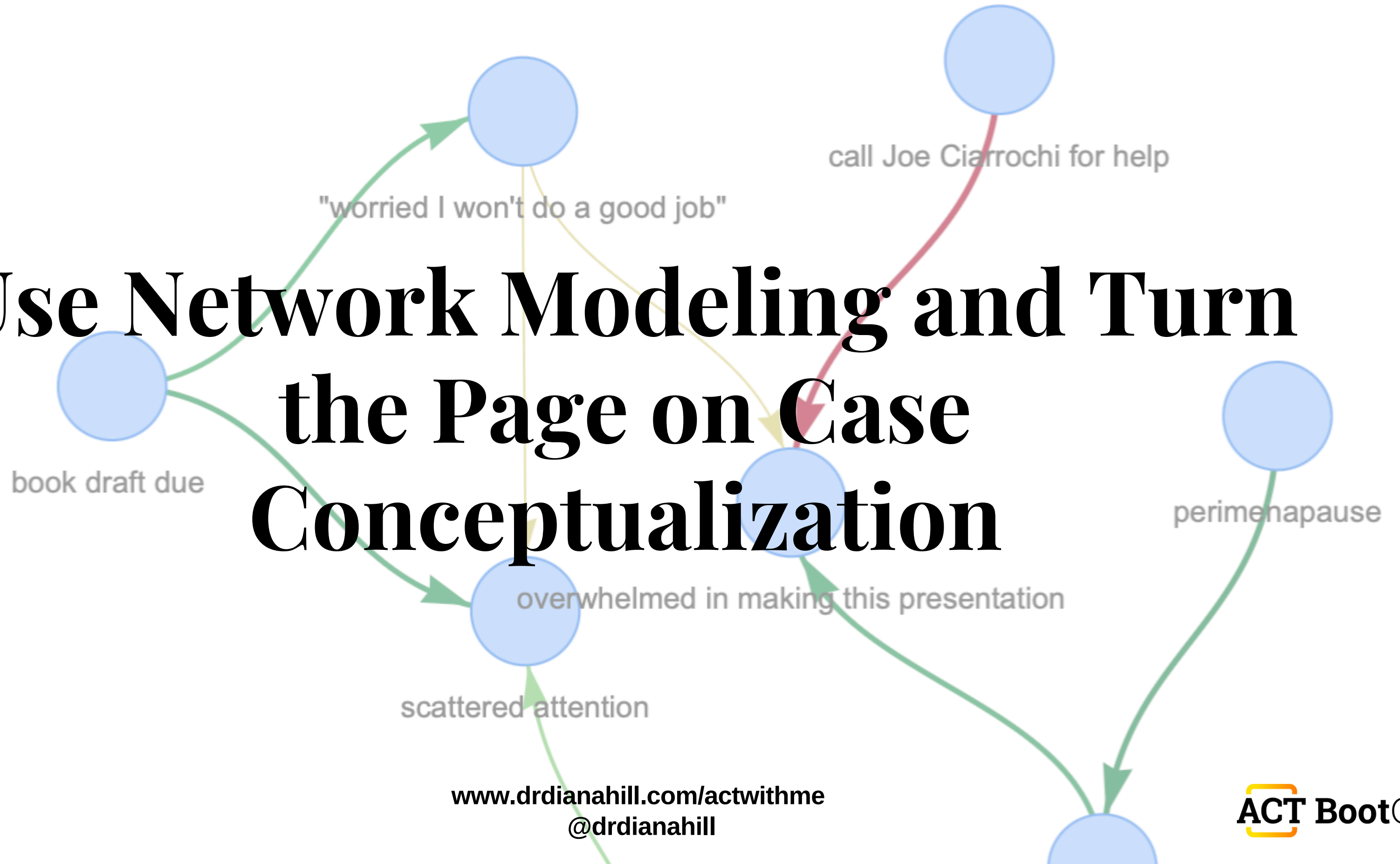


Therapist Core Yearnings

Connect with others
Make sense of things
Feel deeply
Be oriented
Have purpose
Develop competence

Wise Effort Show: What Do We Really Yearn For?

Use Network Modeling and Turn the Page on Case Conceptualization





AMERICAN
PSYCHOLOGICAL
ASSOCIATION



Process-Based Therapy: A Common Ground for Understanding and Utilizing Therapeutic Practices

Joseph Ciarrochi¹, Cristóbal Hernández^{2, 3}, Diana Hill⁴, Clarissa Ong⁵, Andrew T. Gloster⁶,
Michael E. Levin⁷, Keong Yap⁸, Madeleine I. Fraser⁸, Baljinder K. Sahdra¹,
Stefan G. Hofmann⁹, and Steven C. Hayes¹⁰

¹ Institute for Positive Psychology and Education, Australian Catholic University

² Escuela de Psicología, Universidad Adolfo Ibáñez

³ Instituto Milenio para la Investigación en Depresión y Personalidad (MIDAP)

⁴ Clinical Psychologist in Private Practice, Santa Barbara, California, USA

⁵ Department of Psychology, University of Toledo

⁶ Faculty of Behavioural Sciences & Psychology, University of Lucerne

⁷ Department of Psychology, Utah State University

⁸ School of Behavioural Health Sciences, Australian Catholic University (Strathfield Campus)

⁹ Department of Psychology, Philipps University Marburg

¹⁰ Department of Psychology, University of Nevada

This article critiques the “protocol-for-syndrome” model in mental health research, highlighting two primary concerns: the complexity of protocols that include change processes irrelevant to many individuals, and the inadequacy of *Diagnostic and Statistical Manual of Mental Disorders* syndromes to capture the nuances of individual well-being and suffering. Advocating a shift to a process-based therapy (PBT) approach, the article proposes a coherent integration of diverse change processes and interventions to enrich therapy practices. It introduces a slightly revised extended evolutionary metamodel (EEMM) as a comprehensive framework that provides a consistent language for discussing change processes, focusing on the key drivers of variation, selection, and retention, and categorizing these into dimensions (such as cognition, emotion, self, motivation) and levels (from biology/physiology to psychology and social relationships/culture). The article details the application of EEMM in classifying therapeutic processes, validated through both human and artificial intelligence (AI) ratings. Furthermore, we developed an AI tool built on Distilled Bidirectional Encoder

Diana Hill

ACT BootCamp®

You can address the complexities encountered in real-world clinical settings, such as clients with multiple issues, often missed by DSM.

You can take a **bio-psycho-social** view on your client's problems.

You can generate an individualized treatment plan and sort out **what's most important to address next.**



Network Modeling is an intervention in
itself, fostering **compassion** and
perspective.

“I have to sell my car. It makes me want to smoke a cigarette. I told my husband and it made me feel worse. He told me all the reasons why I shouldn't smoke. I don't see why just one cigarette is a problem. So many people smoke in LA.”





Everyone that walks in your door is different

**What works for one person doesn't always
work for another**

**The average data doesn't apply to the
individual**

Process-Based Conceptualization

Untangling the Knot



5 Simple Steps

ACT Case Conceptualization

Identify the Problem

Identify the Psychological Elements

Identify the Social, Physical, and Environmental Factors

Draw the Network

Target the Process

Download and Complete the process-based worksheet

<https://docs.google.com/document/d/15BCpSp48XsJ2Zbps6TuCCiPFjGRSMbGLKbmVNUJwIDg/edit?usp=sharing>

The EEMM

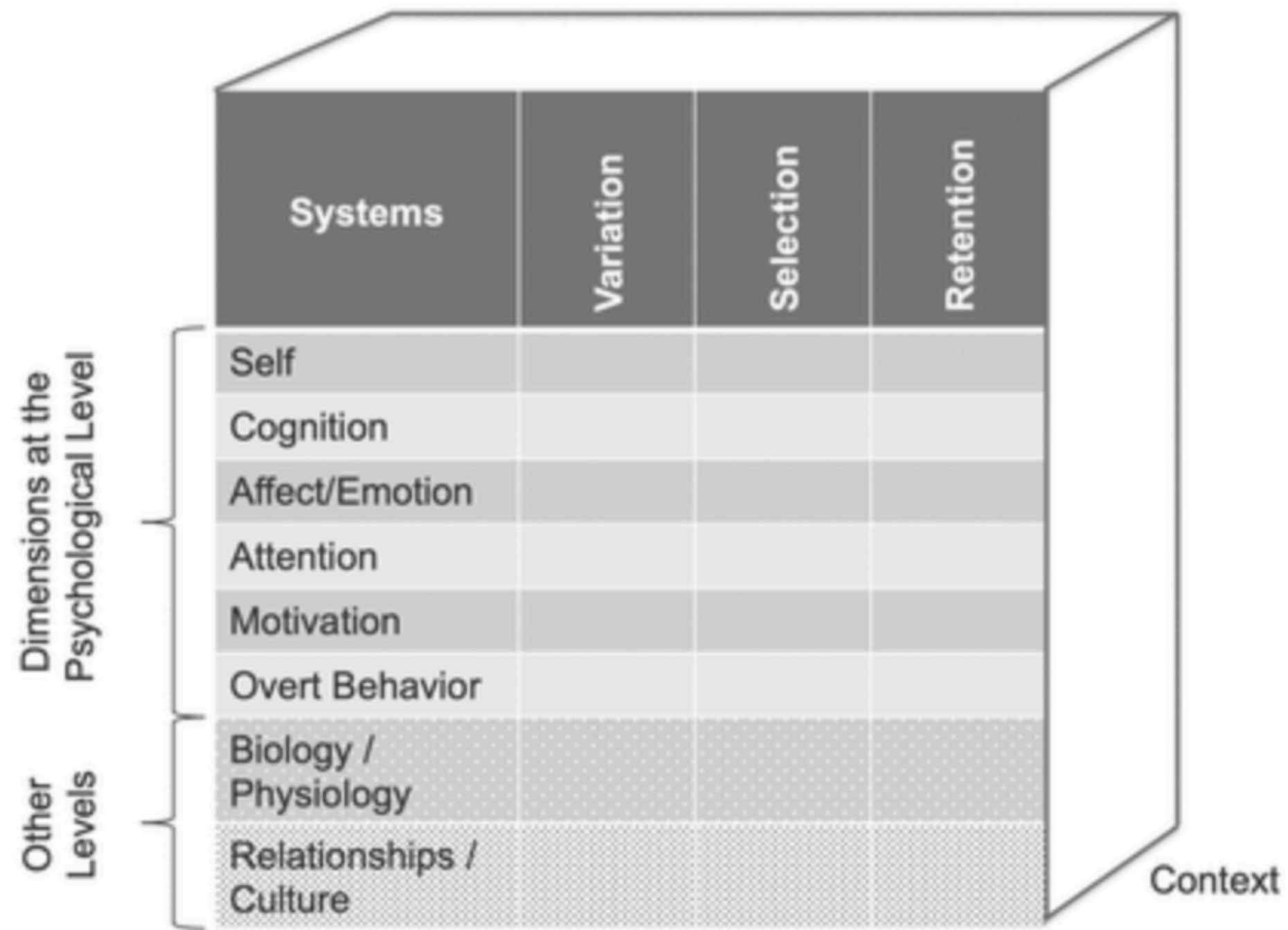


Figure 1. The Extended Evolutionary Meta-Model of Process-Based Therapy



Another Koan

**The finger pointing at the moon
is not the moon.**




Step 1.

Identify the Problem (connect)

*What is something
you are struggling with?*

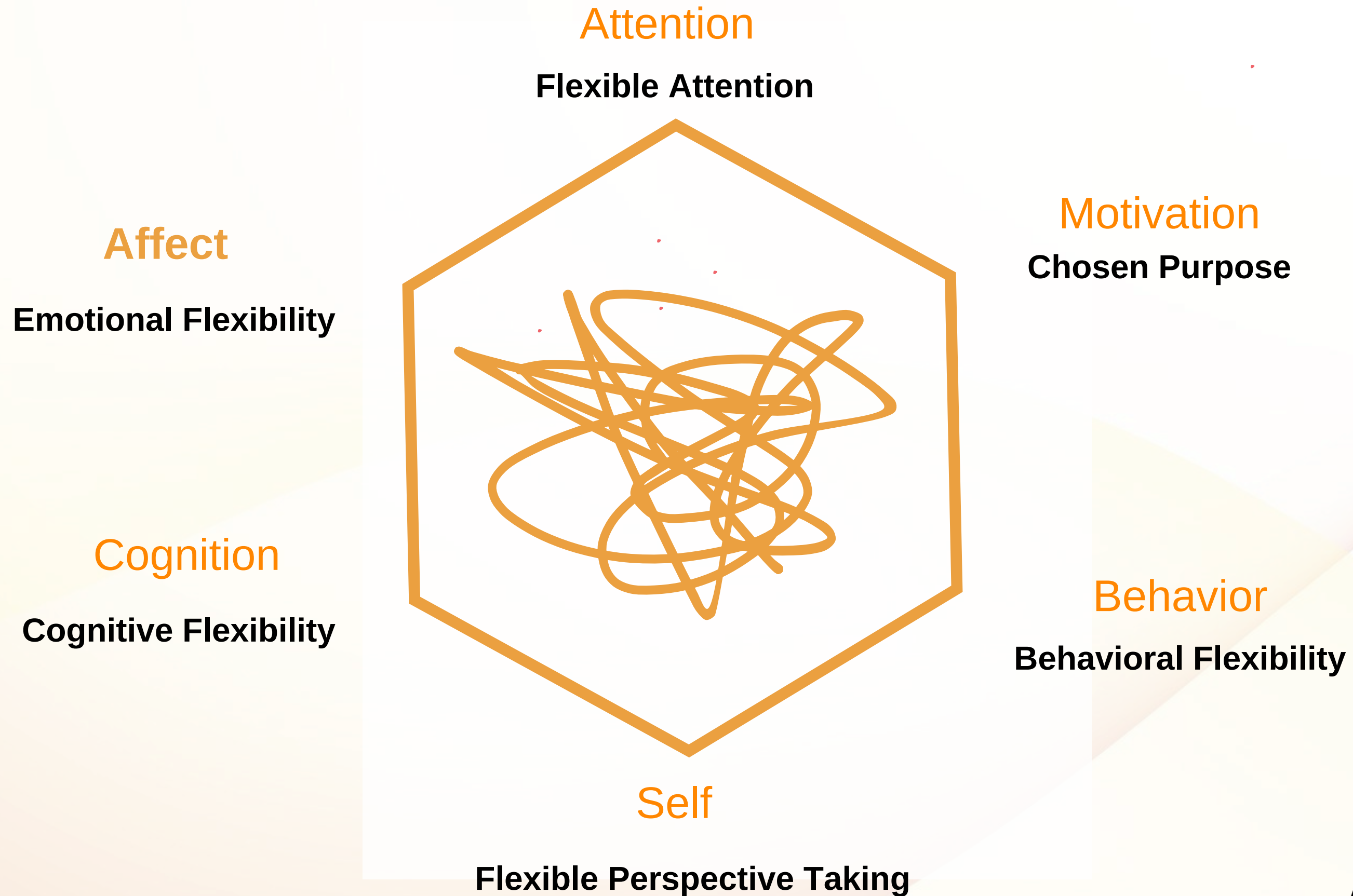
Don't give the reason.
Just describe it.

Can you distill it down for me in just a few words?



Step 2. Identify the Psychological Elements (cubbyhole)

6 Core Processes of ACT



Attention Issues

- Struggling to stay present in daily life moments.
- Difficulty focusing on tasks and tuning out distractions.
- Unable to notice the impact of actions on others.
- Struggling to concentrate on tasks.
- Can't shift attention from one thing to another
- Can't stop worrying or dwelling on things.

Affect Issues

- Struggling with intense emotions.
- Difficulty accepting and managing feelings.
- Fear and negative self-judgement over certain feelings.
- Suppressing emotions
- Feeling controlled by Emotions.
- Difficulty in expressing emotions to others.
- Feeling stuck in certain emotions.
- Difficulty enjoying positive experiences due to fear of their end.

Cognitive Issues

- Negative thoughts about past, present, or future interfering with important matters.
- Feeling controlled by thoughts.
- Pessimistic view of the future.
- Negative attitudes or beliefs hindering life.
- Tendency to catastrophize, assuming worst outcomes.

Motivational Issues

- Unclear about personal values and importance.
- Lack of motivation.
- Engaging in unimportant tasks.
- Motivation is driven by guilt or pressure, not personal values.
- Lack of life direction and feeling of burnout.
- Acting based on others' expectations, not personal desires.

Self/Identity Issues

- Unstable sense of self.
- Low self-esteem.
- Feeling broken and incapable of improvement.
- Lack of self-compassion.
- Feeling ineffective and disconnected from a deeper or spiritual sense of self.
- Struggling with self-acceptance.
- Feeling unworthy of love or success.
- Feeling like an imposter, even when successful.
- Inability to separate self-identity from changing thoughts and feelings.

Behavioral Issues

- Inaction or wrong actions.
- Difficulty taking action due to feelings or thoughts.
- Impulsive behavior and frequent submission to urges.
- Pretending everything is fine when it's not.
- Constant need for ongoing projects or activities.
- Difficulty sitting still and tendency to lash out when stressed.
- Engaging in self-sabotaging behaviors and making impulsive decisions.
- Difficulty sticking to routines or goals.
- Difficulty saying no and reliance on unhealthy coping behaviors.
- Giving up quickly when things get hard.
- Difficulty maintaining work-life balance.
- Avoidance or procrastination.

**Are there any other
psychological struggles you
would like to mention?**



Step 3. Identify the Biological and Social/Cultural Levels

Identify physical challenges that might be relevant to your problem

- Problems with level of exercise
- Problems with diet/nutrition
- Problems with sleep
- Problems with the use of medication (dose and type of medication; symptoms of withdrawal)
- Problems with pain or response to pain
- Problems with bodily Stress
- Problems with fatigue
- Problems with a health condition (e.g. diabetes, cancer, high blood pressure)
- Problems with breathing (e.g., asthma, shortness of breath)
- Problems with balance or coordination (e.g., frequent falls, dizziness)
- Problems with sexual health (e.g., libido, performance, reproductive health)
- Problems with skin (e.g., rashes, chronic irritation)
- Problems with weight management (e.g., unintentional weight gain or loss)
- Problems with chronic inflammation (e.g., joint stiffness, swelling)

Are there any other physical struggles you would like to mention?

Identify social challenges that might be relevant to your problem.

- Difficulty asserting your needs or preferences to another
- Trouble giving or receiving feedback
- Trouble resolving conflicts
- Trouble disclosing something intimate
- Difficulty managing others (e.g. parenting, business, coaching)
- Trouble expressing feelings to someone
- Feeling disconnected from cultural community
- Difficulty asserting your needs or preferences to another
- Trouble giving or receiving feedback
- Trouble resolving conflicts
- Trouble disclosing something intimate
- Difficulty managing others (e.g. parenting, business, coaching)
- Trouble expressing feelings to someone
- Feeling disconnected from cultural community
- Trouble dealing with discrimination or bias
- Trouble using your cultural strengths
- Difficulty with social skills
- Lack of social support
- Trouble communicating care
- Other social struggles (e.g. with family, boss, neighbor, partner, etc.)
- Avoiding important social situations
- Trouble building relationships
- Trouble understanding others
- Struggling with empathy (difficulty understanding others' perspectives)
- Difficulty setting and maintaining personal boundaries
- Problems with romantic relationship (eg: conflicts with partner, divorce, partner with addiction, recently divorced)

**Are there any other social struggles you
would like to mention?**

Identifying the environmental challenges that might be relevant to your problem.

- Work problems
- Lack of opportunity to meet people or friends
- Inadequate resources
- Lack of opportunity to develop skills
- Negative influences in environment (e.g. temptations)
- Time management problems
- Lack of reward or appreciation
- Lack of freedom to make choices
- Mismatch between work and values
- Unfairness, discrimination, oppression
- Problem with community
- Legal issues
- Lack of opportunity to express self
- Few opportunities for employment
- Unpleasant surroundings (noise, lack of personal space, lack of green space)
- Unable to understand something challenging in current environment
- Few opportunities for enjoyment
- Inadequate resources (financial, medical, informational)
- Lack of supports (access to child care or healthcare)
- Barriers to education or training opportunities
- Lack of privacy in personal or professional life
- Social or cultural isolation (e.g., being far from a supportive community)

Identifying the environmental challenges that might be relevant to your problem.

- Few opportunities for enjoyment
- Inadequate resources (financial, medical, informational)
- Lack of supports (access to child care or healthcare)
- Barriers to education or training opportunities
- Lack of privacy in personal or professional life
- Social or cultural isolation (e.g., being far from a supportive community)

**Are there any other environmental struggles
you would like to mention?**

Step 4.

Create the Network (draw)

Pick 4 processes most relevant to the problem

Use PLAN tool
or Draw it Out

https://www.patreon.com/Institute_for_Better_Health

Perturbate

variation

Do something different and/or new;
Or, if something is working optimally,
move to retention, reduce variation

Selection

Choose behaviors that build value
health, and vitality

Retention

Reinforce and maintain value
consistent behaviors. How can I
make my valued behavior a habit

Step 5. Target the process (perturbate)

Pick a process to target and use your therapeutic wisdom (knowledge + heart).

Compassion flows 3 Ways



Diana Hill

www.drdianahill.com/actwithme
@drdianahill

ACT BootCamp®

Just Like Me

Diana Hill

www.drdianahill.com/actwithme
@drdianahill

 **ACT BootCamp**





Let's Do This!

Wise Effort Newsletter

Wise Effort Podcast

Books



Diana Hill

Diana Hill, Ph.D.
with Katy Bowman, M.S.

I Know
I Should
Exercise
But...



44 Reasons We Don't Move
& How to Get Over Them



The
Self-Compassion
DAILY JOURNAL

*Let Go of Your Inner Critic &
Embrace Who You Are with
Acceptance & Commitment Therapy*

Diana Hill, PhD

Foreword by Joseph V. Ciarrochi, PhD



ACT DAILY
JOURNAL

Get Unstuck & Live Fully
with Acceptance & Commitment Therapy



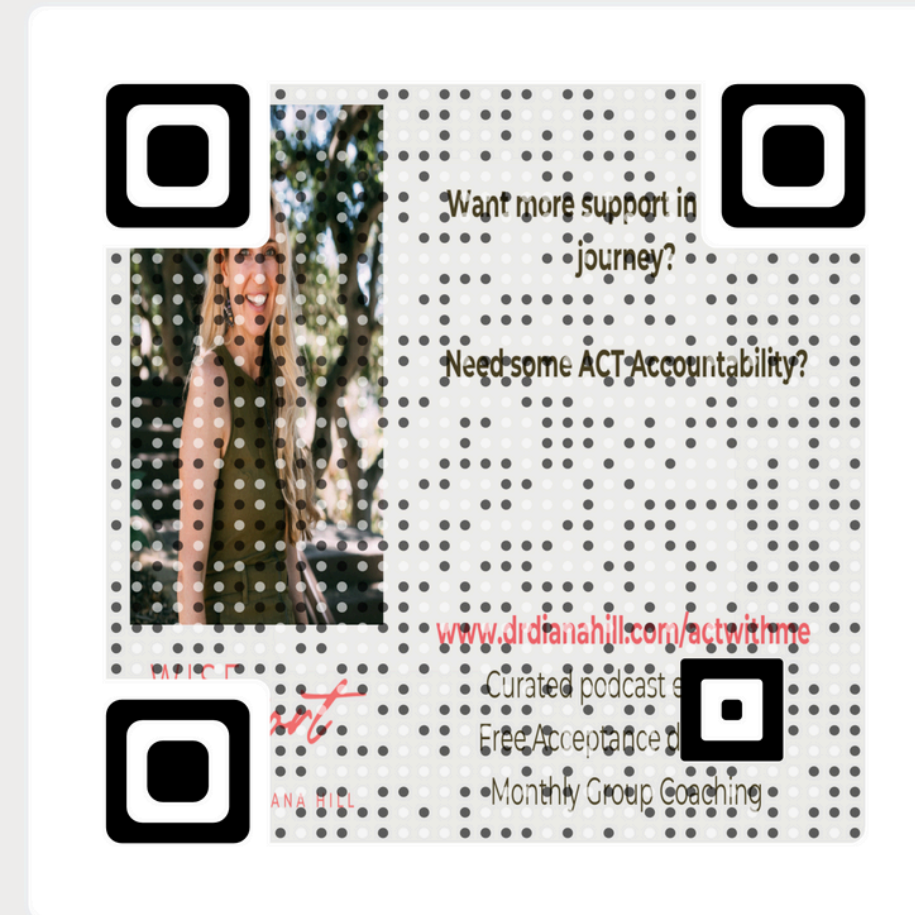
Diana Hill, PhD & Debbie Sorensen, PhD

Hosts of the *Psychologists Off the Clock* podcast



WISE
effort
WITH DR. DIANA HILL

**Want more support in your ACT
journey?
Need some ACT Accountability?**



www.dr.dianahill.com/actwithme

Curated podcast episodes
Free Acceptance download
Free ACT meditations
Monthly Group Cohort