

انعطاف پذیری روانی و دانش بدنی

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روانشناس و عضو هیئت علمی دانشگاه علوم پزشکی اصفهان

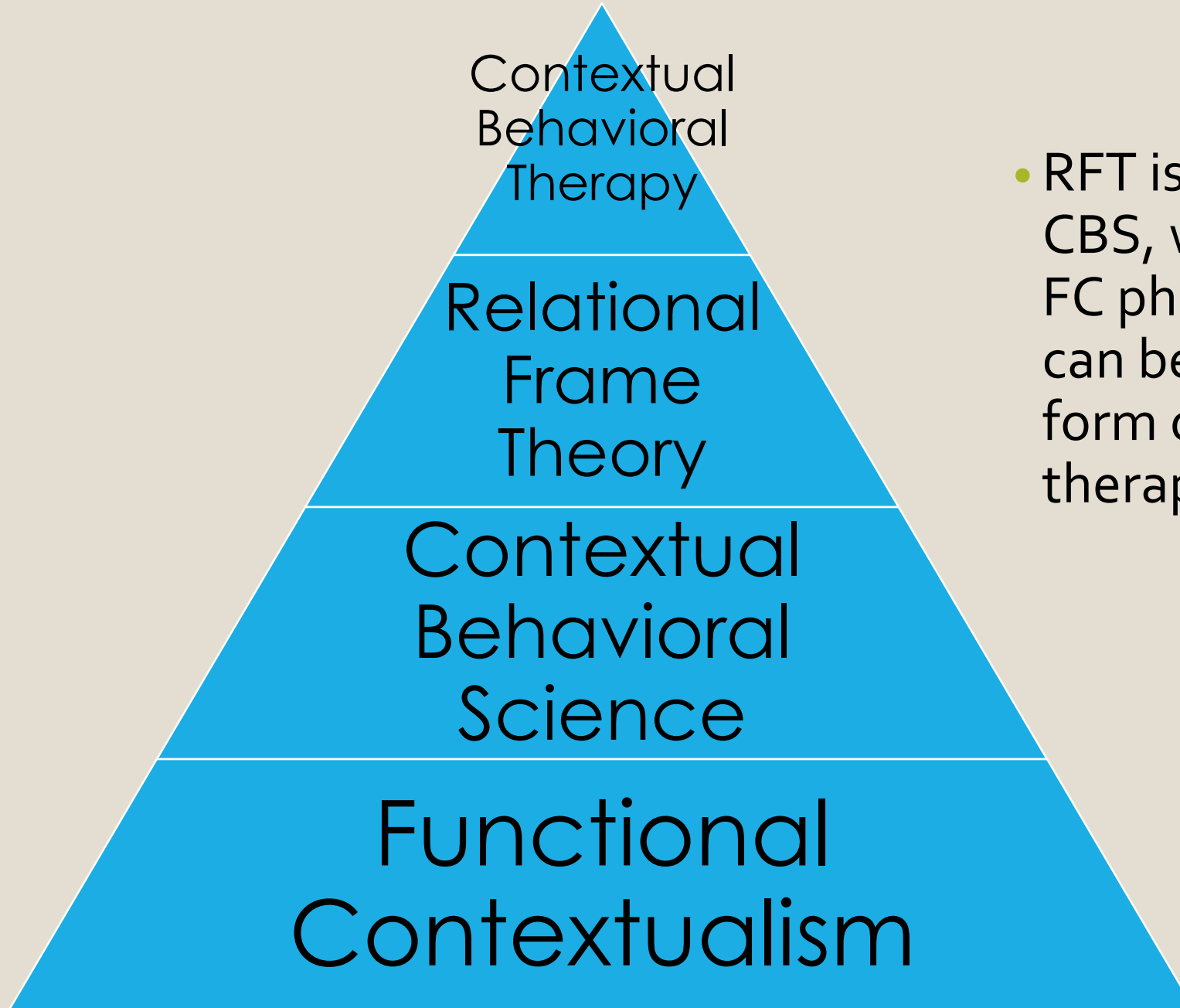
گروه آموزش بین حرفه ای مراقبت‌های حمایتی - تسکینی



EMBODIED ACT:

WHAT THE BODY REVEALS ABOUT LAY KNOWLEDGE OF PSYCHOLOGICAL

FLEXIBILITY

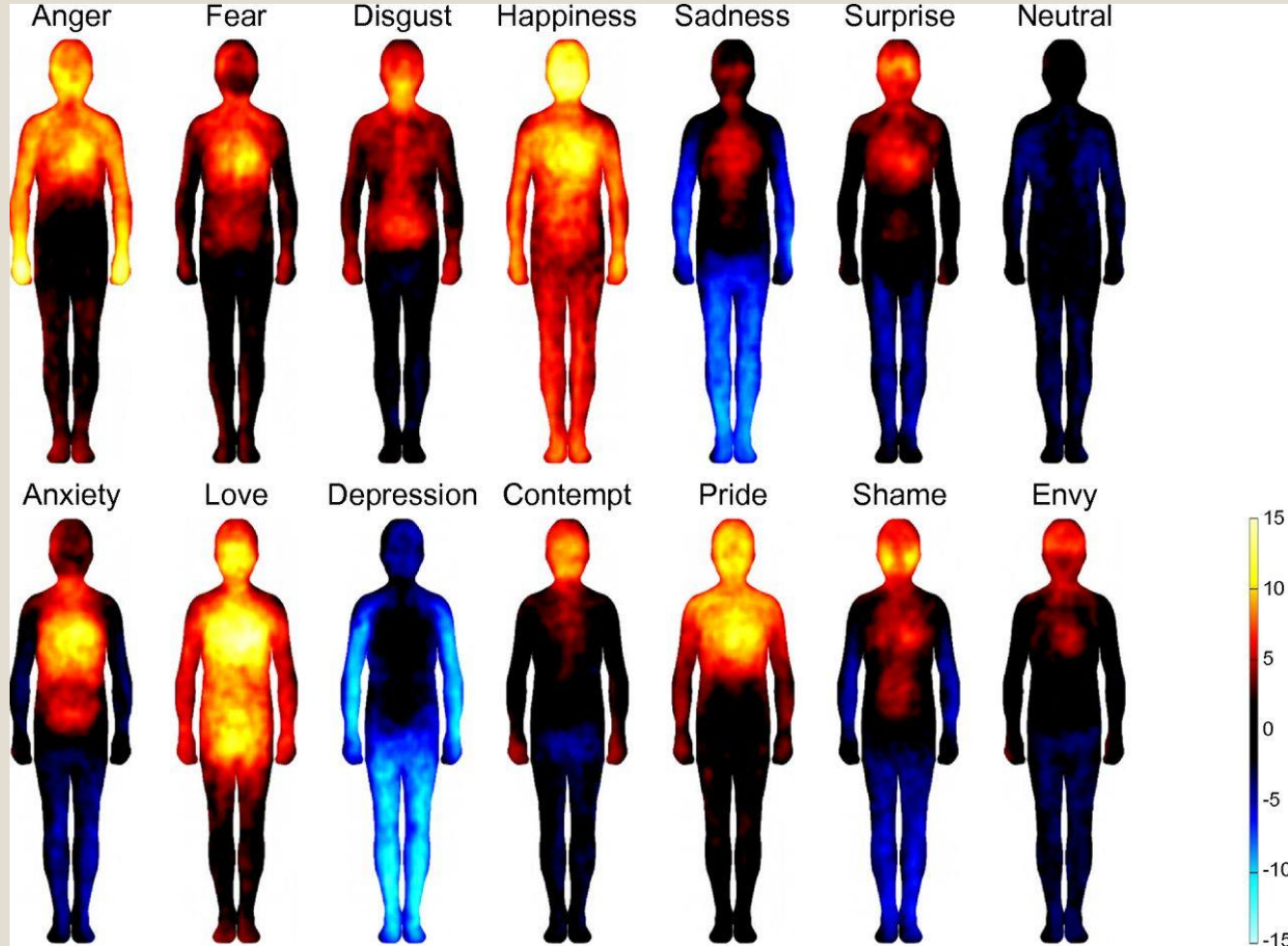


- RFT is a branch of CBS, which leans on FC philosophy, and can be applied in the form of contextual therapies.

توليدات ذهن: احساس



توليدات ذهن: حواس بدنی



توليدات ذهن: خاطرات



توليدات ذهن: تمايلات



گوشه اول: خود به عنوان زمینه



گوشه دوم: گسلش شناختی



گوشه سوم: پذیرش



گوشه چهارم: بودن در زمان حال



گوشه پنجم: ارزشها



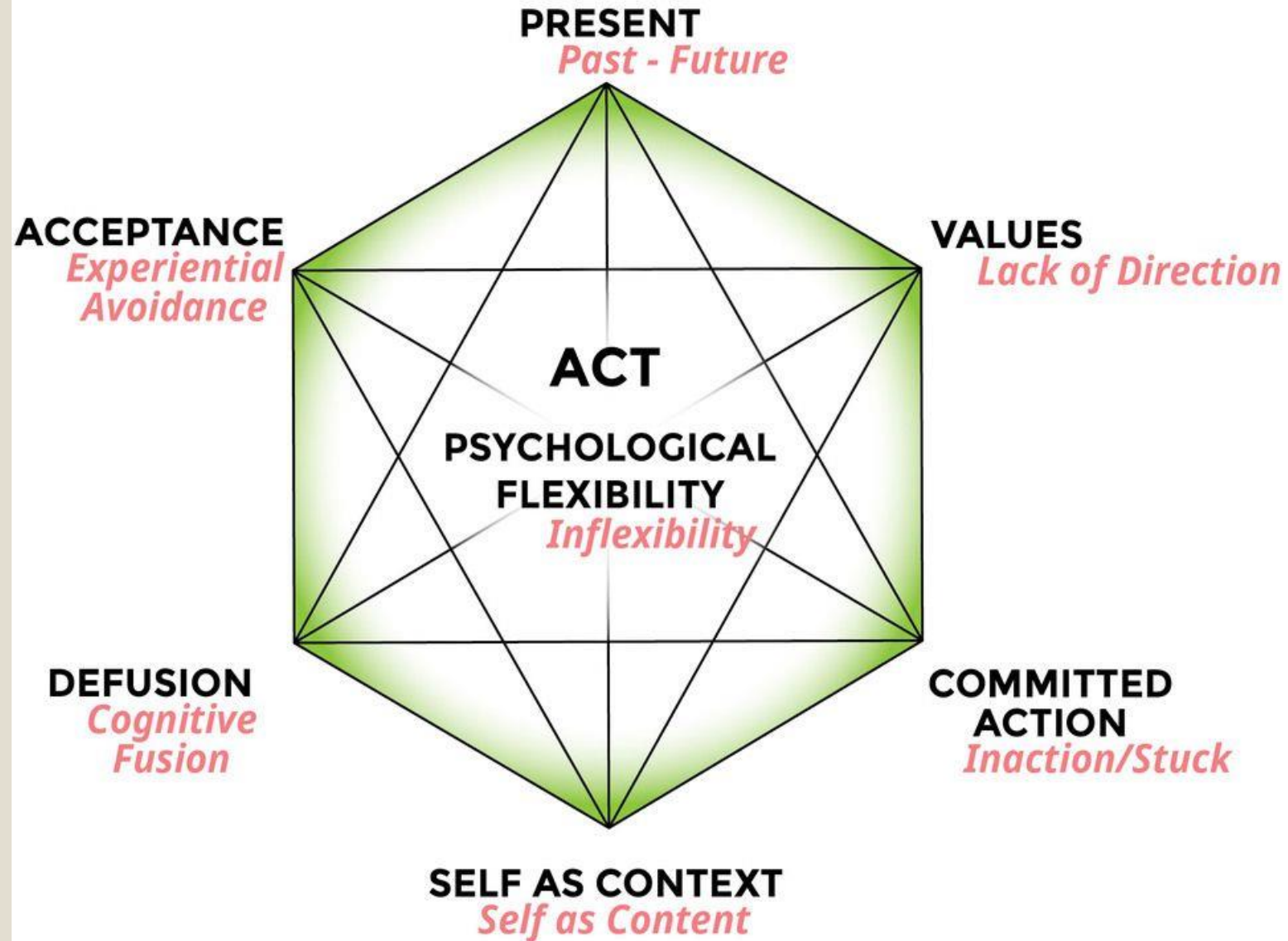
گوشه ششم: عمل متعهدانه



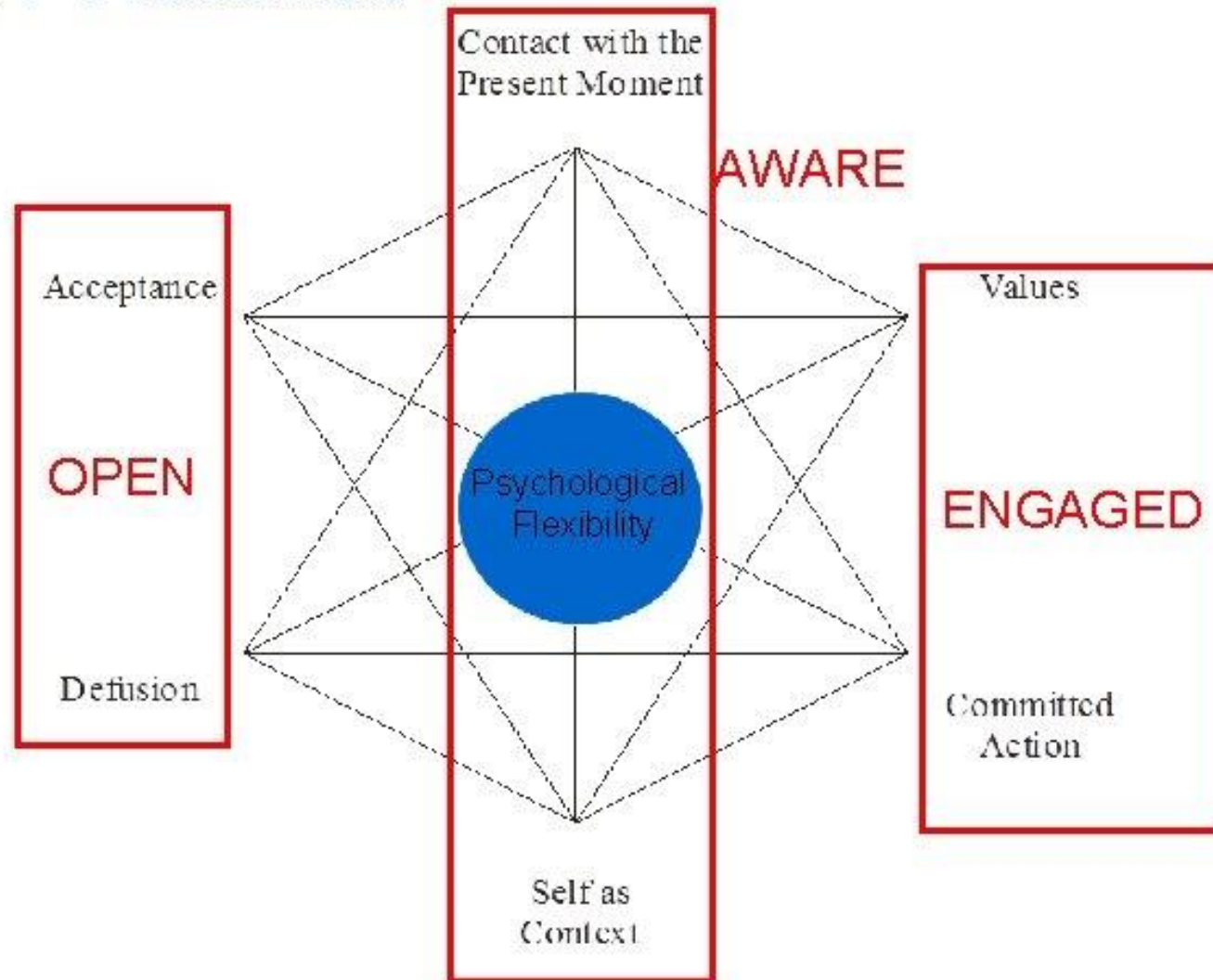
هدف: انعطاف پذیری روانی



ACT HEXAFLEX



ACT Hexaflex



Abstract

Embodied knowledge of psychological flexibility processes was tested by examining the ability of raters to score whole body pictures on the basis of the degree to which they were open, aware, and engaged. Naïve and untrained raters ($n = 16$) could do so with excellent reliability. Because scores on these three ratings also showed excellent internal reliability, a Psychological Flexibility Embodiment Scale (PFES) was created from the three ratings and applied to 82 persons from the general population in Reno, Chicago, and Tehran, Iran who were asked to show with their body them at their best and worst when dealing with a difficult psychological matter. PFES scores varied significantly under these instructions, and did so in all three locations (although significantly less so in Iran), suggesting that the general population already has a degree of embodied knowledge of psychological flexibility. The implications of these findings for assessment and intervention are explored.

Acceptance

*Be willing to experience
difficult thoughts.*

Commitment

*Take action to
pursue the
important things
in your life.*

Cognitive Defusion

*Observe your
thoughts without
being ruled by them.*

ACT

Psychological Flexibility

Values

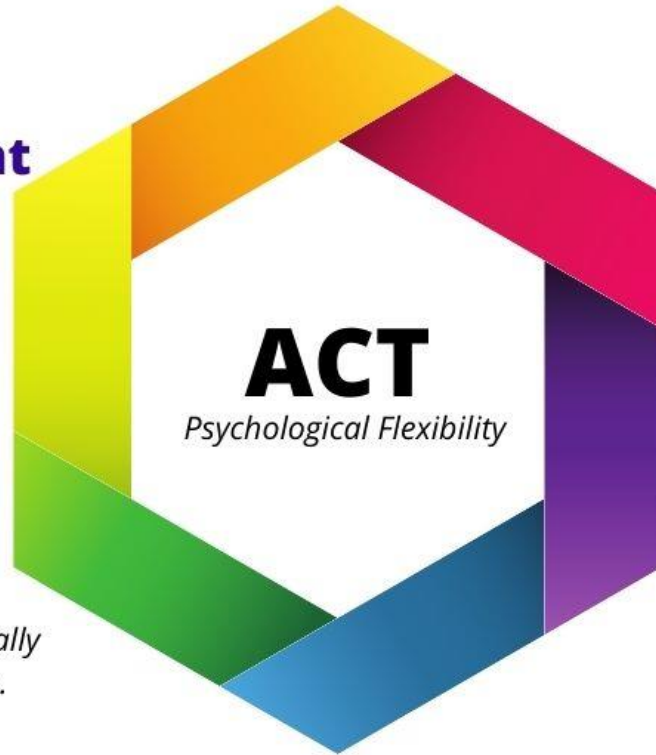
*Discover what is really
important to you.*

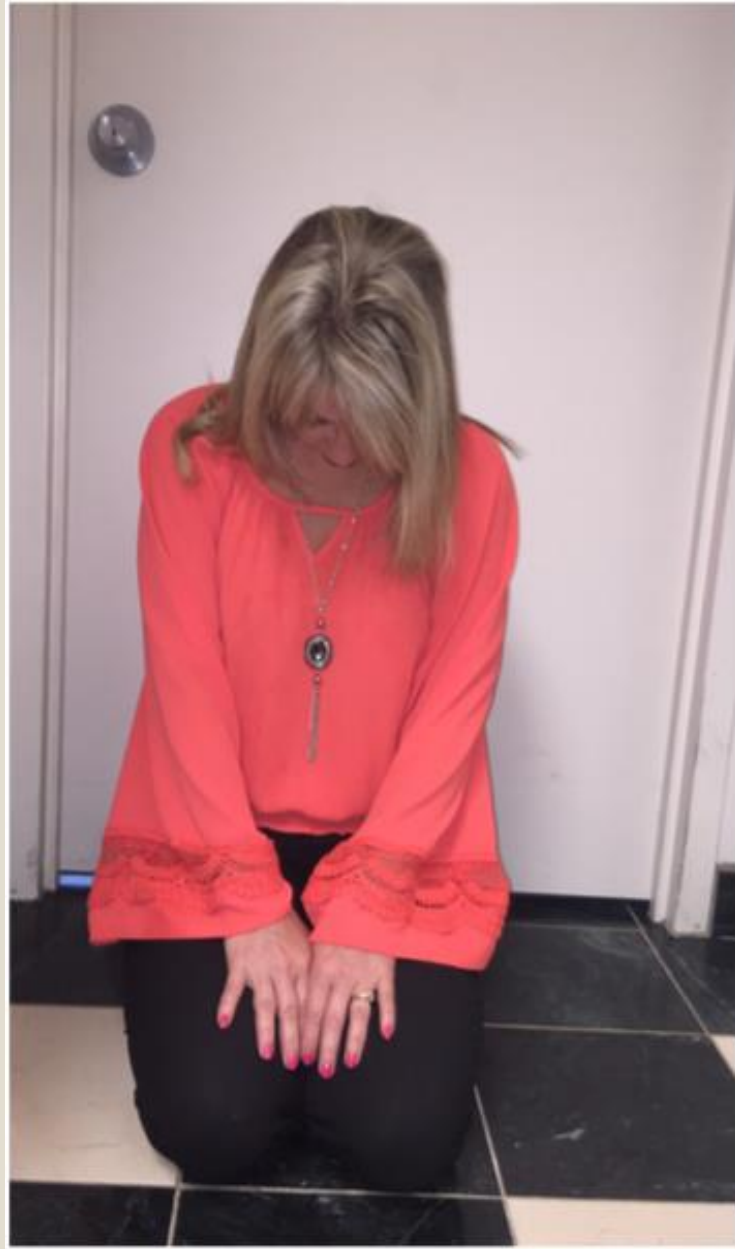
Being Present

*Focus on the here
and now.*

Self as Context

Notice your thoughts.













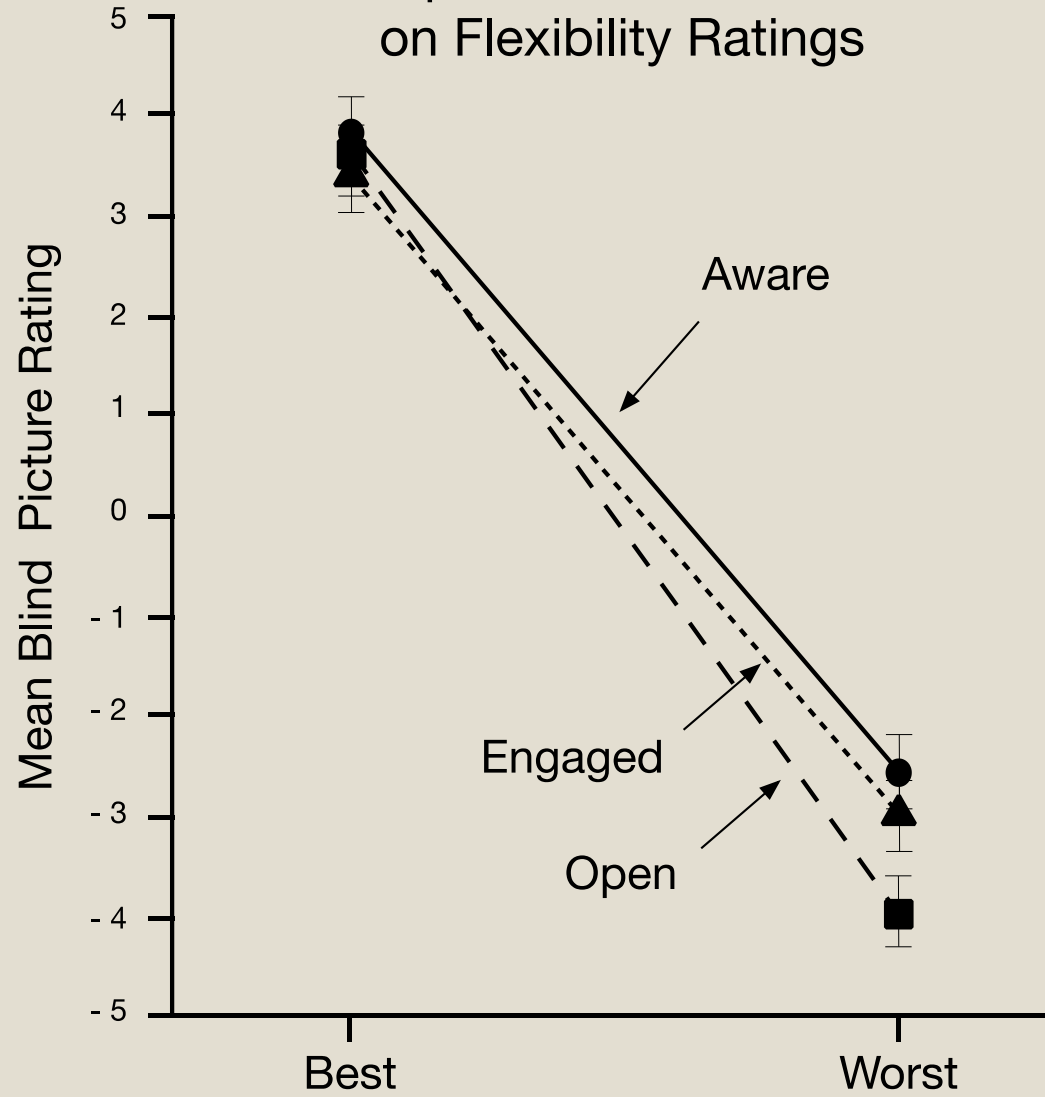




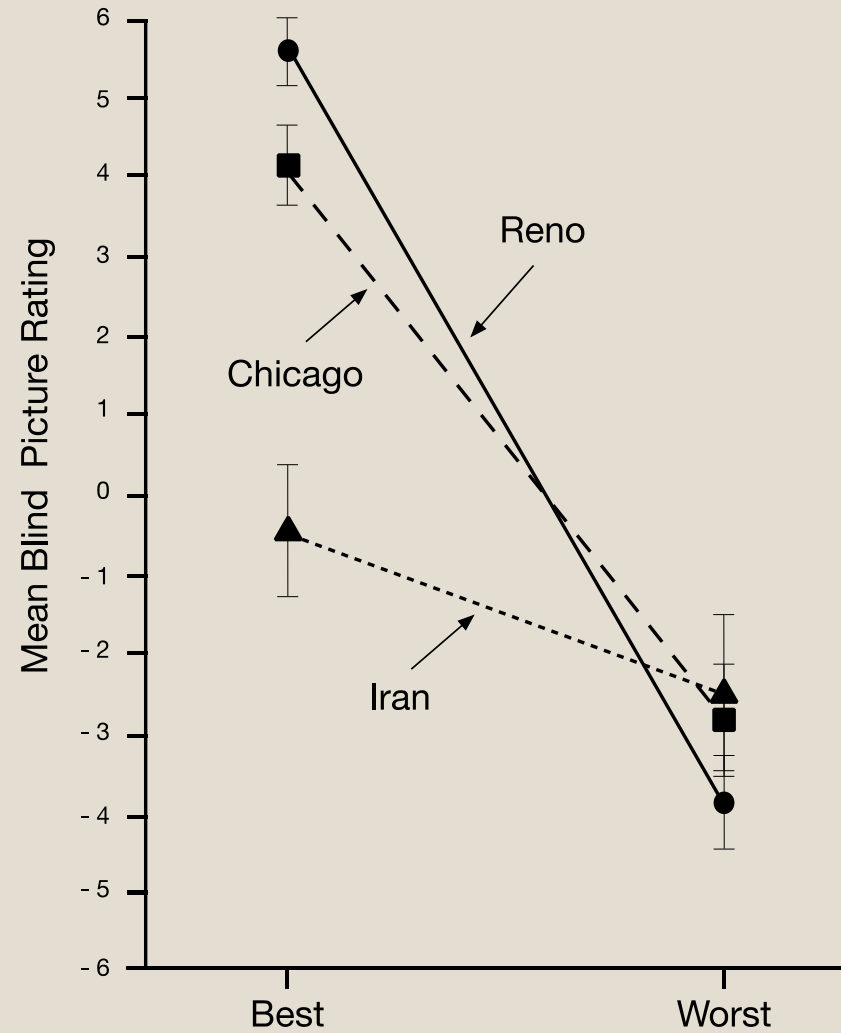




Impact of Instructions on Flexibility Ratings



Impact of Instructions on Overall Flexibility Rating by Location



Discussion

- The six core psychological flexibility processes (Hayes, Wilson, & Strosahl, 2012) are often separated into three separate columns to reflect greater openness (acceptance and defusion), greater awareness (flexible attention to the now and a perspective taking sense of self), and more active engagement (values and committed action). The results of this study show that these three psychological flexibility constructs can be used very reliably by naïve untrained raters to rate the “body language” of others.

