Contents

Αb	out th	e Editor	S	xiv			
Lis	List of Contributors						
Ac	Acknowledgements						
Fo	reword	d: Acc	eptance, Mindfulness and Psychotic Disorders:				
		Cre	ating a New Place to Begin	XX			
1	Intr	oductio	on to Mindfulness and Acceptance-based				
	The	rapies	for Psychosis	1			
	Josep	h E. Ol	iver, Candice Joseph, Majella Byrne, Louise C. Johns and				
	Eric	M. J. M	orris				
	1.1	Introd	luction to Psychosis	1			
	1.2	Interv	rentions	2			
		1.2.1	Cognitive Behavioural Therapy	2			
		1.2.2	Developments in CBT: Contextual Approaches	3			
		1.2.3	Acceptance and Commitment Therapy	4			
			1.2.3.1 Open	5			
			1.2.3.2 Aware	6			
			1.2.3.3 Active	6			
		1.2.4	Mindfulness and Person-based Cognitive Therapy				
			for Psychosis	7			
	1.3	Concl	usion	8			
2	The	ory on	Voices	12			
	Fran	Shawy	er, Neil Thomas, Eric M. J. Morris and John Farhall				
	2.1	Pheno	omenology	12			
	2.2	Mech	anisms and Origins of Hearing Voices	13			
	2.3	Mean	ing Given to Voice Experience	14			
	2.4	Respo	onses to Voices	15			
		2.4.1	Resistance	16			
		2.4.2	Engagement	17			
	2.5	Implications for the Role of Acceptance and Mindfulness in Voices					

vi Contents

3	Eme	otional	Processi	ng and Metacognitive Awareness			
	for Persecutory Delusions						
	Clai	Claire Hepworth, Helen Startup and Daniel Freeman					
	3.1	Introd	luction		33		
	3.2	Persec	cutory De	elusions	33		
	3.3	Impro	ving Tre	atments for Persecutory Delusions	34		
	3.4	Devel	opment o	of the Intervention	35		
	3.5	The E	PMA Int	ervention	38		
	3.6	The E	PMA Pilo	ot Study	40		
		Case S	•		41		
	3.8	Concl	usion		42		
4	Clin	ical As	sessmen	t and Assessment Measures	47		
	John	Farhall	, Fran Sha	awyer, Neil Thomas and Eric M. J. Morris			
	4.1	Introd	luction		47		
	4.2	Clinic	al Assessi	ment	47		
		4.2.1	Overvie	2W	47		
			4.2.1.1	Aims and Scope	47		
			4.2.1.2	General Principles	48		
		4.2.2	Structu	re and Methods of Assessment	49		
			4.2.2.1	Assessment Interwoven with Interventions	49		
			4.2.2.2	Use of Assessment Instruments	49		
			4.2.2.3	Role of Self-monitoring in Assessment	49		
			4.2.2.4	Goal Setting	50		
		4.2.3	A Guide	e to Clinical Assessment	51		
			4.2.3.1	The Problems Experienced by the Client	51		
			4.2.3.2	Understanding the Client	52		
		4.2.4	Assessir	ng and Addressing Potential Barriers			
			to and I	Risks Arising from Therapy	52		
	4.3	Assess	sment Me	easures	54		
		4.3.1	Issues in	n the Use of Self-report Measures	55		
		4.3.2	Mindfu	lness Measures	55		
		4.3.3	Measur	es of ACT Processes and Constructs	57		
			4.3.3.1	Acceptance and Action Questionnaire	57		
			4.3.3.2	The Voices Acceptance & Action Scale	58		
				Believability of Symptoms	58		
			4.3.3.4	Additional Measures	59		
	4.4	Concl	usion		60		
5		~	e and Co	mmitment Therapy Case Formulation	64		
	Patt ₂ 5.1	y Bach Introd	luction		64		
	-	Case S			64		
	۷.4		Avoidar	nce	66		
		5.2.2		ve Fusion	67		
					07		

		Contents	vii
		5.2.3 Attachment to Content	67
		5.2.4 Weak Self-knowledge, Dominating Concept of	
		the Past or Feared Future	68
		5.2.5 Lack of Values Clarity	68
		5.2.6 Persistent Inaction, Impulsivity or Avoidance	69
		Case Formulation using the Inflexahex Model	70
	5.4	Conclusion	73
6	_	aging People with Psychosis in Acceptance and	
		nmitment Therapy and Mindfulness	76
		don A. Gaudiano and Andrew M. Busch	
	6.1		76
		6.1.1 Treatment Adherence and Engagement in Psychosis	76
	6.2	Acceptance and Commitment Therapy	77
	6.3	Functional Analytic Psychotherapy	78
	6.4	Acceptance-based Methods and Techniques for	=0
		Improving Engagement	79
		6.4.1 Workability	81
		6.4.2 Values Clarification	81
		6.4.3 Acceptance and Mindfulness	82
		6.4.4 Committed Action	83
	. .	6.4.5 The Therapeutic Relationship	84
	6.5	Special Contexts and Issues	85
		6.5.1 ACT Made Even Simpler	85
		6.5.2 Involuntary Admission and Lack of Insight	86
		6.5.3 Other Cognitive Behavioural	0.6
		Approaches for Psychosis	86
		6.5.3.1 Traditional CBT	86
		6.5.3.2 Motivational Interviewing	87
	6.6	Case Study	88
		6.6.1 Early Sessions (1–5) 6.6.2 Mid-treatment Sessions (6–15)	88
		(,	89
	67	6.6.3 Late-treatment Sessions (16–20) Conclusion	89 90
	6.7	Conclusion	90
7		eptance and Commitment Therapy for Voices Thomas, Eric M. J. Morris, Fran Shawyer and John Farhall	95
	7.1	Introduction	95
	7.1	Formulating how Voices are a Problem	95 95
	7.2	Overall Considerations in Conducting ACT with Voices	95 96
	1.3	7.3.1 Sequence of Therapy	98
		7.3.1 Sequence of Therapy 7.3.2 Acceptance: Letting Go of Struggle with Voices	98 98
		7.3.2.1 Discussing Responses to Voices	98 98
		7.3.2.1 Discussing Responses to voices 7.3.2.2 Letting Go of Struggle	98 99
		7.3.2.2 Letting Go of Struggle	99

viii Contents

		7.3.3	Defusio	on	100
		7.3.4	Mindfu	lness: Present Moment and	
			Self as	Observer	101
		7.3.5	Willing	ness: Values and Committed Action	103
	7.4	Case S	_		104
		7.4.1	Curren	t Mental-health Problems	104
		7.4.2	Mental	-health History	105
		7.4.3	Relevar	nt Background	105
		7.4.4	Assessn	nent and Formulation	105
		7.4.5	ACT C	ase Formulation	106
		7.4.6	The AC	CT Approach	106
			7.4.6.1	Initial Phase (Sessions 1–3)	107
			7.4.6.2	Mid-therapy (Sessions 4 – 7)	107
			7.4.6.3	End Sessions (Sessions 8 – 10)	108
		7.4.7	Outcor	mes	108
			7.4.7.1	Psychotic Symptoms	108
			7.4.7.2	Depression and Anxiety	109
			7.4.7.3	Valued Action, Quality of Life and Social	
				Functioning	109
			7.4.7.4	Changes in Mindfulness towards Voices	
				and Thoughts	109
		7.4.8	Discuss	sion	110
8	Acce	eptance	e and Co	mmitment Therapy for Delusions	112
	José Manuel García Montes, Marino Pérez Álvarez and				
			rona Garc	elán	
	8.1	Introd	duction		112
	8.2	Delus		Vays of Making Contact with Experience	112
		8.2.1		ons as Active Forms of Experiential Avoidance	113
	8.3	Interv	ention w		115
		8.3.1		a State of Creative Hopelessness	115
		8.3.2	•	and Strengthen the Patient's Values	117
		8.3.3		t the Possibility that the Problem is Control	120
		8.3.4		a Distance from Language	122
		8.3.5	-	reate a Transcendental Sense of Self	123
				ping Willingness	124
	8.4	Con	nclusion		125
9		_		mmitment Therapy for Emotional	
	•		on follow	ring Psychosis	129
		White			
	9.1		luction		129
	9.2	9.2 Understanding Emotional Dysfunction following Psychosis			

Contents	ix
----------	----

	9.3	Emotional Dysfunction and Experiential Avoidance 130					
	9.4	An AC					
		Dysfur	nction follo	owing Psychosis	131		
	9.5	Treatin	ng Emotio	nal Dysfunction following Psychosis	132		
		9.5.1	Socialisi	ng the Individual to the ACT Model	133		
		9.5.2	Assessm	ent and Formulation	133		
			9.5.2.1	Suffering List	135		
			9.5.2.2	Attempts to Solve Suffering	136		
			9.5.2.3	Valued Life Direction	136		
			9.5.2.4	Valued Action	138		
		9.5.3	Beyond 1	Formulation: Progressing with			
			the ACT	Intervention	138		
			9.5.3.1	Showing Up to Distress	139		
			9.5.3.2	Defusion	139		
			9.5.3.3	Mindful Acceptance	140		
			9.5.3.4	Worries about Psychosis Recurring	141		
		9.5.4	Moving	Beyond the ACT Intervention	141		
	9.6	Conclu	ision		142		
10	Pers	146					
	Lyn I						
	10.1		Introduction				
	10.2 Zone of Proximal Development				146		
		10.2.1		w of the Zones of Proximal Development	147		
			10.2.1.1	5 1	147		
			10.2.1.2	1	148		
			10.2.1.3		148		
				Symbolic Self	149		
				Radical Collaboration (RC)	149		
			10.2.1.6	1	149		
			10.2.1.7	Metacognitive Insights	150		
	10.3	Case F		n in PBCT	150		
		10.3.1		matic Meaning: ABC Formulation	150		
		10.3.2		ship with Internal Experience:			
				ness-based Formulation of Distress	151		
		10.3.3	_	e and Positive Self-schema	152		
	10.4	-		hods of Change	153		
		10.4.1		matic Meaning	153		
			10.4.1.1	Goodness of Fit ('Evidence') and Generating			
				Alternative Symptomatic Meaning	153		
			10.4.1.2	Behavioural Experiments	156		
			10.4.1.3	Accepting Fixity	156		

x Contents

		10.4.2 Relationship with Internal Experience	156
		10.4.2.1 Rationale and Preparation for	
		Mindfulness Practice	156
		10.4.2.2 Overview of Mindfulness Meditation	156
		10.4.2.3 Specific Adaptations of Mindfulness Practi	ice 157
		10.4.3 Working with Schemata	157
		10.4.3.1 Two-chair Method	157
		10.4.4 Symbolic Self	158
	10.5	Conclusion	159
11	Spiri	ituality: A New Way into Understanding Psychosis	160
		el Clarke	
	11.1	Introduction	160
	11.2	Repositioning Psychosis and Spirituality:	
		Recognition of the Two Ways of Knowing	161
	11.3		162
	11.4	1 ,	162
	11.5		164
		11.5.1 The What is Real and What is Not Approach	164
		11.5.2 Schizotypy and 'Unshared Reality'	165
		11.5.3 From Conceptualisation to Coping Strategies	166
		11.5.4 Role of Mindfulness	167
	11.6	Psychosis as a Spiritual Crisis	168
12		Service User Experience of Acceptance and	
		nmitment Therapy and Person-based Cognitive Therapy	172
	-	oh E. Oliver, Mark Hayward, Helena B. McGuiness	
	and C	Clara Strauss	
	12.1		172
		An Overview of Service User Involvement	172
	12.3	1	
		in Informing ACT and PBCT for Psychosis	174
	12.4	1	
		of ACT for Psychosis	175
		12.4.1 Background	176
		12.4.2 The Therapy	178
		12.4.3 How the Therapy Helped	178
		12.4.4 Conclusion	179
		12.4.4.1 How I Felt before ACT Therapy	179
		12.4.4.2 How I Feel after ACT Therapy	180
	12.5	, ,	
		on Participant Experiences of Mindfulness Practice	
		and What was Learned from these Studies	180
		12.5.1 Acceptance of Voices	181

Contents	xi	

		12.5.2	Development of Sense of Self beyond Voices	182
			12.5.2.1 Relating to Voices	184
			12.5.2.2 Relating to Self	185
			12.5.2.3 Relating to Others	186
		12.5.3	The Value and Challenges of	
			Seeking Service User Views	188
	12.6	Conclu	ision	188
13	Acce	ptance a	and Commitment Therapy for	
	First	- -episode	e Psychosis	190
		_	er and Eric M. J. Morris	
	13.1	Introdu	action	190
	13.2	Recove	ery from a First Episode of Psychosis	191
		13.2.1	At-risk Mental States	192
	13.3	Using A	ACT to Enhance Recovery from a	
		First E	pisode of Psychosis	192
			Assessment and Formulation	192
		13.3.2	Being Aware and Present	194
			Opening Up	195
		13.3.4	Being Active	197
	13.4	ACT in	n Different Modalities	198
		13.4.1	Group Work	198
		13.4.2	Working with Families and Carers	199
	13.5	Case St	tudy	200
	13.6	Conclu	ision	203
14	Acce	ptance a	and Commitment Therapy for Psychosis	
	in A	cute Psy	ychiatric Admission Settings	206
	Gordo	on Mitch	ell and Amy McArthur	
	14.1	Introdu	action	206
	14.2	Acute 1	Psychosis and ACT Interventions	206
	14.3	ACT in	n the Acute Psychiatric Admission Ward	209
	14.4	Case St	tudy	209
	14.5	Conve	rgence of Mindfulness/Metacognitive-based	
		Cognit	ive Therapy Approaches	214
	14.6	Reflect	ions on Developing Systemic Applications of ACT	215
	14.7	Conclu	asion	216
15	Deve	loping A	Acceptance and Commitment Therapy for Psychosis	
		-	pased Intervention	219
	Amy I		r, Gordon Mitchell and Louise C. Johns	
	15.1	Introdu		219
	15.2	A Six-s	ession ACT-for-Psychosis Group Protocol	221

xii Contents

		15.2.1	Session 1: Introducing the ACT Approach and	
		17.2.1	Exploring the Workability of Current Strategies	
			for Managing Distress	222
			15.2.1.1 The Matrix	222
			15.2.1.2 Between-session Task	223
		15.2.2	Session 2: Exploring the Impact of the Struggle	223
		19.2.2	for Control and Introducing Willingness as	
			an Alternative	223
			15.2.2.1 Between-session Task	225
		15.2.3	Session 3: Identifying Personal Valued Directions	225
			15.2.3.1 The Ripple Exercise	225
			15.2.3.2 Between-session Task	227
		15.2.4	Session 4: Moving in Valued Directions	227
			15.2.4.1 The Passengers-on-the-Bus Exercise	228
			15.2.4.2 Between-session Task	229
		15.2.5	Session 5: Continuing to Develop Self-as-Context and	
			Willingness to Move towards Values	229
			15.2.5.1 Between-session Task	230
		15.2.6	Session 6: Summarising the Themes of the Course	
			and Reviewing Experiences of the Work	230
		15.2.7	Optional Follow-up Session	230
	15.3	Case St	tudy	231
	15.4		ions on the Experience of Developing and	
			ring the Groups	233
	15.5		Protocols	234
			ACT for Life Group	235
	15.6	Conclu	ision	237
16	Grou	ıp Perso	n-based Cognitive Therapy for Distressing Psychosis	240
			and Mark Hayward	
	16.1	Introdu	action	240
	16.2	Person	-based Cognitive Therapy	240
		16.2.1	Group PBCT	242
	16.3	The Im	portance of the Group Process in PBCT	242
	16.4	Facilita	iting a PBCT Group	243
		16.4.1	Inclusion Criteria	243
		16.4.2	The 12-week Programme	243
		16.4.3	Mindfulness Practice in PBCT	244
		16.4.4	Cognitive Therapy in PBCT	247
			16.4.4.1 Session 2	247
			16.4.4.2 Session 3	247
			16.4.4.3 Session 4	248
			16.4.4.4 Session 5	249

		Contents	xiii
	16.4.4.5	Session 6	249
	16.4.4.6	Session 7	249
	16.4.4.7	Session 8	250
	16.4.4.8	Session 9	251
	16.4.4.9	Session 10	251
	16.4.4.10	Session 11	251
	16.4.4.11	Session 12	252
16.5 F	PBCT: An Integra	nted Model	252
16.6	Group PBCT: Th	e Evidence	253
16.7	Conclusion		254
Appendix A	Chessboard M	etaphor	256
Appendix B	Leaves-on-the-	Stream Metaphor	257
Appendix C	Passengers-on-	the-Bus Metaphor	259
Appendix D	Person-in-the-	Hole Metaphor	261
Appendix E	Polygraph Met	taphor	262
Appendix F	See the Wood	for the Trees (And Other Helpfu	al
	Advice for Livi	ing Life)	263
Appendix G	Skiing Metaph	or	270
Appendix H	Tug-of-War-wi	ith-the-Monster Metaphor	271
Index			272