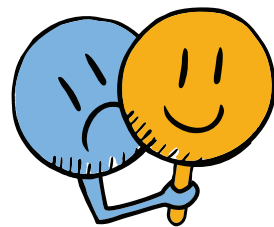


# The Bare Bones

*Practitioner's guide to...*



The **Happiness** Trap

8-WEEK ONLINE PROGRAM

with Dr Russ Harris

We are currently compiling  
an in-depth guide and will send it  
to you once it's complete.

For now, here is a

## **“BARE BONES”**

guide to get you started.



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# Part A

## HOW TO USE THE PROGRAM TO “**SUPERCHARGE**” YOUR THERAPY, COUNSELLING OR COACHING SESSIONS

You can use the whole program if desired, or you can selectively use the most relevant bits and pieces of it. You can use it to turbocharge your sessions in many ways, including psychoeducation, homework assignment, experiential work, skills development, and overcoming resistance.

Ideally, you will do the program yourself before recommending it to clients. (You will get direct free access for yourself, plus a code to give your clients so they can get low-cost access.) This isn't absolutely essential, but it would help if you are familiar with the content. Plus, doing the course is a great opportunity to apply ACT to yourself – and the more we apply ACT to ourselves, the better we can do it with others.

Clients will have access to the program for 6 months from the moment they start it. You might invite them to watch certain videos or practise audio exercises or read various documents or print out and complete worksheets, as relevant. Here are some ideas to get you started:

### 1. Psychoeducation

You can easily use parts of the HT program for psychoeducation - to introduce, clarify or refresh core ACT concepts, processes, strategies or metaphors - either before, during or in between sessions.

For example, you may ask your client to watch the educational videos about the inevitability of pain, or how avoidance leads to increased suffering, as a prelude to 'creative hopelessness' in the next session; or if you've already done some creative hopelessness in a session, you may ask them to watch the videos afterwards, to reinforce what you did and why it matters.

For another example, if you're feeling a bit jaded about repeating a core ACT metaphor over and over, you might ask your client to watch an animation of it before the session – or even watch it with you, in the session. (This is also useful if you're a bit shaky on a metaphor, or struggling to convey it succinctly.)

## 2. Homework Assignment

You may assign certain parts of the program as homework – e.g. downloading and practising some of the mindfulness, acceptance or self-compassion audios, or defusion exercises, or completing values and goals worksheets.

## 3. Experiential Work Skills Development

You can assign certain parts of the program to help clients develop ACT skills between sessions – e.g. you can ask them to watch videos or listen to audios or read documents that will help them to learn or develop a skill such as acceptance or defusion. You can then build on this skill in session – applying it to the client's specific issues. This is especially useful for experiential work that many therapists struggle with, such as creative hopelessness or the observing self.

## 4. Overcome Resistance Resolving Confusion

You may also use parts of the program for assistance in helping you to overcome client resistance, or to help your clients when they are confused or finding key concepts difficult. The simple, clear videos often resolve confusion rapidly, and the videos of other people's experiences with ACT often inspire clients and help them to get past their own resistance.

## 5. Reinforce What You Did In A Session Or Prepare Ahead For The Next One

You can ask clients to do a specific part of the program to prepare them for what's coming next, or to reinforce what you've already done, or as a user-friendly way to encourage between-sessions practice of new skills.

## 6. Useful Questions To Ask Clients After They Complete Part Of The Program:

- What did you get from that video/audio/exercise/week of the program?
- What stuck with you?
- What did you take from it?
- Did it resonate with you in any way? How?
- Did it seem relevant to any of your issues? How?
- How might this be relevant or useful to... (specific issue)?
- How could you apply this to... (specific issue)?
- Did you see any connection between this and... (previous clinical intervention or discussion)?
- Does this suggest anything you might want to do differently?
- Would you like to do some work on this skill/strategy/technique in today's session?
- Does that answer your question/query/concern about... (client's concern)?
- Can we do some more work on this in today's session?

# Part B

## LOW COST CLIENT ACCESS: HOW IT WORKS

If you register yourself (at no cost) as a member of our ACT Practitioners' Community, we will give you direct free access to the course for yourself, plus a unique discount code that you can share with any number of your clients, on an ongoing basis. When they use this code, it will give them a discount off the usual fee for the program – lowering the price from \$195 to only \$90.

Clients will have access to the program for 6 months from the moment they start it. They can't download and keep any of the videos, but they can download and keep all the written and audio materials.

# Part C

## MAIN TOPICS IN EACH WEEK OF THE PROGRAM

For a quick visual overview of what's in each week of the program, see this compilation of illustrations from the course: Click [here](#)

To watch brief videos that summarise each week of the course, go to this page and scroll down: [The Happiness Trap 8 week program](#)

Below is a “bare bones” outline of each week of the program. Once it's completed, we'll send you a comprehensive manual, and in there you'll find a detailed description of the videos, audios and text documents in each week of the program.

**Week 1:** The Choice Point, Happiness Myths, Universality of Suffering, Inevitability of Pain, Overview of the ACT Model

**Week 2:** Creative Hopelessness, Dropping the Struggle, Dropping Anchor

**Week 3:** Fusion & Defusion

**Week 4:** Mindfulness skills: Focusing, Engaging & Savouring

**Week 5:** Values & Committed Action

**Week 6:** Acceptance & Self-compassion

**Week 7:** Committed Action & Barriers: goal-setting, action-planning, problem-solving, dilemmas, overcoming barriers to change

**Week 8:** The Observing Self