

Introduction to RFT for mental health practitioners

*Learn it in one
Derive it in two
Put it in networks
Change what we do*

Tim McLauchlan - Clinical Psychologist

If knowing ACT, is like knowing how to drive a car.



Tim McLauchlan - Clinical Psychologist

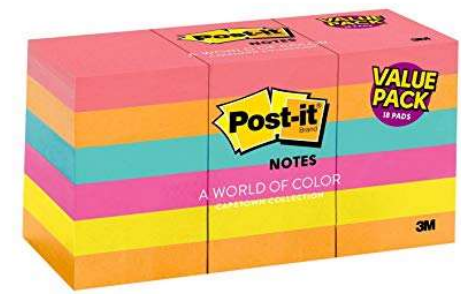
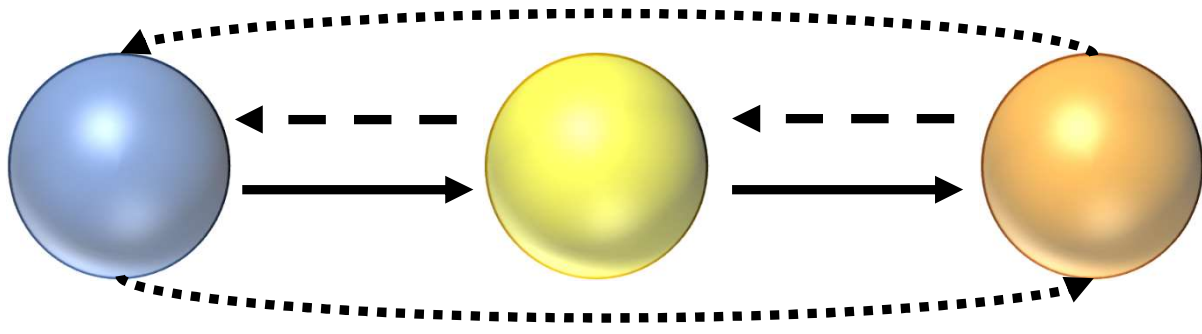
Then knowing RFT, is like knowing how the engine works.

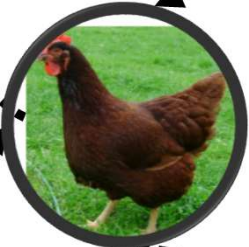
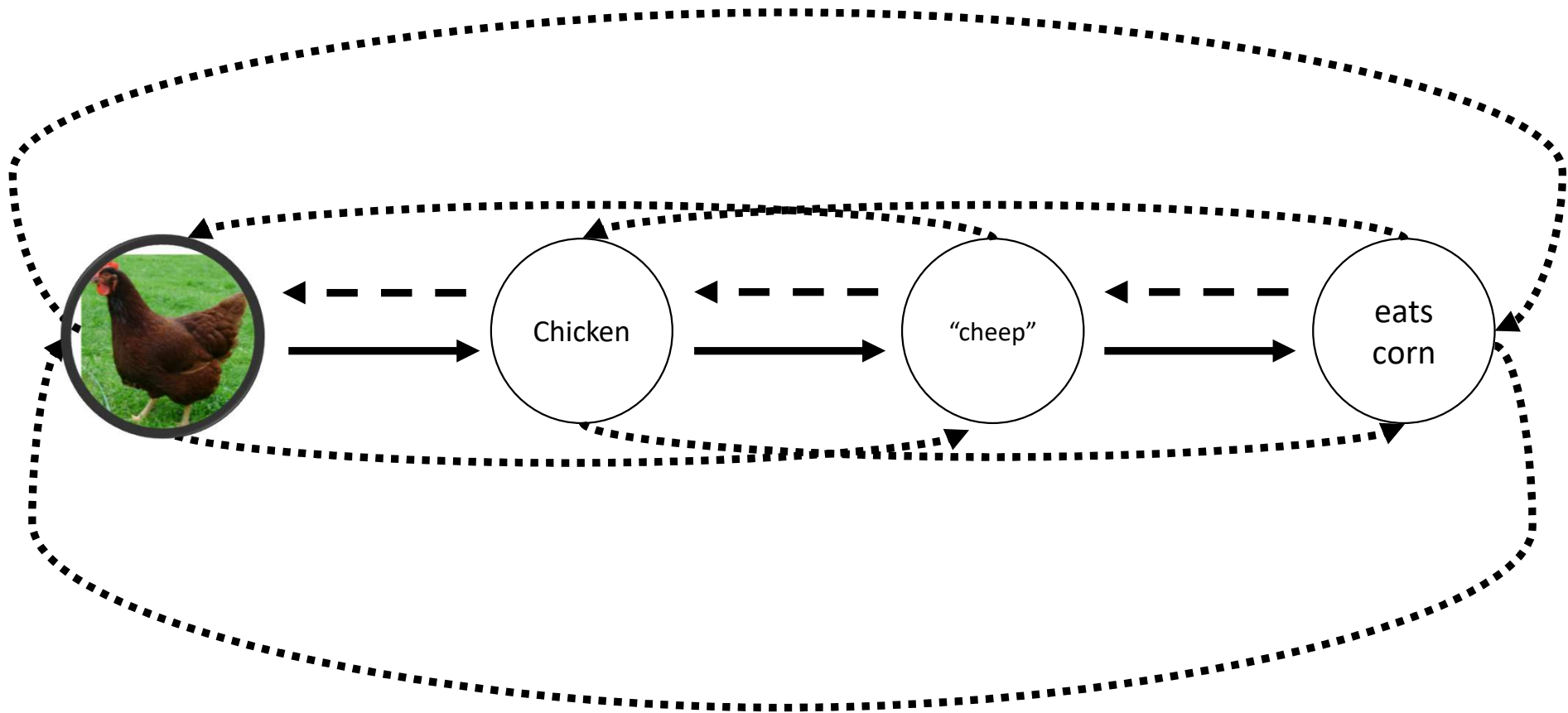


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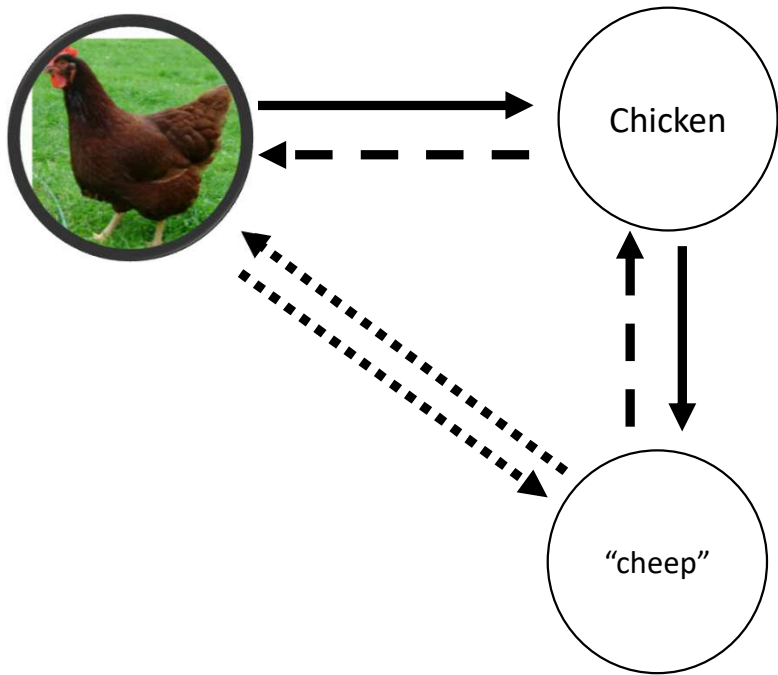




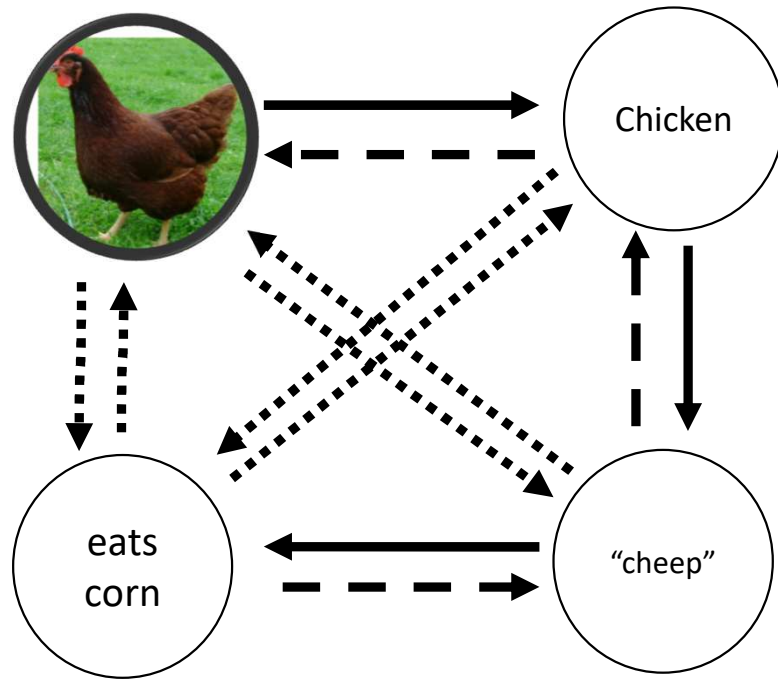
Chicken

"chEEP"

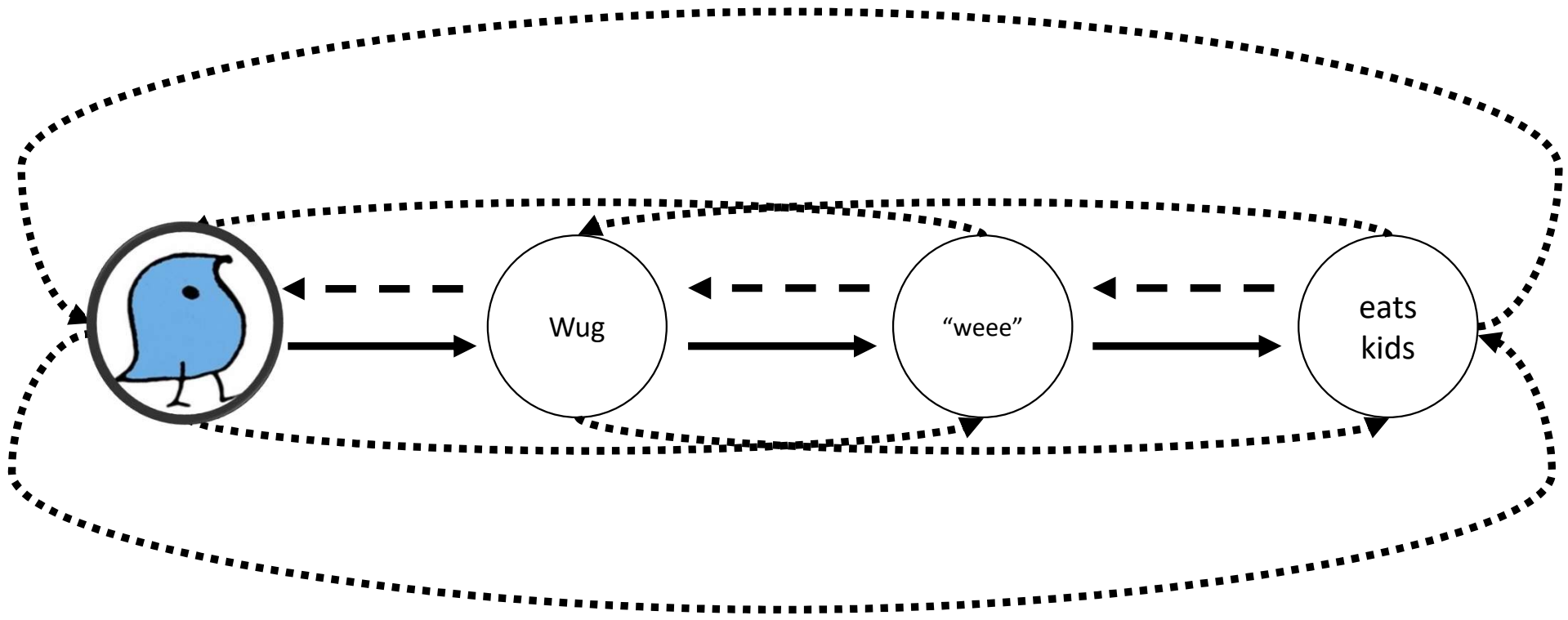
eats
corn

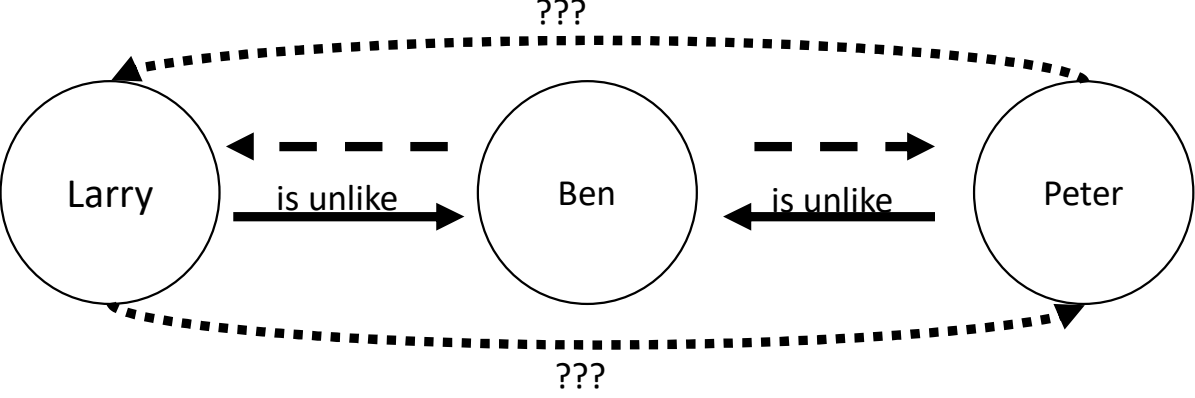


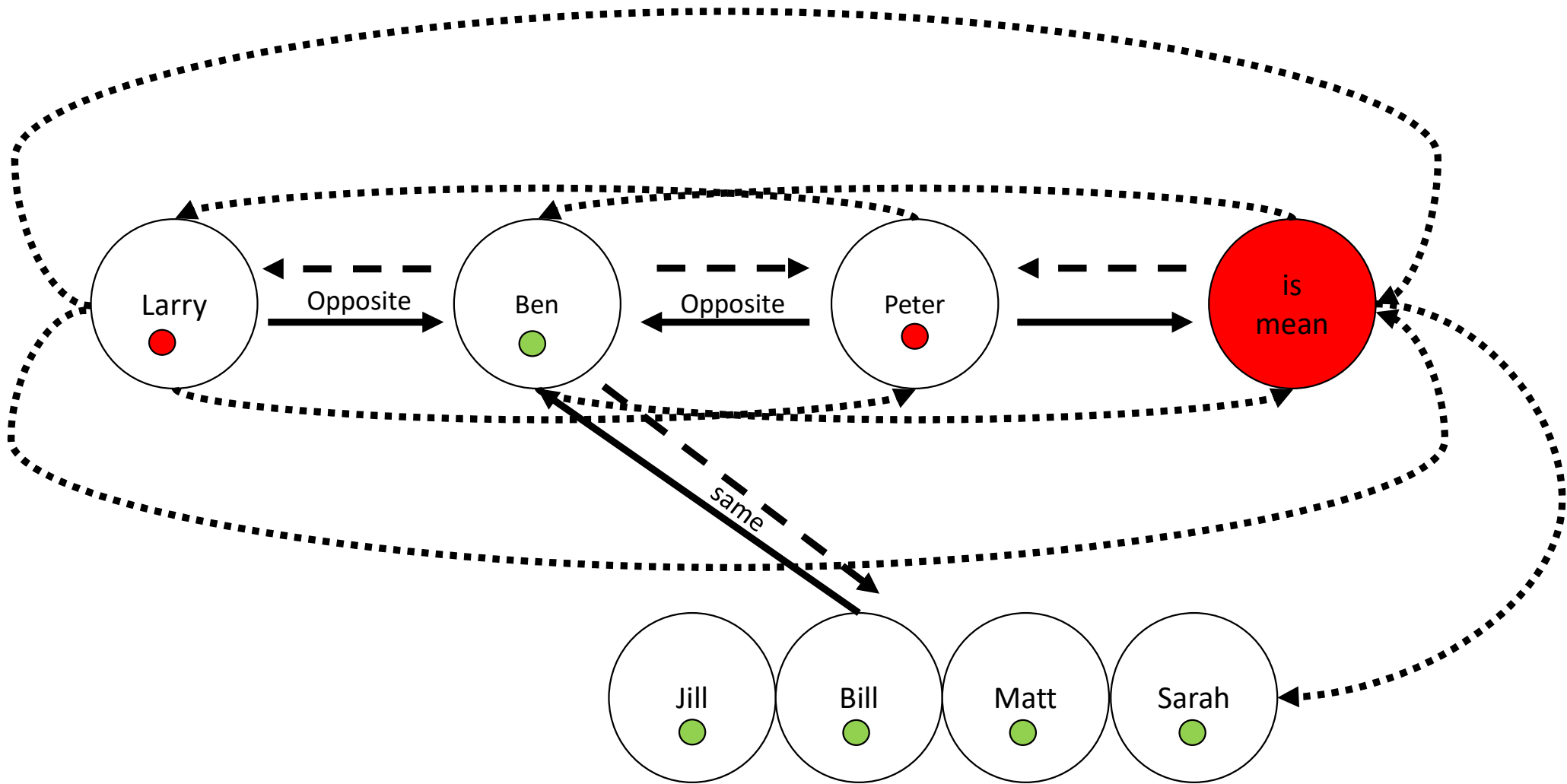
2 Direct
4 Derived

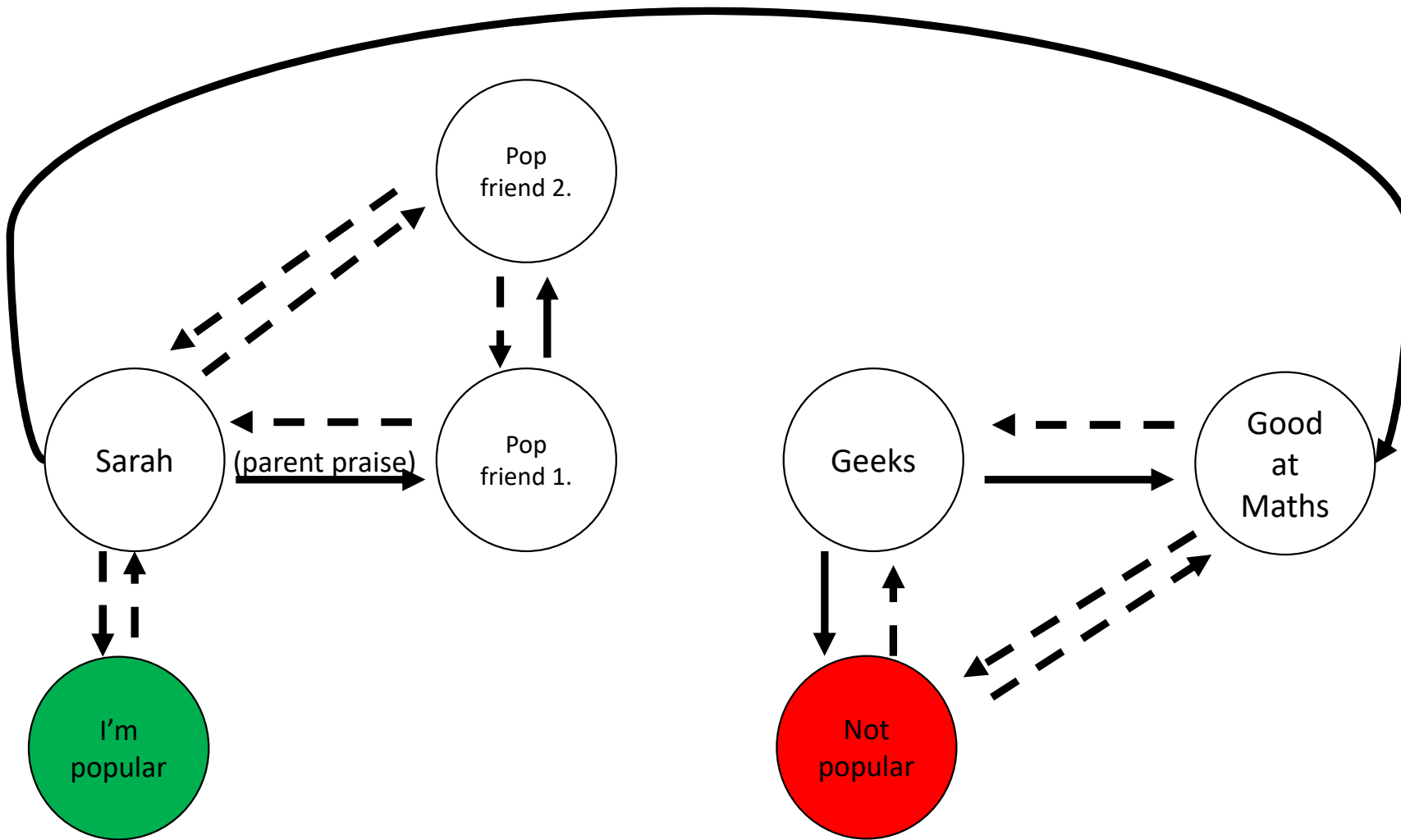


3 Direct
9 Derived



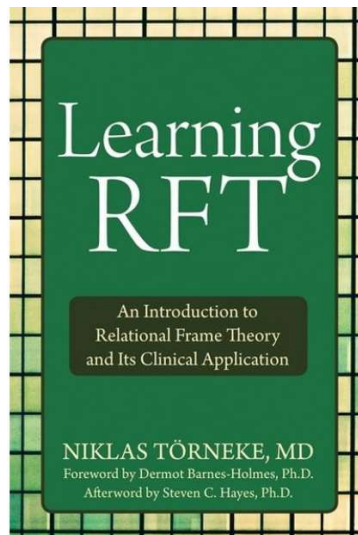
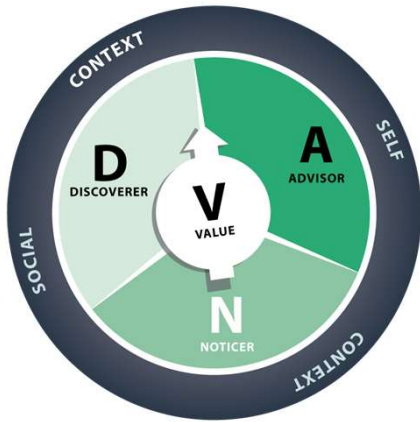




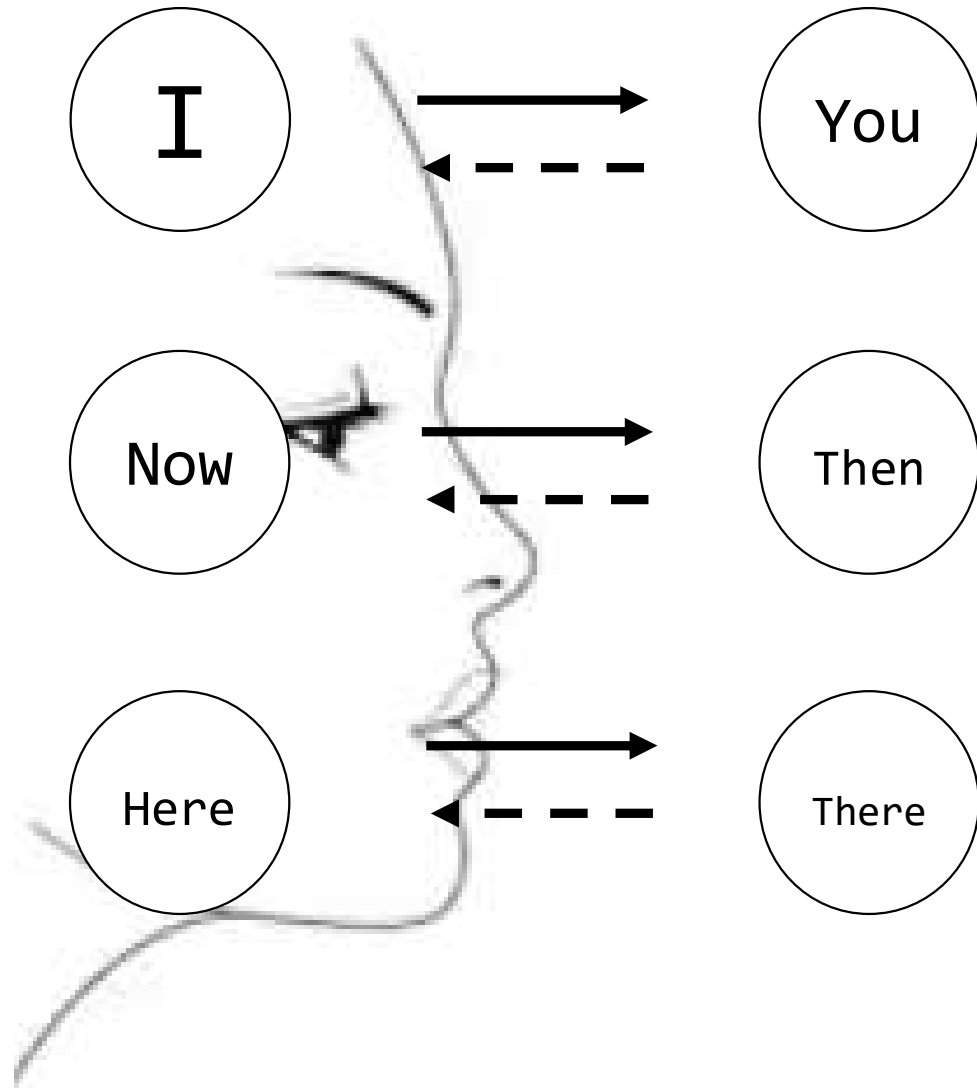


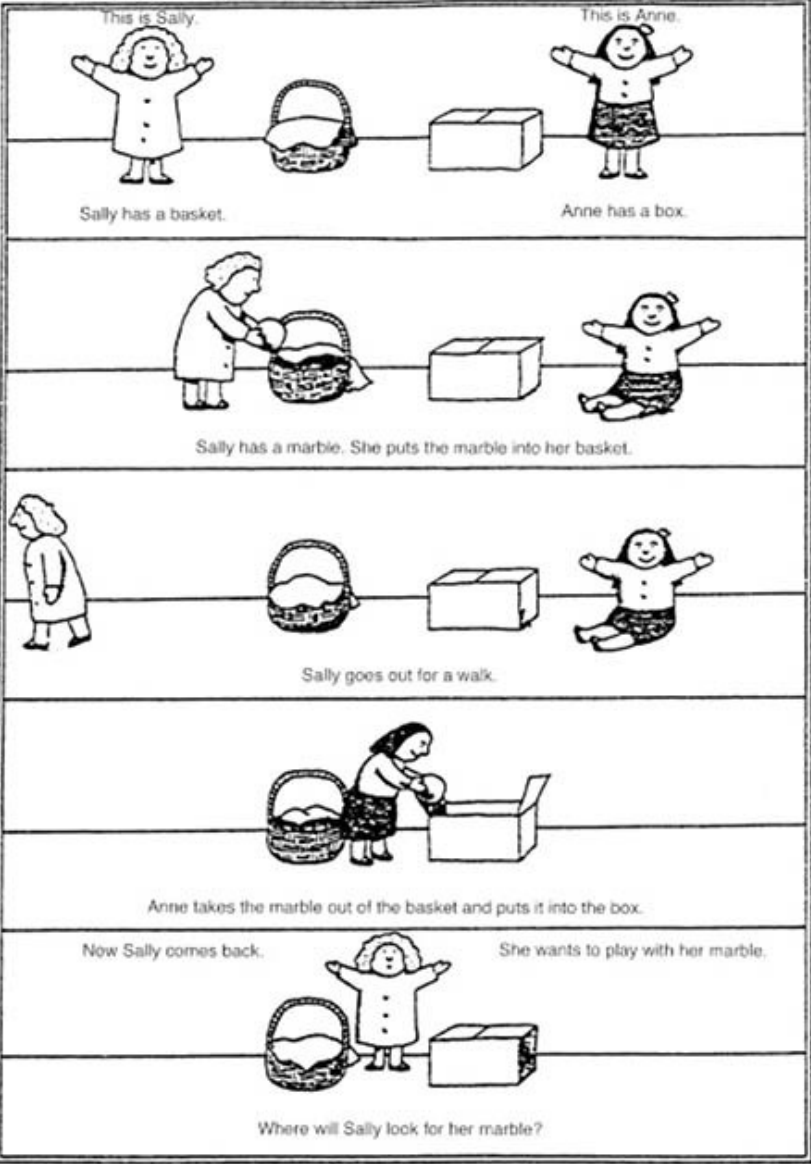


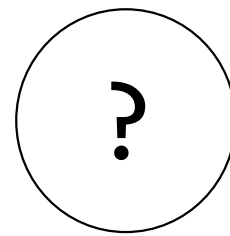
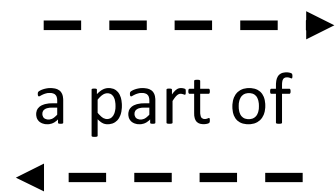
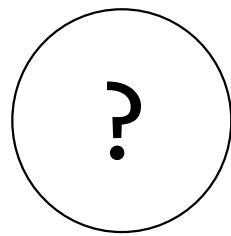
I Never Metaphor I Didn't Like











Three aspects of Self

Self-as-Perspective

An I, here, now, from which we can observe from.

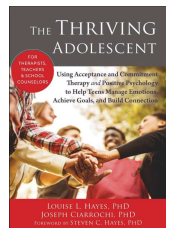
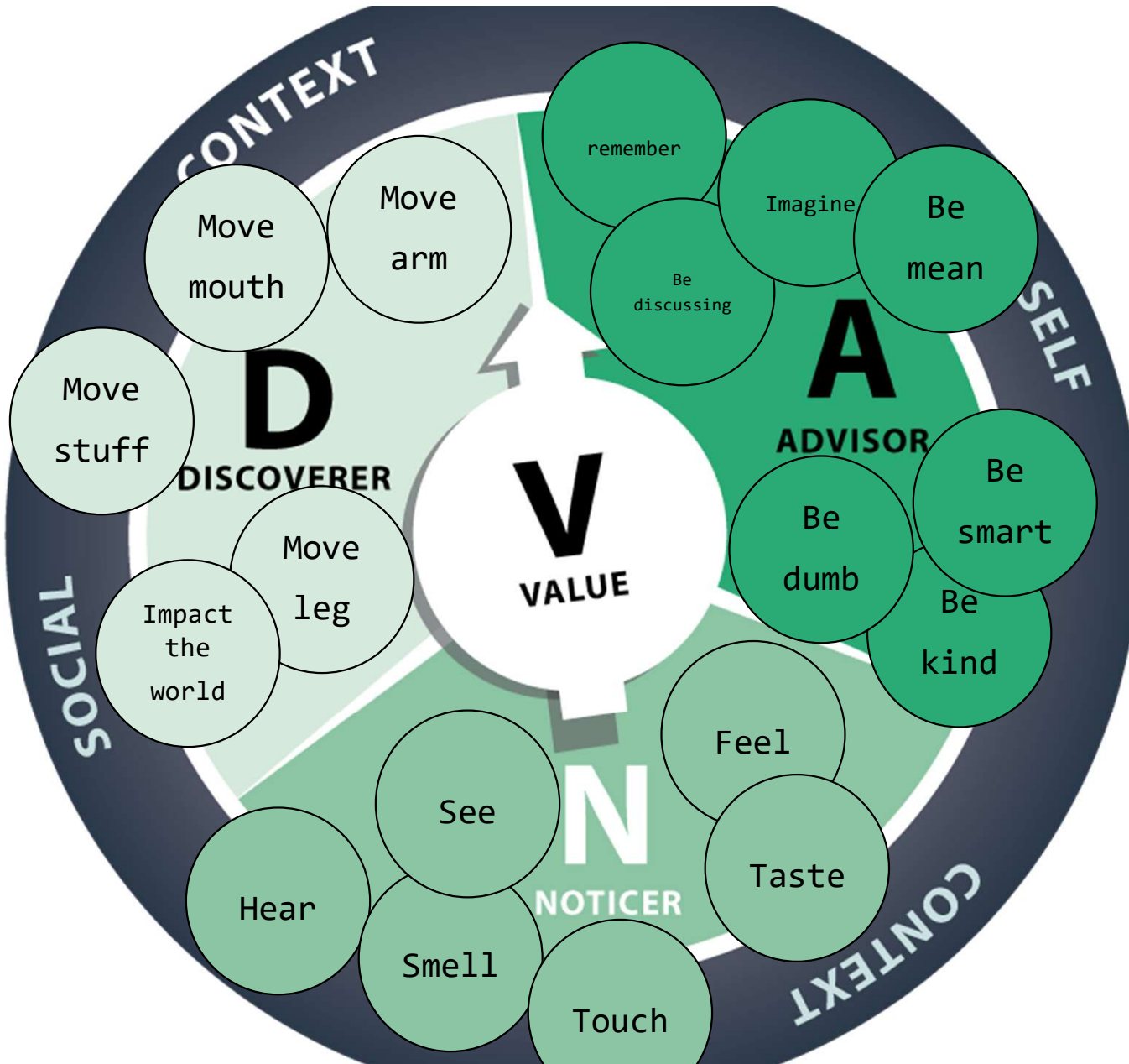
Self-as-Process

An I that can observe behaviour at any moment
- feeling, remembering, sensing, moving, thinking...

Self-as-Story

Stories about “who I am.”





Thanks for
watching.



Tim McLauchlan - Clinical Psychologist