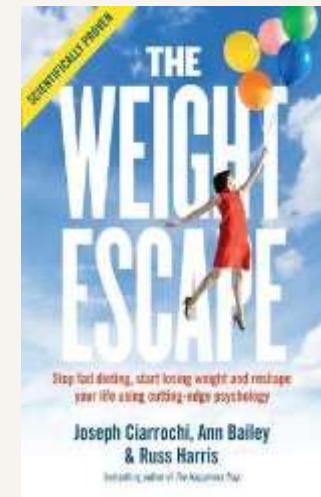
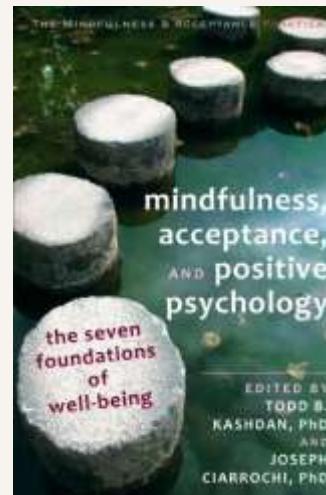
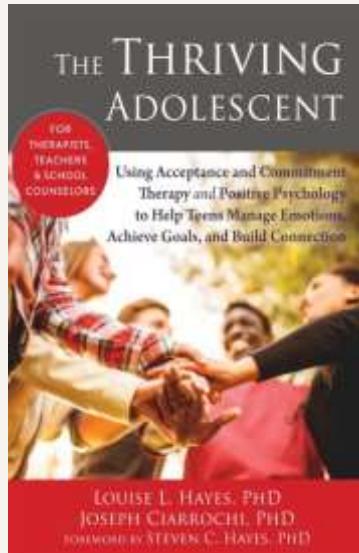
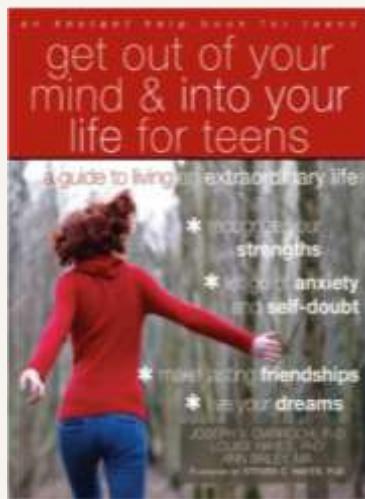
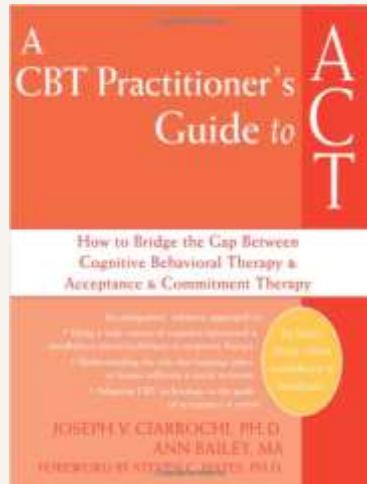


Using DNA-v to help people manage emotions, achieve goals, and build connection: a practical walk through

Dr. Joseph Ciarrochi



Institute for Positive Psychology and Education

 ACU
AUSTRALIAN CATHOLIC UNIVERSITY









That feeling in your stomach
when the girls behind you
are laughing.

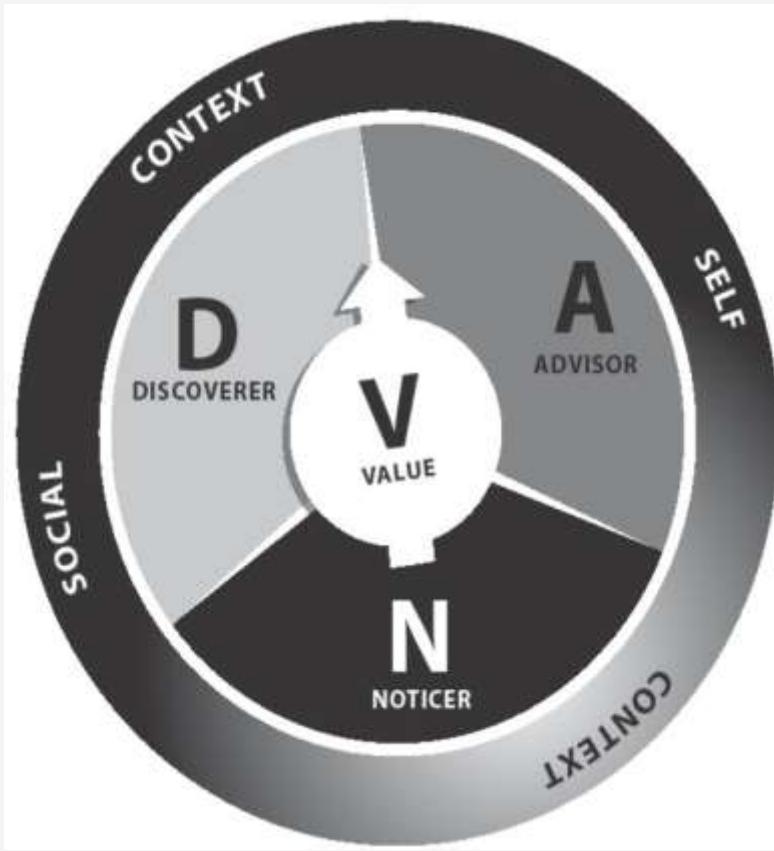
1/3

1/2



The cause of suffering?

- Avidyā
- Maya
- Illusion
- Ignorance
- Magic show
- Mystification, confusion , intoxication, delusion
- Disappearing, becoming lost, falling asleep
- Incorrect knowledge
- Belief in Permanence and the Separate self



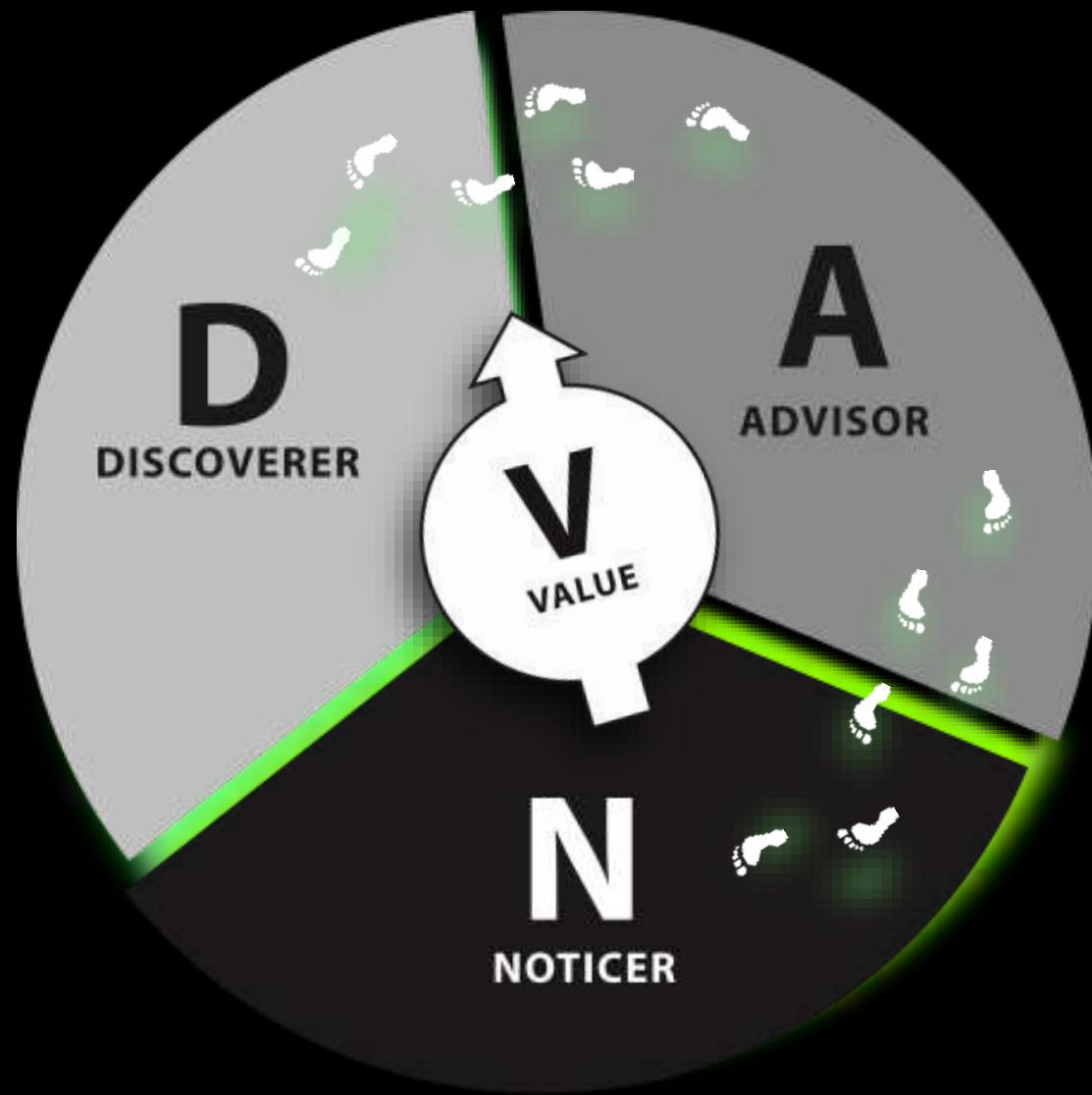
- Positive Psychology
- Acceptance and commitment therapy
- Attachment Research
- Social, family , and systems approaches

The DNA-V model

Thrivingadolescent.com

- Developmental model, not just simplified adult model
- Brings together empirically supported processes from multiple areas





We need to help each other
to open our eyes to the
physical world, and see
beyond our delusions

Our sanity is only temporary

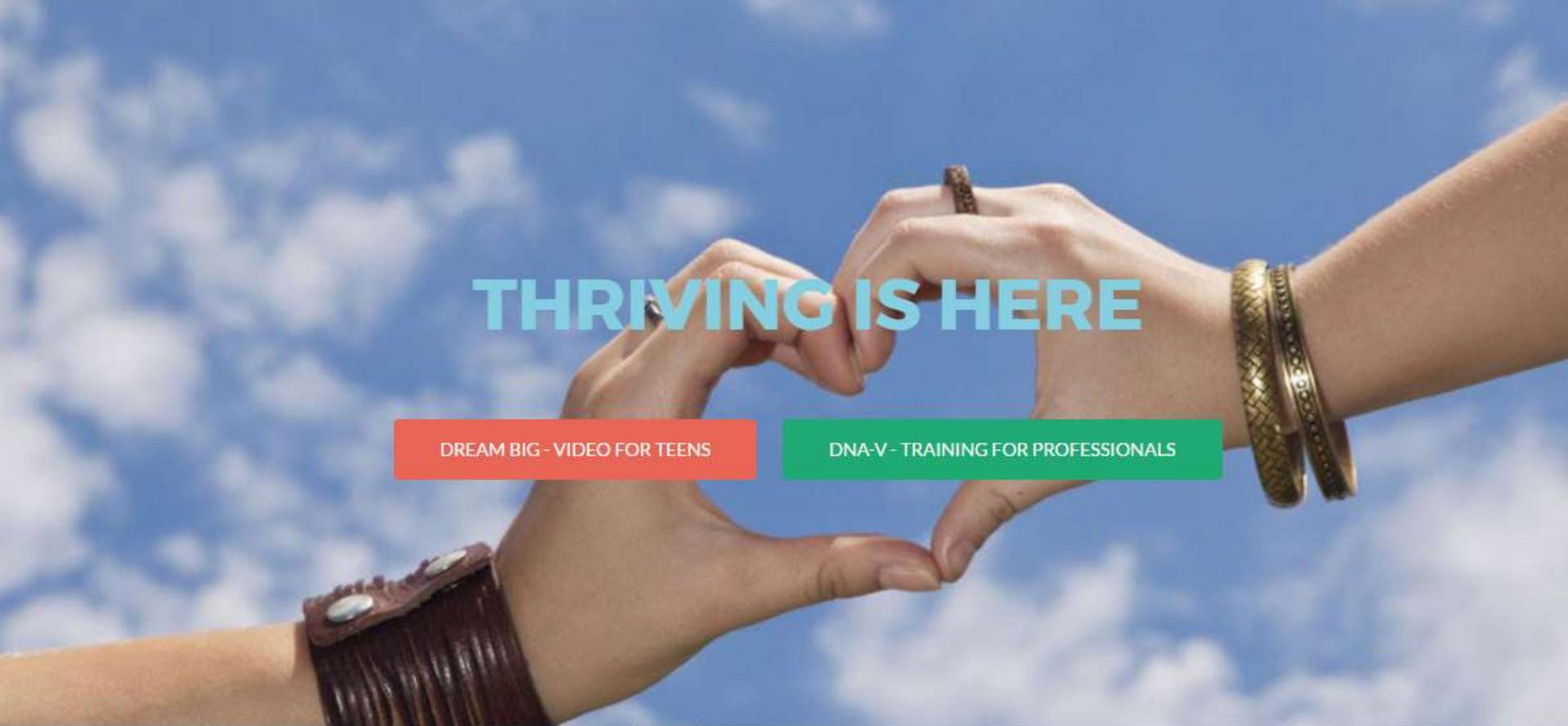


Flexible strength

The ability to contact the present moment and move between DNA skills in a way that promotes learning and growth,

and

to change behavior or persist in it in order to build values and vitality



THRIVING IS HERE

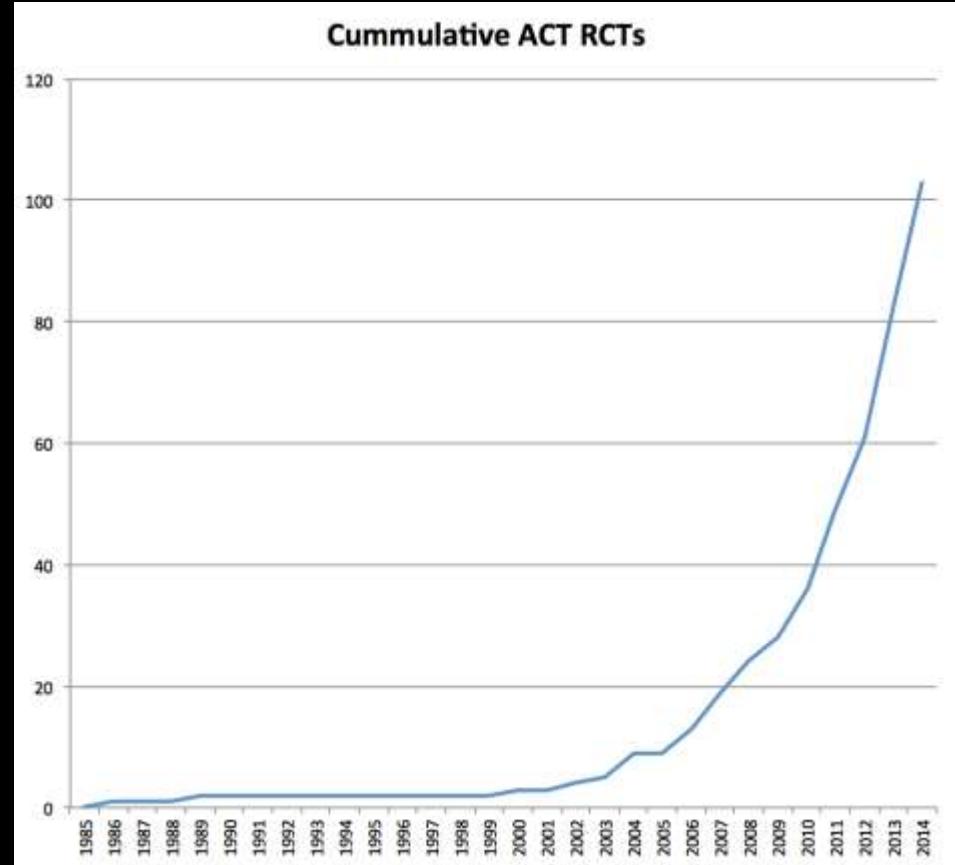
DREAM BIG - VIDEO FOR TEENS

DNA-V - TRAINING FOR PROFESSIONALS

<http://thrivingadolescent>

Evidence for ACT overall

- More than 150 RCTs
- [https://contextualscience.org/state of the act evidence](https://contextualscience.org/state_of_the_act_evidence)



Evidence for ACT overall

- More than 150 RCTs
- Multiple presentations from health, to well being, to psychopathology
- American Psychological Association, Society of Clinical Psychology (Div. 12), Research Supported Psychological Treatments:
 - Chronic Pain - Strong Research Support
 - Depression - Modest Research Support
 - Mixed anxiety - Modest Research Support
 - Obsessive-Compulsive Disorder - Modest Research Support
 - Psychosis - Modest Research Support
- https://contextualscience.org/state_of_the_act_evidence

Emerging evidence for young people for ACT

- **Our studies**
 - Livheim, F., Hayes, L., Ghaderi, A., Magnusdottir, T., Högfeldt, A., Rowse, J., & ... & Tengström, A. (2014). The effectiveness of acceptance and commitment therapy for adolescent mental health: Swedish and Australian pilot outcomes. *Journal of Child and Family Studies*, 24, 1016-1030.
 - Hayes, L., Boyd, C. P., & Sewell, J. (2011). Acceptance and commitment therapy for the treatment of adolescent depression: A pilot study in a psychiatric outpatient setting. *Mindfulness*, 2(2), 86-94.
- **Others**
 - Wicksell, R., Melin, L., Lekander, M., & Olsson, G. L. (2009). Evaluating the effectiveness of exposure and acceptance strategies to improve functioning and quality of life in longstanding pediatric pain - A randomized controlled trial. *Pain*, 37, 1-14.
 - Plus some small case studies designs

- “*If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same*”
- *If by Rudyard Kipling*