

SUPERHERO THERAPY



Combining Evidence-Based Therapy with Pop Culture Narratives to Heal Clients

21 -22 September 2019

Holiday Inn San Diego Bayside
San Diego, CA

featuring

JANINA SCARLET, PHD



PRAXIS
CONTINUING EDUCATION & TRAINING

Spencer Smith, Director
5674 Shattuck Avenue, Oakland CA 94609 USA
spencer.smith@praxiscet.com

Dear friend:

Thank you so much for joining us for the first ever Superhero Therapy workshop here in San Diego with Janina Scarlet.

As ACT has grown over the last decade, the training needs of the professional community have likewise expanded. Since we started providing training in 2013, we've been working to create a training structure for the ACT community that makes it possible for professionals to access trainings appropriate for their level of experience. That being said, we could not think of anyone more qualified to teach this workshop than Janina.

We've put together a schedule of trainings this year in cities across the country to introduce and build upon existing skills for clinicians and students practicing acceptance and commitment therapy. We've hand-picked some of the best trainers we could find. Our ACT trainers are not only experts in their fields; they're all excellent teachers, attentive and empathetic communicators, and they really, really care about helping you help the people you serve.

PraxisCET offers:

- Live training events, including ACT BootCamp - Philadelphia, PA, October 24-27, 2019, and **ACT BootCamp - Seattle, WA, Spring 2020**
- Online Learning Courses
- On-Demand Online Learning

You can always learn more about these projects at www.praxiscet.com.

I would like to extend a personal invitation to you today: PraxisCET is your company, serving your practice community. To take care of you, we need to know what you need. I invite you to let me know how we're doing and what we can do better. You can reach me anytime by email at **spencer.smith@praxiscet.com**.

Thanks very much for your support. I hope you have a great learning experience with us.

All the very best,



Spencer Smith

IMPORTANT INFORMATION

CHECK-IN / CHECK-OUT

- All attendee's must sign-in in the morning when you arrive and sign-out in the evening when you leave, regardless of CE status.
- Attendees **must complete the course in full** and attend all sessions in order to receive ANY continuing education credit. **No partial credit will be given.**

HOW TO ACCESS YOUR CE CERTIFICATE

In order to print your CE certificate, you must first complete a workshop evaluation. Please **give us a 3 day grace period after the event** has concluded before you attempt to complete the evaluation.

- First, sign into your Praxis account at www.praxiscet.com/account.
- Click on the “**My Workshop Evaluations**” box.
- Choose the event you just completed and would like to complete the evaluation for.
- Click on “**Feedback Survey**” and complete the evaluation.
- Once the evaluation is submitted, you will receive an email with your CE certificate. You can also access your CE certificate by going to the “**My Certificates**” page in your Praxis account.
- **Attendees have 6 months following the course to complete the workshop evaluation and print your CE certificate.** If you have not done so after the 6 month mark, there is no guarantee that we will be able to provide you with a certificate.

Please email us at events@praxiscet.zendesk.com for any additional help.

CONNECT WITH YOUR COMMUNITY ON US!

WITH ACBS MEMBERSHIP YOU GET



- A vibrant community including the ACT Listserv
- Local chapter involvement
- Special interest groups (SIGS)
- Access to the Journal of Contextual Behaviour Sciences (JCBS) among other resources

⇒ **Free 1 year membership provided by Praxis to first-time ACBS members only. Renewals not eligible.**

To take advantage of this subsidy, visit
www.praxiscet.com/acbs-membership

BOOK SALES



**Workshop participants get 35% off
all titles at www.newharbinger.com**

PLUS FREE STANDARD US SHIPPING
— THROUGH SATURDAY, 12 OCTOBER 2019 —

use code **SUPERSD** at checkout

SCHEDULE

Saturday, 21 September 2019

- 8:00 am – 8:30 am: Registration/Check-in*
- 8:30 am – 10:15 am: **Introduction to Superhero Therapy
Formulation and Processing of an Origin Story**
- 10:15 am – 10:30 am: Morning Break*
- 10:30 am – 12:30 pm: **Learning to Select a Heroic Role Model
Creating a Treatment Plan Using Superhero Therapy**
- 12:30 pm – 2:00 pm: Lunch Break*
- 2:00 pm – 3:15 pm: **Introduction to Game-Based Therapy
Interactive Role-Playing Game Demonstration**
- 3:15 pm – 3:30 pm: Afternoon Break*
- 3:30 pm – 5:00 pm: **Recruiting Sidekicks and Learning Social Connection
Through Superhero Therapy
Establishing Emotional Safety Through Pop Culture
Q&A / Check-out**

Saturday, 31 August 2019

- 8:00 am – 8:30 am: Check-in*
- 8:30 am – 10:15 am: **Fostering Growth Through Creativity
Writing Fan-Fiction for Therapy**
- 10:15 am – 10:30 am: Morning Break*
- 10:30 am – 12:30 pm: **Introduction to the Superhero Narrative
Using Superhero Therapy to Treat PTSD, Anxiety,
and Depression**
- 12:30 pm – 2:00 pm: Lunch Break*
- 2:00 pm – 3:15 pm: **Mindfulness as a Jedi Power
Power-ups: Self-Soothing with Pop Culture**
- 3:15 pm – 3:30 pm: Afternoon Break*
- 3:30 pm – 5:00 pm: **Create Your Own Movie-Committed Action, Final
Narrative
Final Q&A / Check-Out**

Disclosure Statement:

Several accrediting bodies now require anyone who is in a position to control the content of an education activity to disclose any/all relevant financial relationship(s) with a commercial organization which produces health care products or services.

SPEAKER(S)

Janina Scarlet has no relevant financial relationships to report.

Janina Scarlet does not mention the use of experimental or off-label medications, devices, or procedures during his presentation. Janina Scarlet agrees to present her material based on the basis of best available evidence, will mention generic names when appropriate, and when discussing specific brand names, she will mention alternative products and/or services. She agrees that his presentations and other contributions to program content will be completely fair and unbiased.

There was no commercial support for this activity.

OFFICERS/PLANNERS

Spencer Smith, has no relevant financial relationships or conflicts.

Courtney Kendler, has no relevant financial relationships or conflicts.

Jen Demes, has no relevant financial relationships or conflicts.

Gerald W. Piaget, PhD has no relevant financial relationships.

Joan E. Piaget, MS has no relevant financial relationships.

Paresh Patel, MD, PhD has no relevant financial relationships.

Michael Freeman, MD has no relevant financial relationships.

Barbara Binkley, LCSW has no relevant financial relationships.

Maggie Allee, RN, BSN, MBA, JD has no relevant financial relationships.

Matthew McKay, PhD, has disclosed a relevant financial relationship with New Harbinger Publications/Praxis.

Dr. McKay agrees that his presentations and other contributions to program content will be completely fair and unbiased, and will mention other healing processes and productions during his presentations when appropriate. If possible, he will refer to generics rather than to brand names when mentioning products, equipment, and services, and they will be selected/included on the basis of best available evidence.

Steven C. Hayes, PhD, has disclosed a relevant financial relationship with New Harbinger Publications/Praxis and serves on the advisory board. Dr. Hayes agrees that his presentations and other contributions to program content will be completely fair and unbiased, and will mention other healing processes and productions during his presentations when appropriate. If possible, he will refer to generics rather than to brand names when mentioning products, equipment, and services, and they will be selected/included on the basis of best available evidence.

Jacqueline Pistorello, PhD, has disclosed a relevant financial relationship with New Harbinger Publications/Praxis and serves on the advisory board. In addition, Dr. Pistorello has contracted research which also includes research funding from the National Institute of Health. Dr. Pistorello agrees that her presentations and other contributions to program content will be completely fair and unbiased, and will mention other healing processes and productions during her presentations when appropriate. If possible, she will refer to generics rather than to brand names when mentioning products, equipment, and services, and they will be selected/included on the basis of best available evidence.

Catharine Meyers, BA, has disclosed a relevant financial relationship with New Harbinger Publications/Praxis and serves on the advisory board. Mrs. Meyers agrees that her contributions to program content will be completely fair and unbiased.

Kirk Johnson, has disclosed a relevant financial relationship with New Harbinger Publications/Praxis and serves on the advisory board. Mr. Johnson agrees that his contributions to program content will be completely fair and unbiased.

LEARNING OBJECTIVES

- ❑ **Objective #1:** Explain the concept of Superhero Therapy.
- ❑ **Objective #2:** Demonstrate how to incorporate pop culture examples into treatment.
- ❑ **Objective #3:** Analyze which pop culture characters might be most suitable for a specific client.
- ❑ **Objective #4:** Create a treatment plan using Superhero Therapy.
- ❑ **Objective #5:** Explain the concept of Therapy Quest and game-based approaches to therapy.
- ❑ **Objective #6:** Discuss research related to game-based and pop-culture-based treatments.
- ❑ **Objective #7:** Demonstrate how to incorporate interactive choice-based game into therapy.
- ❑ **Objective #8:** Demonstrate how to apply Superhero Therapy to clinical cases.
- ❑ **Objective #9:** Demonstrate how to create emotional safety with clients using pop culture.
- ❑ **Objective #10:** Explain narrative exposure therapy (NET) techniques using pop culture.
- ❑ **Objective #11:** Demonstrate how to apply NET to treat PTSD, anxiety, and depression.
- ❑ **Objective #12:** Demonstrate how to help clients create meaningful social connections using Superhero Therapy.
- ❑ **Objective #13:** Explain the role and the importance of heroic role models for treatment and recovery.
- ❑ **Objective #14:** Discuss how to “gamify” homework practice.
- ❑ **Objective #15:** Demonstrate mindfulness and self-compassion practices within the Superhero Therapy framework.
- ❑ **Objective #16:** Demonstrate the implementation of creativity exercises in Superhero Therapy.



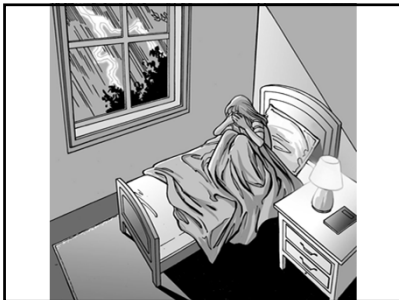
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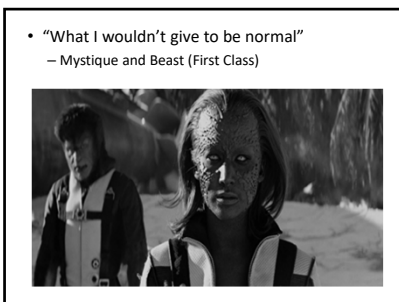
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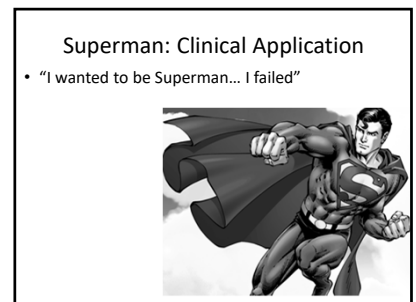
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Superman: Clinical Application


- "I wanted to be Superman, I failed"
- Invincible



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Superman: Clinical Application

- "I wanted to be Superman, I failed"
- Invincible
- Kryptonite




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What is Superhero Therapy?

Using popular culture (books, TV shows, movies, and video games examples) in evidence-based therapies (CBT, ACT, prosocial research)


For "KIDS" of all ages



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Most Important Rule:


- You don't have to be the expert in pop culture
- The client is the *expert* !



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Why Superhero Therapy?

- During most difficult times, people feel alone
- Shame is a common feature



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Shame: I am bad.
Guilt: I did something bad.

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Brene Brown's Research

- "We deny our loneliness. We feel shame around being lonely even when it's caused by grief, loss, or heartbreak" Brene Brown
- Many people suffer from periodic shame
 - Shame is "under the radar", difficult to talk about
 - The less it's talked about, the more shame compounds
- Shame has negative effects
 - May underlie low mood, low self esteem, alienation
 - Drives negative behavior, compensatory attention seeking



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Potential Triggers for Shame

Experiences of Not Fitting In related to:

- Appearance
- Body image
- Money
- Mental health
- Physical health
- Addiction
- Homelessness
- Sex (including "slut-shaming")
- Gender identity/sexual orientation
- Religion/Cultural identity
- Surviving/experiencing trauma
- Race/ethnicity
- Divorce
- Incarceration

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How shame shows up in mental health



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Brooklyn College Example



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Social Connection

- Getting connected with people and meaningful activities helps restore functioning
- "It's not that misery loves company, it's that company is the antidote to misery" - Kristin Neff

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Ant-Man Example



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RESEARCH



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Parasocial Relationships & Social Surrogacy Why do we grieve fictional deaths?

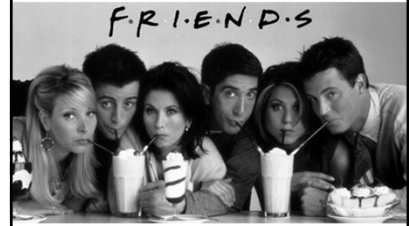
Leave me alone to mourn the deaths of fictional characters I have become overly attached to.



your cards
www.yourcards.com

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Friendships & Fandoms



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Reduced Loneliness/Rejection Feelings

- When lonely, participants watched favorite TV show (eg FRIENDS) rather than "whatever was on TV"
 - Not escapism, but a need for connection
- Watching favorite TV show allowed for participants to feel significantly less lonely

Derrick, J. E., Gabriel, S., & Hugenberg, K. (2009).

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Reduced Loneliness/Rejection Feelings

- When recalling a fight with a loved one, felt *rejected and lonely*
- Significant reductions in these when writing about favorite TV show (FRIENDS) but not neutral show nor academic achievement

Derrick, J. E., Gabriel, S., & Hugenberg, K. (2009).

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Awe-Related Experiences



- Research by Stellar, et al., (2015) from UC Berkeley:
 - Connecting with art and nature can create an influx of positive emotions, a sense of awe
 - Related to decrease in pro-inflammatory cytokines, specifically Interleukin 6, a marker of inflammation
- Inflammation is related to health issues
 - autoimmune disorders, like Celiac, Graves, MS, Lupus, arthritis, etc.
- Inflammation is related to behavioral health issues
 - depression, anxiety, panic d/o, poor sleep quality, eating disorders, chronic pain, and appetite increase

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Conflict Resolution



Bauer, K. & Dettore, E. (1997)

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Superhero Priming

- Superhero priming (e.g. through pretending to be one or playing VR game) increases helping Bx (eg in pencil drop) – Rosenberg et al (2013)
- Superhero poses can increase helping Bx (Peña & Chen, 2017) & self-esteem (Cuddy et al, 2015)

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Healthier Food Choices



- Cornell University
- Children were asked to pick between apples and French fries
- Only 9% chose apples
- When primed with admirable heroes, like Batman, nearly 50% chose apples


Wansink et al. (2012)

- *Dressing up also helps maintain attention on task

White & Carlson (2015)

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Self-control



Derrick (2013)

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Sexual Assault Awareness for Children


- Marvel and National Committee for Prevention of Child Abuse (NCPA) (1984 and 1985)
- Spider-Man discovers that a little boy was sexually abused by his babysitter
- Spider-Man shares with him his own story of being sexually abused by a young man
- Boy is later able to report the incident to his parents with Spider-Man's help



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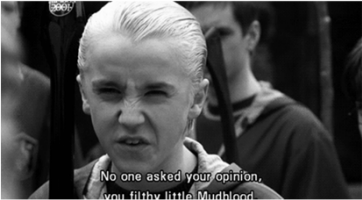
“Doctor Who” Research Study

- Both academic and psychological effects
 - Depression
 - Compassion toward others
 - Social Connectedness




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Research: HP Boosts Compassion




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Research: HP Boosts Compassion



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Harry Potter Neuroimaging Studies



- Reading about Harry Potter's struggles activated compassion and empathy centers of the brain (anterior insula and cingulate cortex) – *Hsu et al., 2014*
- Reading Harry Potter also increased the activation in the left amygdala, related to conscious emotion processing and pleasure – *Hsu et al., 2015*

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PTSD + Loneliness = Social Surrogacy



- College students filled out self-assessments
 - Trauma history, loneliness, social surrogacy via books, TV, etc. for connection
- Results: people w/trauma exposure more likely to turn to social surrogacy when lonely.

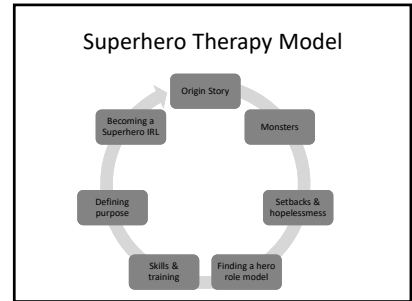
Gabriel et al. (2017)

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Fandom & connection





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Example: Jessica Jones

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Defining One's Own Superhero Origin Story

Telling and retelling our "origin story" can reduce PTSD symptoms




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Scripting One's Own Origin Story



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Who is Your (Super)Hero ?

- Can be real life or fictional
- Someone who is a figure of great strength and wisdom
- What do you admire about them ?

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Your Hero's Message



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Small group discussions



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Large group discussion



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Hope



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What if my clt likes a villain?

- Joker
- Harley Quinn
- Dexter
- Darth Vader
- Voldemort



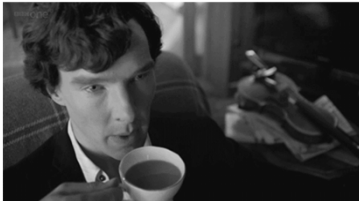
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What is it that the clt likes?

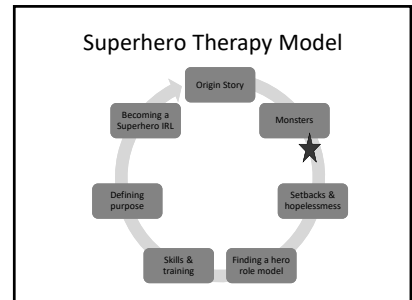
- Rarely do they like that the character is a killer, so not usually an indication of HI
- Usually, an unmet need: feeling constrained by work and other obligations (Harley beating up people who didn't visit her clt in the hospital)
- Often, wanting to play more, wanting to be free, and wanting to be ok with having more fun

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Tea/Coffee Break




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Identifying "monsters"



Anxiety, shame, anger, and depression

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Hopelessness and setbacks



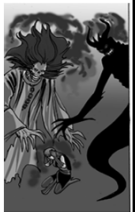
Hopelessness Creative hopelessness

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Creative Hopelessness

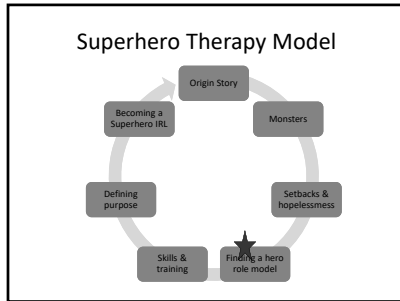
- What are your monsters?
- What have you tried to do to get rid of them?
- What were the costs of those practices?
- What were the results?

-> Illustrate the avoidance trap



Haines, S. C., & Wilkins, N. G. (2004). Acceptance and commitment therapy: Altering the verbal support for experiential avoidance. The Behavior Analyst, 27(2), 289-303.

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- ### Finding heroic role model & creating a treatment plan
- Evaluation session (Session 1)
 - Passions, interests, heroes
 - Session 2: Origin Story
 - Session 3: Identifying monsters
 - Sessions 4-10*: Building skills
 - Session 11: Becoming a Superhero IRL
 - Last session: Retelling of the origin story
- * Amount of sessions is dependent on client needs

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- ### Building a treatment plan
- Incorporating origin story and “monsters” into Tx plan
 - Common humanity connection stories – heroes
 - Skills
 - Sense of purpose
 - Superhero IRL

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- ### Example
- “Chuck” – 29 year old Marine w/PTSD
 - Origin Story:
 - Physical injury
 - Monsters:
 - Depression, PTSD, shame
 - Believes himself to be “weak” and “broken”
 - Hopelessness & setback
 - Isolating
 - Withdrawing from military activities
 - Not spending time with family
 - Refusing to be in wheelchair, refusing to get a handicapped sticker

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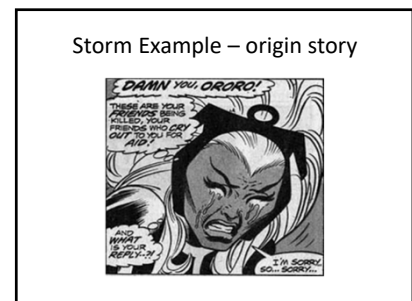
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- ### Skills & Superheroing
- Skills:
 - Focus on mindfulness and acceptance of condition, as well as any grief that comes with it
 - Cognitive restructuring/defusion practice with thoughts, such as “I’m weak, I am broken”
 - Explore his identity as a “hero”
 - Sense of purpose
 - Focus on core values – family, career
 - Superhero IRL
 - Set up committed actions to honor his core values
 - Tie into his origin story

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Storm Example

- Origin:
 - “Katrina” – 19 year old female
 - Car accident 2 years prior
- “Monsters”
 - Panic attacks when driven on freeway
 - Thoughts: “If I drive, I’m going to get into an accident”
- Setback & hopelessness
 - Refused to drive
 - Avoids similar makes and models of the car, similar color cars, intersection, avoids being driven on the freeway

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Tx Plan

- Identify Origin stories, monsters, and setbacks
- Find hero(s): Storm in this case
- Skills:
 - Focus on mindfulness and acceptance of anxiety symptoms
 - Cognitive restructuring/defusion practice with thoughts, such as “I’m weak, I am broken”
 - Explore her identity as a “hero” and “friend”
- Sense of purpose
 - Focus on core values – friends, college
- Superhero IRL
 - Set up committed actions/exposures to honor her core values – driving to college and to see friends
- Rewrite Origin Story

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Results



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Spider-Man Example – origin story



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Spider-Man Example

- “Jared” – 16 year old male with OCD and Social Anxiety D/O
- Failed 2 classes due to not showing up to class presentation
- Overanalyzes social interactions
- Thoughts: “If I try to talk to someone, I will come across as stupid or awkward” and “People hate me”
- Avoids social interactions

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Small groups practice & discussion

- You are a (superheroic) treatment team
- Practice creating a treatment plan for “Jared”
- Which questions would you want to ask him? Which skills would you want to help him work on?
- What would the treatment plan look like?

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Results



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Popular examples and mental health



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Skills: Mindfulness

- Using superheroes to identify thoughts, emotions, and internal and external experiences
- Metaphors
 - Superhero skills
 - Magic spells
 - Jedi Practice
 - Connection with the Force
 - Ask clients to help you elicit more examples, e.g. Steven Universe



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Skills:
Defusion & Cognitive restructuring




Unreliable psychic

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Defining a sense of purpose:
Core values

- What is all of this for?



- What is your quest about?

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Becoming a Superhero IRL

- Taking action in order to fulfill your quest
- Overcoming phobias through exposures like Batman
- Following your heart like Wonder Woman*
- Standing up for what is right like Harry Potter or Luke Skywalker

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Harry Potter



<https://www.youtube.com/watch?v=phzAydeYpQ&list=PL3NcQ0i8YBT85R6G8i8eHYF-ZvHfQDQ>

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Child Abuse*



*An often forgotten but crucial Origin story

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Tragic losses




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Depression




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Pink Dementor – example for avoidance and creative hopelessness exercises



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Patronus



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Skill building

- Boggarts
 - Defense Against the Dark Arts

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Friendly Reminder:

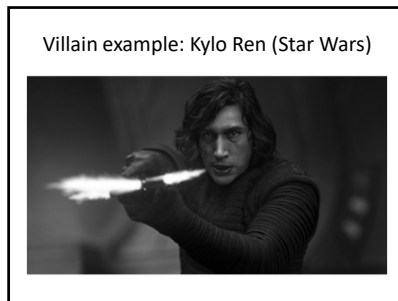
- You don't have to be the expert
- The client is the expert

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Pair up practice

- Role play: Practice creative hopelessness and introducing the idea of pop culture role models for your "client"
 - Using a fictional role model of your choice
 - Using your theoretical orientation

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Examples for kids

- Squirrel Girl
- Diary of a Wimpy Kid
- Steven Universe

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Moral injury

- Moral injury – feelings of guilt over an immoral act, for acting against one’s moral code, or for being unable to act in accordance to one’s moral code
- Can bring on feelings of hopelessness, helplessness, depression, anger, and suicidal ideation

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Moral injury

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- Military

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Moral injury

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- Military
- Mental health professionals

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Working through moral injury

- Awareness of burnout
- Burnout as a medical diagnosis
- Self-compassion as investment in your work

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Working through moral injury

- Awareness of burnout
- Burnout as a medical diagnosis
- Self-compassion as investment in your work
- You are not alone
- Even Superman needs the Justice League



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Lunch Break



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Harry Potter meditation



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Gaming

- Playfulness
 - Value that often gets ignored
 - Animals play
 - Playfulness and health
 - Games and learning

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Gamify

- *“The opposite of play isn’t work. It’s depression.”*
 - Psychologist Brian Sutton-Smith (1960s)
 - Game researcher/play theorist from New Zealand
 - Discussed games as necessary for emotional survival
 - Play: pretend, role-play, sports, festivals/LARP, imaginary, gambling
 - Form of self-expression

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Gamify


- *"The opposite of play isn't work. It's depression."*
- Psychologist Brian Sutton-Smith (1960s)



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Are games a form of escapism?

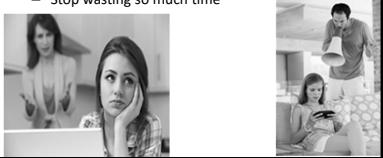
- Most play to "escape"
- Find connection
- Discover sense of purpose



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Criticism

- Face criticism from family members, educators and therapists:
 - "Put down the game and do something real"
 - "Stop wasting so much time"



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Sutton-Smith's research

- Play Behavior
 - More self-confidence
 - More true to ourselves
 - Increased physical energy
 - More positive emotions (curiosity, optimism, excitement)



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Benefits of playing video games:

- Improves memory, coordination, & concentration (receiving instructions from the game)
- Problem-solving skills
- Helps with multitasking
- Helps with social skills
- Improves cognitive processing

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Types of Games

- Tabletop
- LARP
- Computer/Video Games
- Mobile App
- Role-play/Imagination
- Sports
- Gambling

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Tabletop Games

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Tabletop Games

- Board games
 - Monopoly, Chess, Checkers, Clue

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Tabletop Games

- Board games
 - Monopoly, Chess, Checkers, Clue
- Card games
 - Poker, Solitaire,

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Tabletop Games

- Board games
 - Monopoly, Chess, Checkers, Clue
- Card games
 - Poker, Solitaire
- Cooperative Games
 - Pandemic

109

Tabletop Games

- Board games
 - Monopoly, Chess, Checkers, Clue
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 - Poker, Solitaire
- Cooperative Games
 - Pandemic
- Dice Games
 - Backgammon, Yahtzee

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Tabletop Games

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- Card games
 - Poker, Solitaire
- Cooperative Games
 - Pandemic
- Dice Games
 - Backgammon, Yahtzee
- Deck
 - Magic the Gathering, Munchkin, Yu-Gi-Oh

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Tabletop Games

- Board games
 - Monopoly, Chess, Checkers, Clue
- Card games
 - Poker, Solitaire
- Cooperative Games
 - Pandemic
- Dice Games
 - Backgammon, Yahtzee
- Deck
 - Magic the Gathering, Munchkin, Yu-Gi-Oh
- Pencil-paper
 - Tic-Tac-Toe, Hangman

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Tabletop Games

- Board games
 - Monopoly, Chess, Checkers, Clue
- Card games
 - Poker, Solitaire
- Cooperative Games
 - Pandemic
- Dice Games
 - Backgammon, Yahtzee
- Deck
 - Magic the Gathering, Munchkin, Yu-Gi-Oh
- Pencil-paper
 - Tic-Tac-Toe, Hangman
- Role-playing games
 - Dungeons & Dragons

113

Game-Based Rehabilitation for Stroke

- <https://www.youtube.com/watch?v=UQqisA89pAw>
- For OTs
- How can it be applied to mental health professionals?

114

Game-Based CBT

- For children who survived Childhood sexual Assault (CSA)
 - For kids
 - But can also be used for teens and adults

115


Building empathy: Crystals of Kaydor

- Reading facial expressions and building communication skills
- <https://youtu.be/463Bl7GAYgc>
 - Based on the Facial Action Coding System (Eckman)
 - In just 2 weeks kids (11-14) who play this game show greater empathy and perspective taking neuroactivity (posterior cingulate – mPFC) in fMRI
 - Altered neuroactivity within neural networks linked with emotion regulation (amygdala-mPFC)

<https://www.nature.com/articles/s41539-018-0029-6>


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Building Emotional Intelligence



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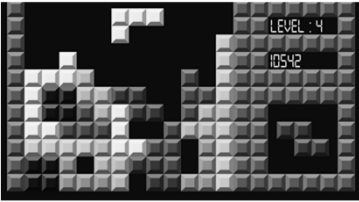
Superbetter



https://www.ted.com/talks/jane_mcgonigal_the_game_that_could_give_you_10_extra_years_of_life?language=en


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Games in Tx
(Tetris for PTSD, D&D for social skills)



119


PTSD



120

Schizophrenia

- <http://www.bbc.com/news/health-42097781>
- Addressing Avatars reduces distress and believability of auditory hallucinations




121

Grief



122


Pokémon Go/Wizards Unite – for depression and anxiety



123

Games with clients

- Can establish rapport and trust
- Can ease client to process emotions and trauma
- Can improve mood
- Munchkin EXAMPLE



124

Games with groups

- Line Up
- Fun Facts Ball
- Pandemic
- D&D

125

Role-Playing Games

- D&D
- Mayim Bialik explains D&D
- <https://www.youtube.com/watch?v=mu1QT11DPK>



126

Role-playing games (RPGs)

- D&D
 - Impulsivity control (consequences)
 - Communication (to get information)
 - Collaboration (to complete a quest)
 - Decision making
 - Compassion/Empathy


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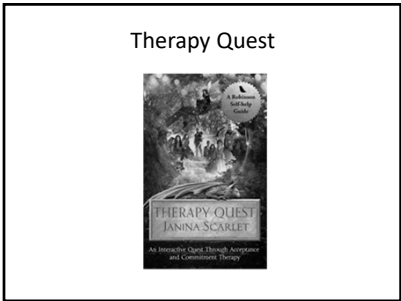
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Character Sheets

- Filling out character sheets can help clts in treatment



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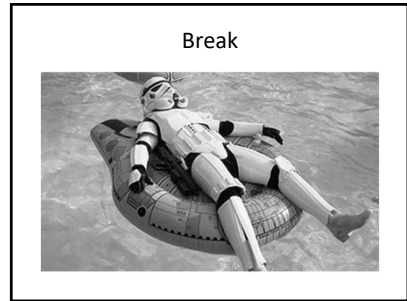
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THERAPY QUEST

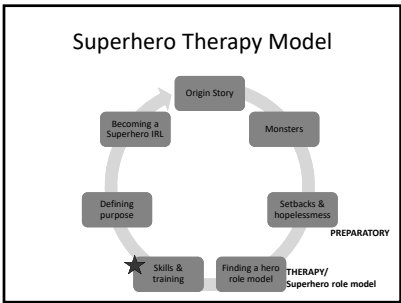
YOU ARE THE HERO

CHARACTER NAME	YOUR HEAVY	YOUR LIGHT	YOUR QUEST	YOUR GOALS
NAME	STR	DEX	CON	WIS
WEAPON	HEAVY WEAPON	LIGHT WEAPON		
CLASS				
SKILLS				
STATS				
ADJECTIVES				
ADVERBS				
PHRASES				

131



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133

Superhero Narrative

- Based on Narrative Therapy
- Narrative Exposure Therapy (NET)
- Hero's Journey

134

Narrative Therapy


- Has been shown to be helpful with rewriting the client's narrative
- Helpful with anxiety, depression, PTSD
- Complex PTSD

Neuner, et al., 2004

135

(Super)hero Narrative

- Helpful to allow the clt to become the hero of their own journey



Robbins (2005); Rubin (2008); Scarlet (2016, 2019)

136

Origin Story

- Can help understand the developed story clts tell themselves
- Can also help understand the clts core values
 - That which is most vulnerable, that which is most pained is indicative of what we care about the most
 - E.g. connection, safety, closeness, responsibility

137

Timeline exercise

- In order
- Painful memories
- Beautiful memories

138

Memories (NET)

- Hot Memory
 - Flight-flight-freeze response
 - Can be implicit (e.g. people are dangerous)
- Cold Memory
 - Factual memory
 - Explicit
 - Lower arousal

139


Narrative Exposure Therapy

- Record Timeline events
- Process “hot memories”
- Turn “hot memories” into “cold memories”

140

Example: Jessica Jones

- Timeline
 - Family died in a car crash
 - Experiments
 - Obtained Superpowers
 - Lived with best friend, Patsy
 - Became a superhero
 - Assaulted by Kilgrave/Purple Man



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Superhero Therapy: Jessica Jones

- Record Timeline events
- Process painful memories
- Turn painful experiences into (just) *experiences*
 - Processing
 - Exposure
 - Changing the relationship with her trauma
- Content *and* context


142

Skills: Externalizing “monsters”

- “Monsters” are any unwanted feelings, emotions, sensations, and thoughts that the client may want to get rid of
 - “Monsters” are not perpetrators of abuse, they are the result of it
 - Initially, helping the client to identify these can allow for rapport building (the client may view these as monstrous)

143

On Fire



Johnny Storm
“The Human Torch”
-Fantastic Four

Monster
Vs.
Being on fire

144

Changing the relationship with the monsters

- Identifying
- Externalizing
- Compassion
- *Riddikulus* storylines

145

Externalizing the monster(s)

- Most people fuse with their stories
 - E.g. "I am a loser" or "I am not good enough" or "I am an amateur"
- Need to help clt to separate their story from themselves
- E.g., Instead of "I am stupid," change to "My anxiety told me that I am stupid"
- OR "My depression told me that I am a loser"

146

Externalizing the monster(s)

- Drawing
- Writing
- Naming



Anxiety, shame, anger, and depression

147

Steven Universe



Cartoon Network

148

Steven Universe

- Steven – half gem
- Gems – alien warriors set to protect the world from monsters
- Can fuse together – combine together to form new gems
 - When fused, hard to see the individual gems
 - Defusion allows to see separate gems (thoughts, feelings, etc)
- <https://www.youtube.com/watch?v=rds7V5Sxu-4>

149

Steven Universe

- One of the first openly LGBTQ characters in a children's cartoon
 - <https://www.youtube.com/watch?v=Tfv8CaPINWw>

150

Example

- "Jean" – 37 yr. old bisexual female
- Multiple Hx of sexual and physical assault
- Hx of DV
- PTSD
- Nurse
- In a healthy relationship w/male partner
- Triggers: loud noise, yelling, people's frustrations, arguments, assertive or aggressive tone

151

Example

- "I always have to be on guard. It's like I am always looking for danger. If my boyfriend is mad or if we are fighting, I flinch. I expect him to hit me. He never has.
- "When anyone yells at me or has an aggressive tone, I feel unsafe. I start apologizing, I talk fast, explaining myself. I'm scared to stop explaining. Then I cry."

152

Discussion



153

Compassion for the monster



154

Compassion for the monster

- Are monsters really *monsters*?
– Or are they scary because we are scared & hurtful because we are hurt?
- There's a Nightmare in my closet
<https://www.youtube.com/watch?v=SmYQzNQIPgk&t=14s>

155

Compassion for the monster

Experiential exercise

- Pen & paper

156

Compassion for the monster

Experiential exercise

1. Who are your monsters?
2. What are the monsters telling you? What are some of the messages?

157

Compassion for the monster

Experiential exercise

1. Who are your monsters?
2. What are the monsters telling you? What are some of the messages?
3. What do they need? Attention/love/support?

158

Compassion for the monster

Experiential exercise

1. Who are your monsters?
2. What are the monsters telling you? What are some of the messages?
3. What do they need? Attention/love/support?
4. What are they trying to protect you from?

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Compassion for the monster

Experiential exercise

1. Who are your monsters?
2. What are the monsters telling you? What are some of the messages?
3. What do they need? Attention/love/support?
4. What are they trying to protect you from?
5. Giving it reassurance & gratitude

160

From monster to best friend



161

Discussion



162

Making the "monster" Riddikulus

- *Only for anxiety*
- <https://www.youtube.com/watch?v=doxfxqpkYA&t=74s>

163

Making the "monster" riddikulus

- "Katie" – 22 year old female
- Hx of Schizoaffective D/O (in remission)
- Hx of family bullying her over her weight
- Currently, struggles with MDD and OCD
- Intrusive thoughts, "I am fat" "I need to exercise every day"

164

Making the "monster" riddikulus



165

Making the "monster" riddikulus

- E.g. "Lisa" – 18 year old student
- Struggles with anxiety (OCD)
- Intrusive thoughts, such as "what if I fall through the floor"
- Obsessions get in the way of her ability to focus in class, do homework, cause her extreme distress, and she often looks for reassurance that these events won't come true

166

Making the "monster" riddikulus

- Lisa wrote out her story with a silly ending:
 - "I fall through the floor and go down, down, down a deep tunnel. I keep falling for hours and I get hungry. I find a vending machine on the way down and get a snack. I then see a white rabbit who invites me to go to a ball. I don't have a ball gown but agree to go anyway. When the desk finally lands, I am able to dance with the white rabbit and we eat strawberries for dinner."

167

Practice

- *For anxiety only*
- Start with a simple worry (e.g., being late), not the biggest catastrophizing thought
- Write out the worry
- Create a silly continuation for this scene. Don't censor yourself and don't try to have it make sense. Just write. The sillier and the more out there, the better.

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Case Consultation/Discussion



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Additional resources



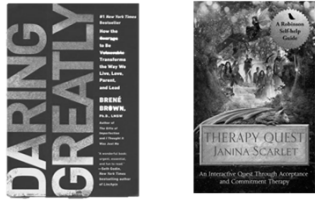
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Additional resources



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Additional resources



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NOTES



1



2

Small Group Discussion

- How did yesterday go for you?
- Did anything come up that you'd like to try with your clients?
- What came up for you in this meditation practice?

3



4

Understanding bullying/exclusion in order to build emotional safety

- GamerGate (2014-)
 - Bullying in the gaming world
 - Anita Sarkeesian (Feminist Frequency – tropes & representation) & Zoe Quinn (Depression Quest)
 - Doxing, death threats, rape threats
 - Had to cancel events, leave housing, etc
 - First to be public about the extent of their bullying (Equivalent to first #MeToo)

5

Understanding bullying/exclusion in order to build emotional safety

- GamerGate (2014-)
 - Attacking women, POC, LGBTQ, etc.
 - "Ethics in journalism" – claiming that women received favorable reviews of games/channels due to sleeping with journalists
 - Zoe Quinn - Threats of beating her to death
 - Sarkeesian – Threats of violence of family members, threats of an attack "like Columbine" if she's allowed to give a talk
 - Exclusion – Overwatch e-Sports

6

Understanding bullying/exclusion in order to build emotional safety

- ComicsGate (2018-)
 - Attacking writers – women, POC, LGBTQ, etc.
 - Response to Marvel (and other) inclusion efforts
 - Calls to boycott issues
 - Doxing, death threats, rape threats

7

Bullying happens to actors

8

Building sidekicks

- Characters that represent our clients
 - Diversity, ability, appearance, mental health experience, etc.
- Real life or PSRs
 - #MeToo

9

Building sidekicks

- Real life or PSRs
 - #MeToo
 - Jessica Jones



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Building sidekicks

- Real life or PSRs
- Fandom



Gal Gadot – "Wonder Woman" 2017

11

Building sidekicks

- PSRs
- Fandom
- Community 'Orphan Black'



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Building sidekicks - HP



13

Building Sidekicks - Supernatural



Conventions

Sam Dean Castiel

Always Keep Fighting

First Con


14

Example

- "Kelly" – 16 yrs old
 - Adopted, was previously separated from her sister
 - Sibling bullying
 - OCD, MDD, SAD
 - Fear of change/disconnection
 - Social withdrawal

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Example



Family

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Building sidekicks/Social groups

- Social connection & resilience
 - B/c compassion toward PSRs is the same as toward real life individuals -> PSRs could lead to more oxytocin?
 - Oxytocin – bonding
 - Testosterone creates opposite effects of oxytocin

Crespi, 2015

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Building sidekicks/Social groups


- Social connection & resilience
 - Testosterone creates opposite effects of oxytocin
 - Testosterone reduces empathy/perspective taking, reduces cooperative behavior (us vs. them), and increases aggression/violence
 - Oxytocin allows for mentalizing and willingness to help/social and altruistic behavior

Crespi, 2015

18

Vulnerabilities


- Acting out aggression



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Vulnerabilities

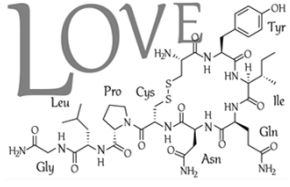
- Antagonists/antiheroes as protectors
 - Deadpool
 - Ex-military
 - Cancer survivor
 - Mutant
 - Burn survivor
 - Sarcasm
- Another person
 - Dissociation vs. Functional



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Oxytocin

LOVE



CONNECTION

21

Oxytocin

- Produced in the hypothalamus
- Involved in:
 - Bonding
 - Recognition of kin (and preference twd people with similar values)
 - Affection/empathy/caretaking/altruistic behavior
 - Childbirth
 - Sex/orgasm
 - Breast feeding
 - Stress resilience/recovery/soothing
- Reward-system (for helping/soothing)
- Travis example

Crespi, 2015


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Oxytocin




23

Oxytocin



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Vulnerability = Oxytocin



25

Oxytocin



26

Oxytocin = love = vulnerability

- Vulnerability creates the need for connection and oxytocin reinforces that connection
- Oxytocin is involved in attachment formation
- Also involved in anxiety about social relationships (fear of losing attachment)
 - Less forgiveness
 - Reduced distress tolerance about attachment fears
- Fear of social ostracism
- Social anxiety
- Oxytocin is involved in **both** anxiety about losing social connections and in soothing that anxiety

Crespi, 2015

27

Building sidekicks/Social groups

- Stable social connection = resilience
 - Longevity
 - Stressful events (death, divorce, poverty, etc) can lead to shorter lifespan
 - Ability to experience positive affect reduces the risk of premature mortality
 - People with stronger social connections also have longer lifespan
- Kelly McGonigal: <https://www.youtube.com/watch?v=RcGyVTAoXEU&t=4s>

Xu & Roberts, 2010

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Building sidekicks/Social groups

- Social connection and resilience
 - Biomarkers of stress resilience and wellbeing
 - Inflammation
 - Telomere length
 - Gene expression
 - Necrosis (cell death) due to an injury or stress
 - Most can worsen with toxic stress, such as bullying or exclusion
 - Most can be remedied by stress resilience skills, esp. social connection

Eppel & Lithgow, 2014

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This means...

- When rejected, disconnected, heartbroken
- It feels like dying on the inside
- Not far from the truth
 - People can die from a "broken heart syndrome"
 - Dresden Files example – invisible wire of torture

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Vulnerability

- The courage to be open
- Speaking from the heart

31

Vulnerability

- Research
 - Wholehearted
 - <https://www.youtube.com/watch?v=iCvmsMzIF7o>



Brown, (2015)

32

Vulnerability

- Research
 - Wholehearted
 - Cannot selectively numb some emotions and not others

Brown, (2015)

33

What's vulnerable

- Asking for help
- Expressing emotions
- Sharing someone out
- Sharing a secret
- Initiating sex
- Weight/appearance
 - Seeing others when weight changed
- Money
- Physical Illness
 - Cancer, HIV, IBS, Autoimmune Disease, allergies
- Mental health disorders
- Having children
- Feeling disconnected
- Initiating connection
- Feeling unprotected/defenseless and misunderstood

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Ordinary Heartbreak (David Levine)

- She climbs easily on the box
That seats her above the swivel chair at adult height
Crosses her legs, left ankle over right
Smooths the plastic apron over her lap
While the beautician fills her ponytail and laughs
"This is coarse as a horse's tail!"
And then, as if that's all there is to say
The woman, at once, unlinks off and tosses
its foot and a half into the trash
And the little girl, who didn't want her hair cut!
But long ago learned successfully
How not to say what it is she wants
Who, even in this minute,
Cannot quite grasp her shock and grief
Is getting her hair cut
"For convenience," her mother put it
- The long waves gone
That had been evidence at night
When loosened from their clasp
She might be secretly a princess
Rather than cry out
She grasps her own wrist
And looks to her mother in the mirror
But her mother is too polite
Or too bored or too indifferent
To defend the girl!
So the girl, herself, takes up indifference
While the pain follows a channel
To a hidden place
Almost unknown to her
Convinced, as she is,
That her own emotions are
Not the ones her life depends on
She shifts her gaze from her mother's face
Back to the haircut, so steadily
As if this short-haired child she sees
Were someone else

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Vulnerability Exercise

- Patronus Charm – happiest memory
 - Exercise
 - Discussion

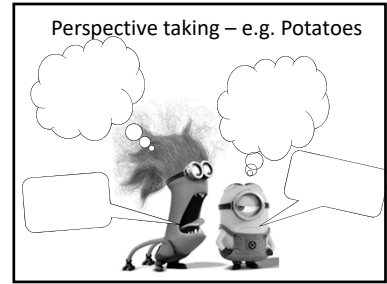
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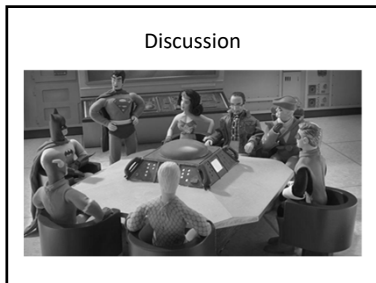
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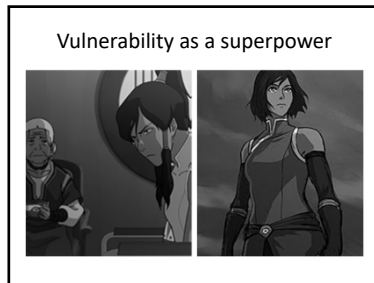
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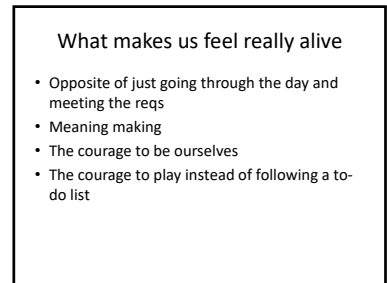
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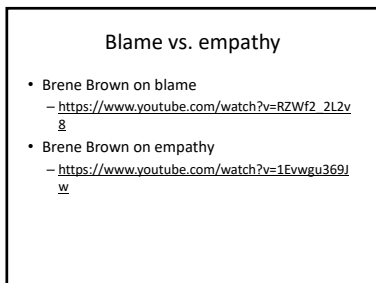
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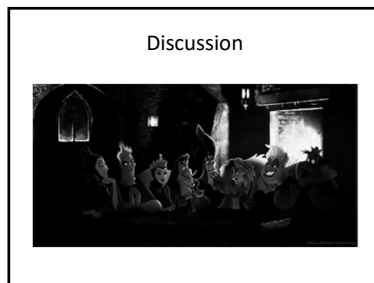
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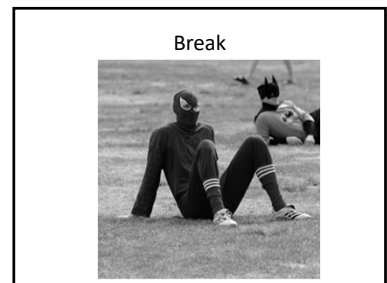
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Geek Vocab

**ME WHEN I MAKE A FANDOM JOKE
AT SCHOOL AND THEY DONT GET IT**



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Geek Vocab

- Geek vs. Nerd

GEEK IS

The New Sexy

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Geek Vocab

- Geek vs. Nerd
 - Geek: special-interest oriented (e.g., 'Star Wars' Geek), may be a collector, may know a lot about the given subject
 - Nerd: academically or otherwise intellectual, achievement-based, deep knowledge of given topic (e.g., Physics Nerd, Comic Books Nerd – detailed knowledge of Hx, etc)

48

Geek/Nerd history

20 years ago:

- Used interchangeably
- Considered to be derogatory

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51

Geek Culture Stats


- Top grossing Hollywood movies are Superhero movies



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Geek Culture Stats

- Top grossing Hollywood movies are Superhero movies
 - Avengers Endgame alone made over \$2.7 billion worldwide
 - Top selling merchandise (clothes, office supplies) have superheroes, sci-fi, or fantasy characters on them



53

Geek Culture Stats

- Top grossing Hollywood movies are Superhero movies
 - Avengers Endgame alone made over \$2.7 billion worldwide
 - Top selling merchandise (clothes, office supplies) have superheroes, sci-fi, or fantasy characters on them
- Nerd Fitness



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Modern geeks

- Pride

55

Modern geeks

- Pride
- Comic Con

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Modern geeks

- Pride
- Comic Con
- Cosplay

57

Modern geeks

- Pride
- Comic Con
- Cosplay
- History of being bullied outside and inside their community

58

Modern geeks

- Pride
- Comic Con
- Cosplay
- History of being bullied outside and inside their community
- Hx of being misunderstood

59

Modern geeks

- Pride
- Comic Con
- Cosplay
- History of being bullied outside and inside their community
- Hx of being misunderstood
- Being a geek is not just a hobby, it's a core value

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Geek Vocab


- Cons
 - more social events
- Expo
 - more exhibits/demos



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Geek Vocab

- Cosplay
 - Definition
 - Both noun and verb
 - Can be a profession
- Cosplayers
 - Rules & regulations



62

Cosplay research

- Identification with some aspect of the character or story
- Finding oneself/identity
- Social connection

Rosenberg & Letamendi, (2013)

63

Being in Fandom

- Makes for better romantic partner (Stern, et al 2018)
 - Better at working through conflicts
 - More tolerant of disagreements
- Makes us more sensitive to the needs of others (Vezzali et al. 2015)
 - More compassionate toward stigmatized groups

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Geek Vocab

- Fandom




65

Geek Vocab

- Memes
 - Humorous image, text, or video that is widely shared on the internet

66

LOTR - Boromir



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LOTR Meme



68

Geek Vocab

- Fanboy & Fangirl
 - Both nouns and verbs



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When having a fangirl moment in public



70

Fan-fiction

- Fanfic
 - Writing an original story within an existing fandom
 - E.g. Star Wars Fanfic (Leia becomes a Jedi)
- Archive of Our Own (AO3)
 - Hosts more than 4.5 million fanworks across 31,000 fandoms as of 2019
 - Nominated for Hugo Award
 - <https://www.themarysue.com/ao3-hugo-award-nominations/>

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Fanfic Vocab

- Fanfic
 - Fiction about a specific character or universe written by a fan (e.g., Harry Potter fanfic or Hogwarts fanfic)
- Has been suggested to be similar to imaginary play
- Allow fans to interact with the characters and with one another
 - PSRs

Barnes, (2015); Vinney & Dill-Shackleford (2016)

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Fanfic Vocab

- **Canon:** truly in the official universe
 - E.g. Vader is Luke's father in Star Wars, this is canon
- **Fanon:** established by fans, sometimes to fill in the gaps in canon
 - E.g. Luke and Leia's upbringing before we meet them in 'A New Hope'

73

Fanfic Vocab


- **Shipping**



74

Fanfic Vocab

- **Shipping**
 - OT/OTP (One True Pair)



75

Fanfic Vocab

- **Slash fanfic**
 - same sex shipping in fanfic

'Destiel'
Dean + Castiel
Supernatural



76


Fanfic Vocab

- **Crossover**
 - Multiple fandoms

77

Fanfic Vocab

- **Alternative Universe**



78

Geek Vocab


- **Troll/trolling**



79

Geek Vocab

- **Squee**



80

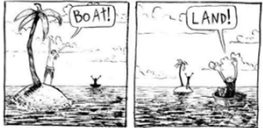
Fanfic Vocab

- **OC** – original character

81

Fanfic Vocab

- POV – point of view



82

Fanfic Vocab


- SI – self-insertion into story



83

Do you ever stop and realize that the average person doesn't know what a ship is or what canon means.


We probably just all sound like pirates.



84

FanArt

- Drawing instead of writing
- Can be stick figures



85

Practice

- **Part 1 (5 mins)**
 - Write a scene from your favorite book, movie, TV show, or comic book to the best of your memory
 - Emotional scene, maybe a death of a character, etc, a scene you've wanted to change
 - Write as many details as you can remember, what happened and was said
 - It doesn't have to be 100% accurate
 - Don't focus on getting it "right", just write it out

86

Practice

- **Part 2 (5 mins)**
 - Self-insertion
 - See if you can write yourself into that scene and change the story

87

Practice

- **Part 3 (5 mins)**
 - Now redo the same scene you've just written but in a comic book format
 - You can use stick figures and dialogue bubbles

88

Discussion



89



90

Role Play

- Choose a client who might benefit from from fanfic or fan art
- Practice introducing the concept and providing instructions for how to work on it
- Switch roles

91

Discussion

- How did it go?
- Q&A
- Optional: Case Consult

92

Superhero posture

- Shame posture & Developmental Trauma Vs.
- Superhero posture
- Amy Cuddy
 - <https://www.youtube.com/watch?v=Ks-Mh1QhMc>


93

Lunch Break



94

Star Wars meditation



95

Small group discussion

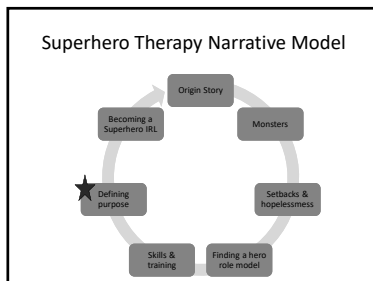
- How is this course going for you?
- What are some things you want to take away?
- Did anything come up for you during this meditation?

96

Large group discussion



97

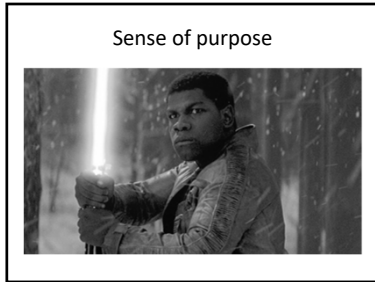


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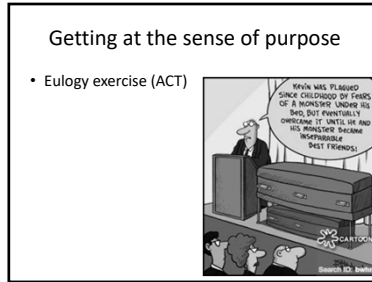
Sense of purpose

- What is it?
- How do we find it?

99



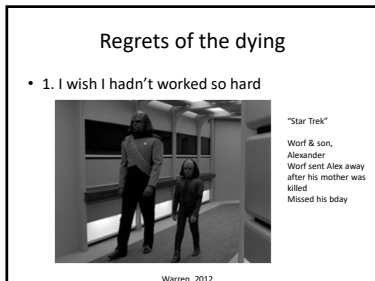
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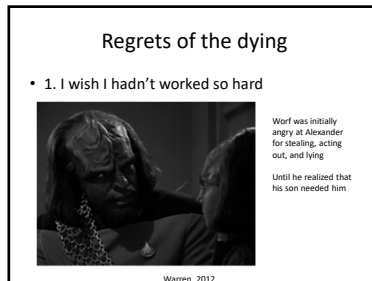
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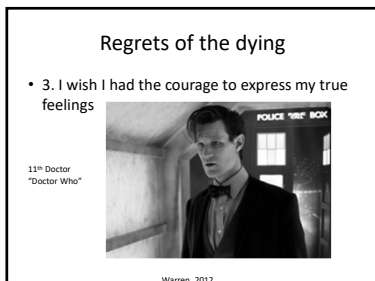
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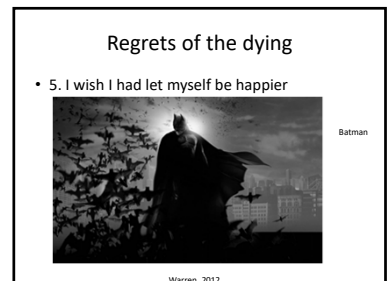
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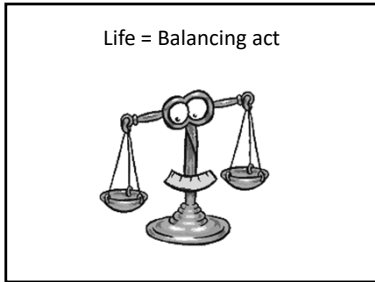
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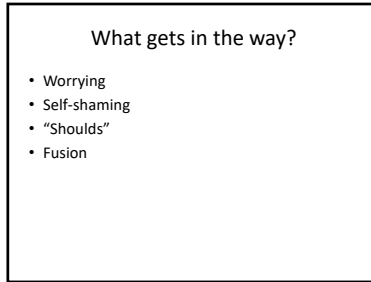
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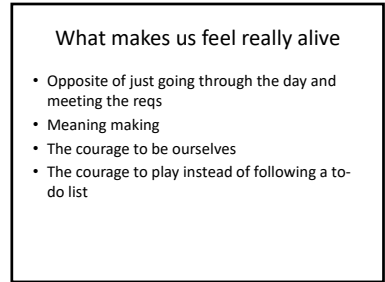
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109



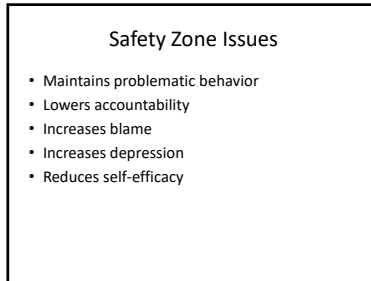
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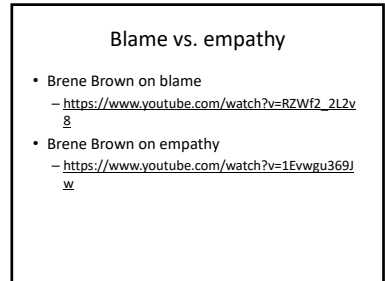
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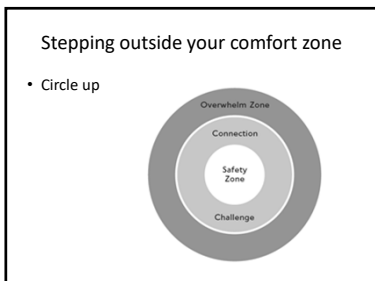
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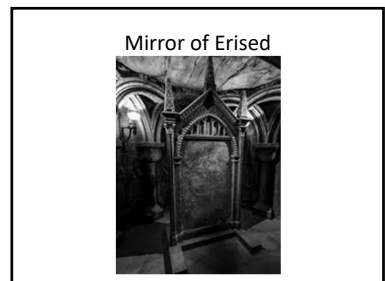
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115




116



117


Mirror of Erised



<https://www.youtube.com/watch?v=Ck4Bk65097c>

"It does not do to dwell on dreams and forget to live" – Professor Dumbledore

118




IDENTIFYING YOUR CORE VALUES

119

Writing/drawing exercise: Finding your inner Magic


- If you could be granted 3 superpowers or magical abilities, what would you wish for?



120

Magic


- If you could be granted 3 superpowers or magical abilities, what would you wish for?
- What would make you want those powers?



121

Magic

- If you could be granted 3 superpowers or magical abilities, what would you wish for?
- What would make you want those powers?
- What would you do with them?




122

Discussion



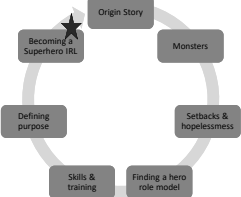
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Break



124

Superhero Therapy Narrative Model



125

Becoming a Superhero


- Isn't easy
- Daily intention-setting
- Connection with sense of purpose
- Pep Talk

– <https://www.youtube.com/watch?v=qR3rK0kZFkg>

126


Becoming a Superhero IRL

- Courage to face difficult emotions



127

Case Study: "Jim"



128

Becoming a Superhero IRL

- Courage to be yourself and to see yourself



129

Becoming a Superhero IRL

- Courage to be yourself
- "You Are Who You've Been Looking For" (by Adam Roa)
 - https://www.youtube.com/watch?v=nt5_3cbo31I&feature=youtu.be

130


Cell phone "Mirror" exercise

- Screen-based eye contact LKM
 - Picture of loved one
 - Self (as a separate person)
- Group
- Discussion

131

Creating steps

- "Superhero training"
 - Hierarchical or goal-based
 - Tied to core values



132

Symbols



133

Symbols




134

Other symbols?

135

Gamifying HW/Goals

- SuperBetter
- Pokémon Go!



McGonigal, 2015

136

Gamifying HW/Goals

- Leveling up in Tx
 - Award/reward system
 - Recognition of progress as a game
- SuperBetter
 - Esp. for TBI, depression, anxiety, PTSD
 - <https://www.youtube.com/watch?v=9zyNcov087U>
- Pokémon Go!/ Wizards Unite!

McGonigal, 2015

137

Exercise: rewriting the origin story


- From the point of view of a survivor
- Example – Jessica Jones



138


Exercise: rewriting the origin story

- What if there will be a movie made about you in the future to inspire others?
- What would that movie be about?
- If it did exactly what it is supposed to, how would you want this movie to inspire/affect others?
- Discussion



139

Discussion



140

Veronica Mars EXAMPLE "Lily"



141

What would Veronica do?



142

Practicum/Case Consult



143

Remember

- YOU are the Chosen One
- It has to be YOU
- YOU make a difference

144



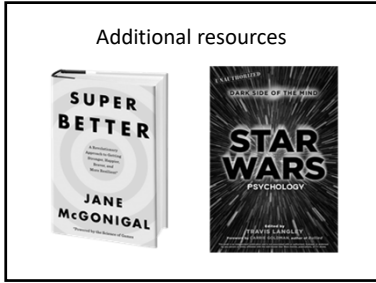
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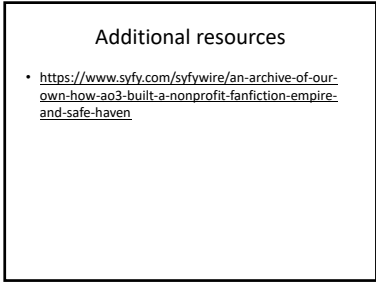
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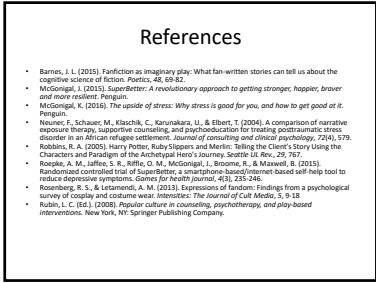
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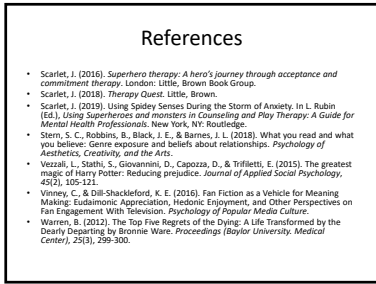
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Origin Story Exercise

Many people go through numerous losses, excruciating physical or emotional pain, and feelings of loneliness and alienation. Just like our favorite superheroes, or real life heroes, we too have an origin story. An origin story can be a memory of a terrible tragedy, an accident, or a moment when we have decided to make different choices.

Take a few moments to consider your own origin story. Do you remember a defining moment that shaped you? Or perhaps it was numerous moments, trying times, and experiences, which at the time felt unbearable?

Now take a few moments to identify a personal hero. This is someone you see as a figure of ultimate wisdom and compassion. This could be a real person, such as a grandparent, a teacher, a mentor, a star athlete you admire, a creator, or a historical figure you look up to. Or, it can be a fictional character, such as Batman, Dumbledore, Yoda, or Wonder Woman.

If you cannot think of a personal hero, that's perfectly okay, see if you can think of a kind of hero you'd like to have or look up to. What kind of qualities would your hero have?

Now, take a few moments to imagine that you have some alone time with your hero. Your hero knows exactly what you have been through, what your origin story is, and how it has shaped you. Your hero is understanding, supportive, and encouraging. Your hero knows exactly what to say to you and what you may need to hear.

What would your hero say to you?

If it is too difficult to think of what your hero may say, no problem. It happens to a lot of people. Take a breath. You can always try this exercise at another time.

Flying Meditation

Imagine yourself standing outside Hogwarts Castle, about to partake in Madam Hooch's flying lesson. It is a beautiful sunny day and you can feel your feet standing firmly on the ground. At this very moment, you are exactly where you should be – in your flying lesson. At this moment, you are not late for anything, you are not in the rush to get anywhere. You are exactly where you should be, doing what you should be doing.

Before you take off, we are going to do a brief scan of your body, from your feet up to your head, pausing to take a breath at each step, filling your body with levitating magic (People who may struggle with connecting with their physical sensations due to a disability or trauma can practice connecting with those parts of the body that are accessible or comfortable).

Take a moment to connect with the sensation of your feet once more. Notice if they are warm or cold. Achy or rested. Take a slow breath in, filling your body with relaxing magic. Breathe out, allowing your feet to relax and settle.

Now bring your attention to your legs, starting at your ankles, then your knees, and thighs. Take a slow breath in, filling your body with relaxing magic. Breathe out, allowing your legs to relax and settle. If you notice that your attention has shifted, notice your feet once more to bring you back to the present moment and then return to this exercise.

Now bring your attention to your back, starting with your lower back, then your middle and then upper back. See how your back feels today. Is it sore, tired, achy, or relaxed? Take a few slow breaths in, filling your body with relaxing magic. Breathe out, allowing your back to relax and settle.

Now bring your attention to your stomach. The stomach is where we hold a lot of our emotions. Take a few breaths to see how your stomach feels today. Does it feel tight, achy, nauseated, or empty? Take a few slow breaths allowing your stomach to relax and settle. Spend some extra time here, maybe placing your hands on your stomach in order to better connect with this exercise.

Now bring your attention to your chest. This is another area where we experience a lot of our emotions. Take a few breaths to see how your chest feels today. Perhaps place your hand or both hands on your heart center, as a gesture of love and compassion, just as Sirius does to Harry in *The Prisoner of Azkaban* film. See if your chest feels tight or open. Take a few slow breaths allowing your chest to relax and settle. Spend some extra time here, breathing in and out.

Now bring your attention to your shoulders, arms, hands, and fingers. Take a few moments to see how they feel today. Are they tight, sore, or achy? Or are they relaxed today? Take a few slow breaths allowing these areas to relax and settle.

Now bring your attention to your neck, jaw, forehead, and the top of your head. We carry a lot of our tension in these areas. Take a few moments to notice how they feel today. Then spend a few moments focusing on your breathing, allowing these areas to relax and settle.

Now bring your attention to your surroundings. Take a few breaths while quietly noticing what you can see. Don't judge the cleanliness of your room or the objects around you, just see with open curiosity, as if you have never seen these objects before.


Now take a few breaths bringing your attention to what you can hear. Don't judge these sounds as "good" or "bad," just listen to them, take them in as they occur around you.

Now once more bring your attention to your feet as they are making contact with the ground. See if you can imagine yourself mounting the broom, kicking off the ground, and gently rising up in the air. Feel the wind as it gently caresses your face. See the water below you. Hear the birds chirping all around you. Take a few moments to breathe and enjoy the scenery you are observing.

When you are ready, gently land your broom back on the ground. Feel the sensation of your feet making contact with the ground once more. And take a few more breaths to fully connect with the experience of being present.

THERAPY QUEST



CHARACTER NAME		MAGICAL RACE	CLASS	ALIGNMENT
MAGIC ABILITY			COURAGE	
SCORE	WISDOM		INNER STRENGTH	COURAGE
	MAGIC =		+	+
OBSTACLES		TRAPS AND CURSES		
DEPRESSION	AVOIDANCE			
ANXIETY	NUMBING			
TRAUMA	NOT MINDFUL			
SELF-BULLYING	EMPATHIC DISTRESS			
LACK OF SUPPORT	NOT SUPPORTING OTHERS			
ADDICTION	FUSION			
HEALTH PROBLEMS	IMPULSIVITY/INACTION			
CORE BELIEFS	OVERIDENTIFIED SELF			
OTHER	LACK OF CORE VALUES			
		INNER STRENGTH		
		VULNERABILITY		
		SELF-COMPASSION		
		COMPASSION TOWARD OTHERS		
		CORE VALUES		
		ACCEPTANCE		
		SUPPORTING OTHERS		
		DEFUSION		
		COMMITTED ACTION		
		WISDOM		
		MINDFULNESS		
		WILLINGNESS TO "FACE IT"		
		SELF-COMPASSION		
		SELF-AS-CONTEXT		
		WEIGHING OUT OPTIONS		
SKILLS		ORIGIN STORY		WHAT YOU OVERCAME
SKILL NAME				
ANIMAL CONNECTION				
COLORING				
COMPASSION/HEALING				
COOKING				
FAMILY				
FRIENDSHIP				
GAMES				
GEEKING OUT				
JUSTICE/LOYALTY				
MINDFULNESS				
NATURE				
PAINTING/ART/MUSIC				
PHOTOGRAPHY				
READING				
STEM				
TRAVEL				
VOLUNTEERING				
WRITING				
YOGA				
OTHER				
				LANGUAGES KNOWN

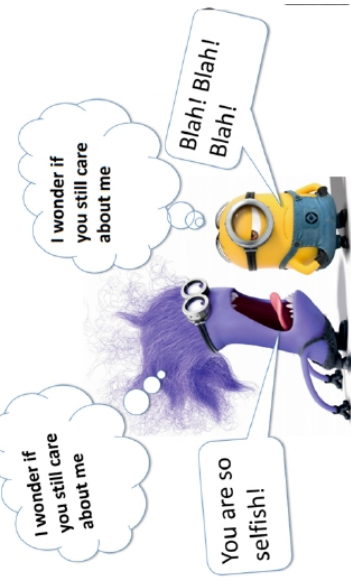
Spider-Man Meditation

Bring your attention to your breathing. Notice how your body is moving with each inhale and each exhale (1-minute pause). Notice the sensations of your body, as Spider-Man does, feel connected to your body. Notice the sensations of your feet as they are making contact with the ground (1-minute pause).

Take a moment to notice that at this moment, you are right here, you are not late for anything, you are not in a rush to get anywhere, you are right here in this moment, doing exactly what you should be doing.

And at anytime, if you get distracted or overwhelmed, you can silently ask yourself, "where are my feet?" to gently bring yourself back to the present moment, as if using your spiderweb to bring you back down to the ground. Now, take a few moments to focus on the sounds around you, activating your spidey senses while allowing yourself to gently breathe as you're doing so (1-minute pause). Now, take a few moments to notice the temperature in this room (1-minute pause). Now, take a few moments to notice if there are any smells you can detect in this environment, while continuing to breathe (1-minute pause). Now, take another minute to notice the sensations of your hands and feet in this moment (1-minute pause). And then bringing your awareness back to this room, take a few breaths, and take as much time as you need to open your eyes and come back into the room.

Injured talk/ vs. courageous talk

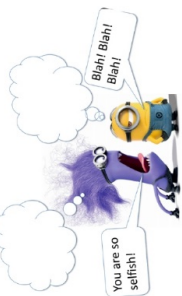


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Injured talk/ vs. courageous talk



Injured talk/ vs. courageous talk

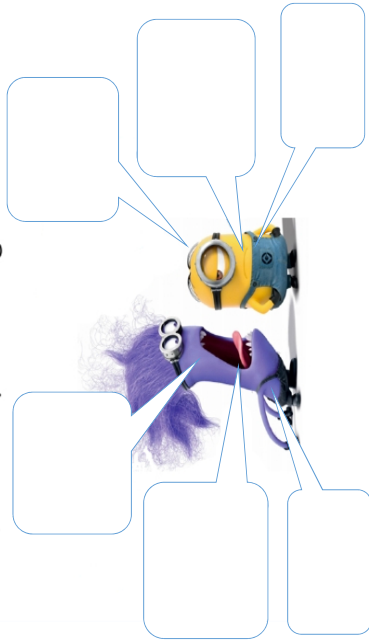


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Injured talk/ vs. courageous talk

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Injured talk/ vs. courageous talk



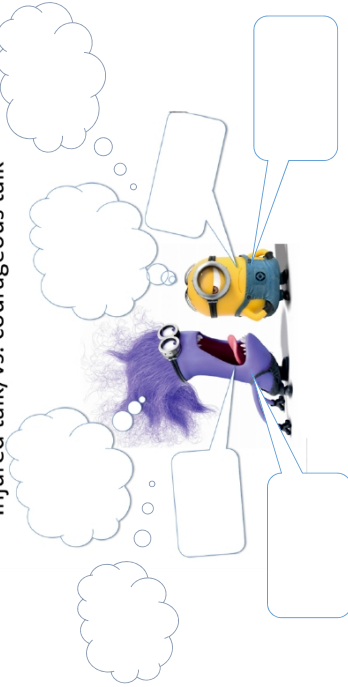
Perspective taking – practice

Perspective taking – practice



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Injured talk/ vs. courageous talk



Star Wars Meditation

The Force is all around us. It is the energy field of all living things. It surrounds us and binds the Galaxy together. In order to feel the Force, we can set an intention to purposely make a connection with it.

We can begin this practice with first bringing your attention to your breathing. Notice how your body is moving with each inhale and each exhale (pause). Notice the sensations of your body, as a way of connecting with the Force. Notice the sensations of your feet as they are making contact with the ground, connecting with your own environment (pause).

Take a moment to notice that at this moment, you are right here, you are not late for anything, you are not in a rush to get anywhere, you are right here in this moment, doing exactly what you should be doing.

And at anytime, if you get distracted or overwhelmed, you can silently ask yourself, “where are my feet?” to gently bring yourself back to the present moment, as if using the Force to gently lower a rock onto the ground.

Take a breath in, breathing in the Force. Feel it all around your body.

Then breathe out, using the Force within you to connect with the world around you.

Breathing in the Force. Breathing out connection with the world.

Now, take a few moments to focus on the sounds around you, connecting with the Force within you, while allowing yourself to gently breathe as you’re doing so (pause). Now, take a few moments to notice the temperature in this room (pause). Now, take a few moments to notice if there are any smells you can detect in this environment, while continuing to breathe (pause). Now, take another minute to notice the sensations of your hands and feet in this moment (pause). And then bringing your awareness back to this room, take a few breaths, and take as much time as you need to open your eyes and come back into the room, remembering that the Force is with you. Always.



IDENTIFYING YOUR CORE VALUES

WHAT'S COMING UP NEXT...

For more information or to register for a live event or online course, visit

www.praxiscet.com

ON-SITE TRAININGS



San Diego, CA

Superhero Therapy
with Janina Scarlet, PhD
September 21-22, 2019



Oakland, CA

Emotion Efficacy Therapy
with Matthew McKay, PhD,
and Aprilia West, PsyD, MT
September 21, 2019



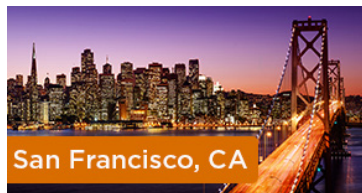
Philadelphia, PA

ACT 3: Mastering ACT
with Robyn Walsler, PhD
September 28-29, 2019



Phoenix, AZ

Mastering the Clinical Conversation
with Matthieu Villatte, PhD
October 3-4, 2019



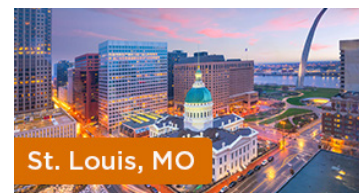
San Francisco, CA

Parnell Institute Innovations in EMDR Conference
with Laurel Parnell, PhD, Philip Manfield, PhD,
Constance Kaplan, MA, MFT, and more
October 18-20, 2019



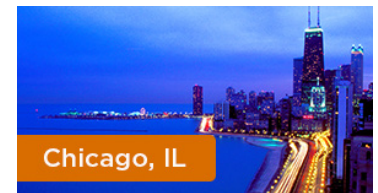
Philadelphia, PA

ACT BootCamp
with Steven C. Hayes, PhD, Robyn Walsler, PhD,
and Kelly Wilson, PhD
October 24-27, 2019



St. Louis, MO

Clinical Applications of Mindfulness and Compassion
with Ron Siegel, PsyD
November 14-15, 2019



Chicago, IL

Clinical Applications of Mindfulness and Compassion
with Ron Siegel, PsyD
December 5-6, 2019



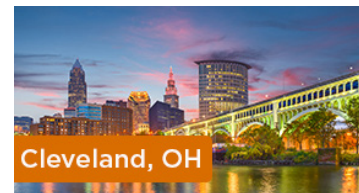
Phoenix, AZ

ACT 1
with Steven C. Hayes, PhD
December 6-7, 2019



Ann Arbor, MI

ACT 1
with Lou Lasprugato, MFT
March 27-28, 2020



Cleveland, OH

ACT 1
with Lou Lasprugato, MFT
September 11-12, 2020



Sacramento, CA

ACT 1
with Lou Lasprugato, MFT
November 6-7, 2020

ONLINE COURSES



ACT I: Introduction to ACT
with Matthew Boone, LCSW
8 CE credit hours
On-Demand, Watch anytime!



DNA-v
with Louise Hayes, PhD, and Joseph Ciarrochi, PhD
16 CE credit hours
On-Demand, Watch anytime!



CFT: Foundations & Applications
with Dennis Tirch, PhD, and Laura Silberstein-Tirch, PsyD
16 CE credit hours
8 sessions, Starting Oct. 14, 2019



Fundamentals of DBT for Everyday Practice
with Rochelle I. Frank, PhD
12 CE credit hours
6 sessions, Starting Oct. 16, 2019



Fierce, Fabulous, and Female
with Rikke Kjelgaard, MSc
12 CE credit hours
6 sessions, Starting Nov. 7, 2019