

INTRODUCTION



THE ACTOR'S DOJO

PRECAP

1. Me
2. You
3. the Dojo
4. MAC protocol
5. Schedule
6. Questions / Resources



THE ACTOR'S DOJO

ME

Tahlia Norrish
Actor



THE ACTOR'S DOJO

ME

Tahlia Norrish

Actor



Head Coach @ The Actor's Dojo

MPhil Candidate @ UQ's School of Sport Sciences



THE ACTOR'S DOJO

YOU



THE ACTOR'S DOJO

THE DOJO

PEAK PERFORMANCE



THE ACTOR'S DOJO

THE DOJO

PEAK PERFORMANCE



THE ACTOR'S DOJO

THE DOJO

Sport psychology “uses psychological knowledge and skills to address optimal performance and well-being”.

(American Psychological Association, n.d.)



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THE ACTOR'S DOJO

MAC PROTOCOL

- Mindfulness-Acceptance-Commitment (MAC)

(Gardner & Moore, 2007)



THE ACTOR'S DOJO

MAC PROTOCOL

- Mindfulness-Acceptance-Commitment (MAC)
- Acceptance Commitment Therapy (ACT)
- Mindfulness-Based Cognitive Therapy (MBCT)

^ Adapted for performance

(Gardner & Moore, 2007; Hayes et al., 1999; Segal et al., 2002)



THE ACTOR'S DOJO

SCHEDULE

w / c 06 JAN

Introduction

Module 1 (Psychoeducation)

w / c 13 JAN

Module 2 (Mindfulness & Cognitive Defusion)

Module 3 (Values & Values-Driven Behaviour)

w / c 20 JAN

Module 4 (Introducing Acceptance)

Module 5 (Enhancing Commitment)

w / c 27 JAN

Module 6 (Skill Consolidation & Poise)

Module 7 (Maintaining & Enhancing)

w / c 03 FEB

Performances

Debrief



THE ACTOR'S DOJO

SCHEDULE

- Theory
- Discussions / Activities
- Worksheets
- In-session exercises
- Between-session exercises



THE ACTOR'S DOJO

QUESTIONS

dojoactors@gmail.com

Ethical practice matters 🤝



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RESOURCES

dojoactors.com/mac-protocol



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