MAC MODULE 2: MINDFULNESS & **COGNITIVE DEFUSION**





PRECAP

- 1. Brief Centring Exercise
- 2. Learnings
- 3. Module 1 review
- 4. Mindfulness
- 5. Cognitive defusion



BRIEF CENTRING EXERCISE









"How many psychologists does it take to change a light bulb?"







• MAC goal = Enhance performance



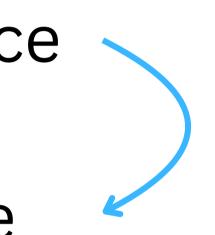


MAC goal = Enhance performance

• Performance = Attention + Poise







• \uparrow Performance = \uparrow Attention + \uparrow Poise







• \uparrow Performance = \uparrow Attention + \uparrow Poise

- Attention via mindfulness and acceptance







• Ultimately, learning to perform well even with the presence of difficult internal states







MINDFULNESS

 Purpose = "to develop the ability to notice internal processes non-judgmentally and then refocus on the performance or task at hand"





(Gardner & Moore, 2007, pg. 86)

MINDFULNESS

- Purpose = "to develop the ability to notice internal processes non-judgmentally and then refocus on the performance or task at hand"
- Purpose ≠ blank mind / to relax / leave experience





(Gardner & Moore, 2007, pg. 86)



COGNITIVE FUSION

• "The process by which an individual views and responds to thoughts as absolute truths that must be responded to in some way"





(Gardner & Moore, 2007, pg. 90)





• "The ability to view what the mind tells us as separate and different from literal truth"



(Gardner & Moore, 2007, pg. 85)



COGNITIVE DEFUSION

- "The ability to view what the mind tells us as separate and different from literal truth"
- Encourages perceiving thoughts as "what our mind [is] telling us" rather than "absolute truths"



nd tells us as ral truth" as "what our mir ute truths"

(Gardner & Moore, 2007, pg. 85)



- Fusion = "I suck at this"
- Defusion = "I'm thinking that I suck at this" / "I'm noticing I'm thinking that I suck at this"







- Fusion = "I'm anxious"
- Defusion = "I'm feeling anxious" / "I'm noticing I'm feeling anxious"





• Performance = Attention + Poise

- Attention via mindfulness and acceptance





Performance = Attention + Poise

- Attention via mindfulness and acceptance





RECAP

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BETWEEN-SESSIONS

Start Here: Define "Success"

- Brief Centring Exercise
- Washing a Dish exercise
- *i* Journal prompts

<u>dojoactors.com/mac-protocol</u>



