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David Gillanders is a Chartered Clinical Psychologist, member of the British Psychological Society, Health & Care Professions Council, Association of Clinical Psychologists (UK), British Association of Behavioural & Cognitive Psychotherapy and a founder member of the Association for Contextual Behavioural Science. He is Head of Clinical & Health Psychology at the University of Edinburgh. He leads a programme of research into the application of contextual behavioural science to living well with ill health, as well as research into training, supervision and basic measurement in behavioural science. He has published more than 35 peer reviewed articles and several book chapters, and is co-author of the self-

help book, "*Better Living with IBS*". He is a peer reviewed ACT trainer with ACBS. The peer review is the international association's mark of high quality, high fidelity ACT training.

Acceptance & Commitment Therapy for Long Term Conditions

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When people develop a health problem it is the most natural thing to seek to understand, treat underlying pathology and resolve the symptoms. For some people however, this approach does not lead to resolution. Instead, life plans go on hold whilst the person seeks to control their condition as a prerequisite to living life. In the service of gaining control over symptoms or our feelings and beliefs about illness, people gradually stop doing normal activities, life shrinks, they experience less pleasure and a downward spiral of disuse, disability and distress can set in. This process can also impact on (and is influenced) by our sense of who we are and what is possible. In this way, issues of self-narrative, self-awareness and self-compassion are also important in living well with illness.

In this session, you will be introduced to the main concepts used in Acceptance and Commitment Therapy for health conditions. You will learn that from an ACT perspective, acceptance is a behavioural choice, not a resigned, passive, defeat. You will learn that by increasing awareness of what is influencing us moment to moment, we are in a better position to control our own behaviour. You will learn what we mean by values and how they are linked to, but distinct from goals. You will learn how ACT uses perspective taking to help a person step out of 'stuck stories' and also develop greater self-compassion. Finally, you will learn that ACT's main focus is on workability: on helping people to do what is effective. This seminar will contain teaching, and reflection and a brief overview of the evidence for ACT in long term conditions.