

Overview of protocol

NOTE: AFTER EACH EXERCISE GO BACK TO 2-SKILLS DIAGRAM.

Session 1

Theme: present moment awareness

1. Mini-questionnaires
2. Introductions
3. Group rules & expectations (research based)
4. Overview of training : Two skills diagram
5. Training aim in a nutshell
6. Session theme: Present moment awareness & value clarification
7. Introducing mindfulness (3 ways to practice): learning to pay attention and be present
8. The Raisin exercise
9. Mindfulness of Body & Mind awareness
10. Diagram-summary.
11. Passengers on the Bus metaphor: give personal examples (group discussion on highjack & struggle strategies)
12. Organising Diagram: Mindfulness to recognise the passengers, values: to know where to go
13. Introducing values (values vs. goals, compass, benefits of values, Jack's example)
14. Value clarification (step 1: 2 values)
15. Value & action brainstorm (setting up 3 values-based actions for homework)
16. Discuss homework
17. Summary

Session 2

Theme: Untangling from Unhelpful thoughts & enhancing values-based action

1. Mini-questionnaires
2. Welcome back
3. Overview of training: Two skills diagram & aim of training 'in a nutshell' (remind them of bus metaphor)
4. Review of session 1: present moment awareness;
5. **1st SESSION THEME: untangling from thoughts.**
6. Mindfulness of breath (optional white screen embedded) & debrief
7. Homework review (body & mind awareness debrief / values + actions in couples)
8. Introducing session theme: Normality of negative thoughts-unhelpful when interfering with values-based action. Untangling from unhelpful thoughts/way of responding to them is what matters.
9. Recognise my own unhelpful thoughts (head bubbles)
10. Thoughts as hands metaphor
11. 'I am having the thought'
12. Thought on a sheet of paper in front of face & lap
13. Diagram review: mindfulness to notice & see them for what they are; let them be; make space for thoughts.
14. Introducing brief mindfulness practice: Breathing space
15. Organising framework: two sheets metaphor (values in the forefront)
16. **2nd theme: enhancing values based action**
17. Revisiting values: Values & actions brainstorm (setting up 3 values-based actions for homework)
18. Homework (+ mindfulness of breath and white screen for homework + 'I am having the thought')
19. Summary

Session 3

Theme: Untangling from Unhelpful Emotions

1. Mini-questionnaires
2. Welcome back
3. Overview of training: Two skills diagram & aim of training: 'in a nutshell' (remind them of bus metaphor)
4. Review of session 2: Today's theme-untangling from unhelpful emotions
5. mindfulness practice: Body & Mind awareness & debrief
6. Homework review-3 tasks: 3 values-based actions, mindfulness of breath + white screen, I am having the thought.
7. Introducing session theme: Untangling from feelings (rationale)- Bus metaphor
8. 'Tug of war with a monster' –discussion: example of struggle & example of moving in direction of choice with monster.
9. mindfulness practice: Physicalising Exercise- hand's metaphor
10. Organising framework: two-sheets metaphor
11. Values work: Setting up a values-based goal & action plan for 6 weeks
12. Making a public commitment on values-based actions (if there is time)
13. Homework setting (mindful practices for 6 weeks, following the values-based action plan, use 3-minute breathing space to 'untangle from thoughts and feelings where possible')
14. Breathing space (if time)
15. Summary of sessions 1 & 2 & 3 – Relate bus to bus diagram.

Session 4

Theme: value consistency, consolidating & planning ahead

1. Welcome back
2. Overview of training: Two skills diagram & aim of training
3. Mindfulness of breath (with clouds on sky)
4. Homework review (6 week values-based actions/goals, mindfulness practices-awareness of barriers, 3-minute breathing space).
5. Reflection on the training so far.

Theme 1: Making values a prominent guide to action.

6. 2 sheets metaphor (values & unpredictable thoughts/feelings)
7. Bull's eye. (1st go around 4 areas on this form and refresh value keywords)
8. 5 top value tips on flipchart

Theme 2: Increasing persistence & resilience in the face of internal barriers (see it for what it is)

9. Milk, Milk (defusion bowl)
10. (Optional) Brief Physicalising
11. Planning ahead: Values-based goal/action plan
12. Values climbing chart with goal-posts- Values as a compass (provide little compasses)

13. Plan frequency of mindfulness practice.

14. Inform them of next questionnaires.
15. Thank them & summary of sessions