


Canvas
ACT-ART PROGRAM
Preview Kit



Preview Kit includes:

- Information on its application and implications
- Canvas ACT-Art's Therapeutic Process
- Canvas ACT-Art Programming Examples
- Canvas ACT-Art Session Plan Sample



Creative behavior change, in **ACT**ion

Who is Canvas ACT-Art for?

Canvas ACT-Art is designed for individuals to work through processes that increase psychological flexibility and values-directed behaviors.

Potential Candidates

Adolescents and adults with a complex verbal repertoire, the ability to derive relations and demonstrate metaphorical reasoning, speak about time-bound events, and demonstrate perspective within social constructs will benefit from the Canvas ACT-Art program.

What does it offer?

Canvas ACT-Art is a comprehensive assessment and treatment program, packaged to deliver within an ABA therapy setting. 1-on-1 or group format.

What is Canvas ACT-Art utilized for?

- Increasing socially important behaviors such as: perspective taking, self-awareness, decision-making, reaching goals, adaptive behavior, and mindfulness skills.

With Canvas ACT-Art you can:

- Enhance psychological flexibility through behavior analytic principles.
- Cultivate an adaptive relationship with internal thoughts and external experiences.
- Emphasize present-moment focus and values clarification to guide behavior.
- Implement committed action on personal values and goals for a more meaningful and fulfilling life.

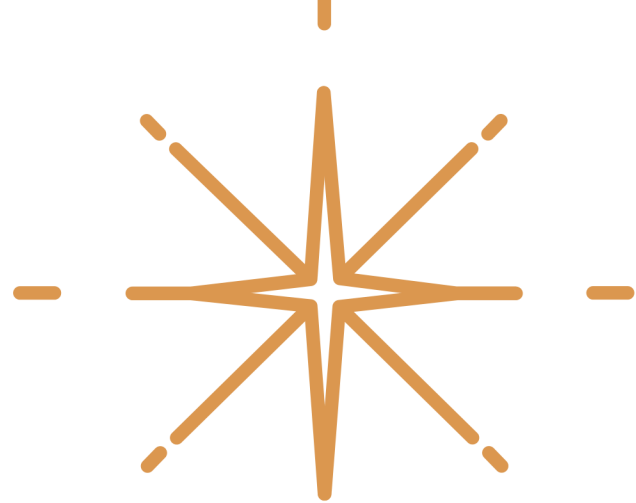


A Look Inside **Canvas ACT-Art**

What is inside of Canvas ACT-Art?

- Intro to ACT, Theoretical Foundations of ACT, and applications of Art
- Candidate Screening Tool
- Assessment and Observational Data Collection
- 60 Compass Lessons
- 60 Creative Metaphor Sessions
- Materials and Art Application Guidance
- Session Template and Custom Guide
- Treatment Fidelity Tools
- Clinician Scripts
- Take-Home Materials for Client / Client Family
- 1-on-1 and Group Modulation
- Session Tools for Clinician and Client Collaboration
- Caregiver Training Guides & Take-Home Kit





CANVAS ACT-ART PROGRAM

The Therapeutic Process



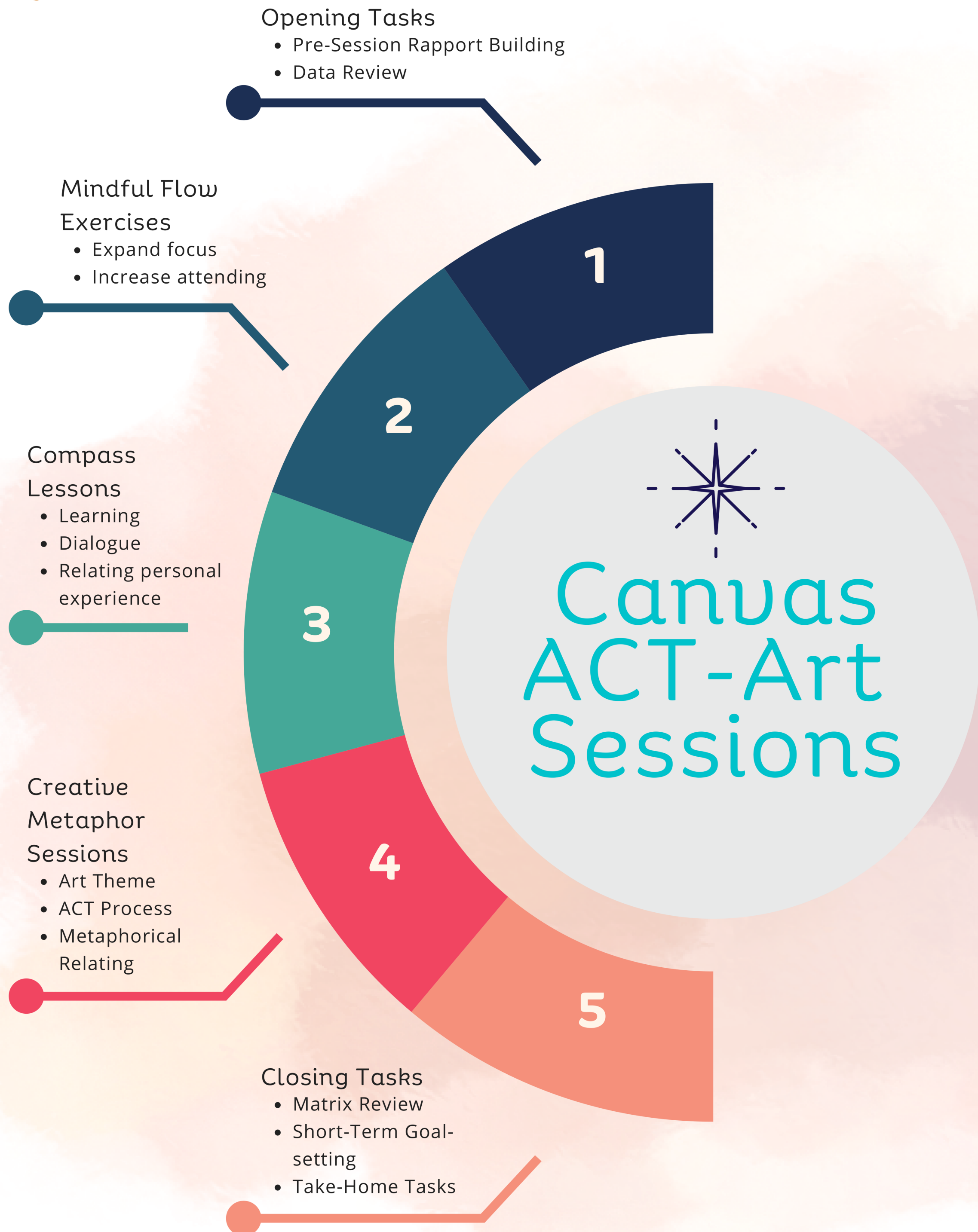
After initial assessment and interview, the clinician and client family will design a client-centered care plan that includes the Canvas ACT-Art Program. Program goals will be designed to meet important goals that were agreed upon with the all parties and a plan for generalization to everyday life.

ACT-Art Sessions offer a comprehensive treatment package comprising a Compass Lesson, Mindful Flow Exercise, and Creative Metaphor Session. These sessions are designed to facilitate learning, dialogue, and treatment, ultimately increasing values-directed behaviors that align with the client's determined goals.

Data collection tools will facilitate regular collaboration and guide treatment modulation where necessary in order to reach successful outcomes.



PROGRAMMING BREAKDOWN



Canvas ACT-Art Session Examples

Opening /
Closing
Tasks

Each session plan includes a process from start to finish, which incorporates data review, self-assessment, Compass Lesson, discussion, Mindful Flow Exercise, and full Creative Metaphor Session.

Core Process: Values

Opening Activities	Introduction <ul style="list-style-type: none"> Pre-Session Rapport Building Data Review
Objective 1	Mindful Flow Exercise
Objective 2	Identifying Values
Objective 3	ACT-Art Creative Metaphor Session: (Values) Open-Book Painting
Closing Activities	<ul style="list-style-type: none"> Matrix Review Goal-setting Take-home work
Pre-Session Rapport Building (5-10 min)	During this time, spend some time talking with your client, working on rapport. Depending on client age, ability, and vocal verbal repertoire you will adjust your process for this.
Data Review (10-15 min)	Take time to review any previous actionable items such as take-home tasks, clinical support data, or self-report data. If this is your first session, you will be focusing on a personal analysis of their current state on the Hexaflex. <ol style="list-style-type: none"> Take-home review Data review Self-report review

Session Outlines include objectives and steps of process. You can utilize these as is, or customize according to your client's unique needs and preferences.

There are 10 standard session plans for each of the 6 ACT Core Processes totalling 60 Compass Lessons and 60 Creative Metaphor Sessions.



Canvas ACT-Art Session Examples

Mindful Flow Exercises

Session transitions into a Mindful Flow Exercise to warm up creatively as well as increase attending to the subject matter and discussion.

Mindful Flow Exercise

**Guided
Mindful Flow
Exercise**
(15-30 min)

Directions:

1. Invite your client to take this time to get focused in the here and now.
2. Include some low-effort activity along with this as we begin sketching.
 - a. Deep breathing
 - b. Noticing stimuli
 - c. Expanding focus.

Materials Needed:

1. Sketch paper/mixed media paper
2. Dry media
3. Watercolors (water, brushes, colors)

Script (Can be used in initial practice and later on simplified as they begin the regular practice of the Mindful Flow Exercises):

"Let's practice being in the present moment. This means to be able to observe and experience what is happening through creating, the colors, textures, and movements. It is also to fully observe our thoughts and emotions as we are going through this process, without judgment."

"Let's begin by closing our eyes and taking a deep breath in, exhaling slowly. Let go of any thoughts about yesterday or tomorrow. Right now, it's just you and this moment."

"Now open your eyes and take a look at the paper in front of you. Really take a moment to look at it. Notice its texture, color, or imperfections it may have. This paper is your blank slate for today's creative journey. As you continue to focus on the paper, think about what emotions, colors, or shapes come to mind. Without planning or overthinking it, pick up your preferred art medium, whether its pencils, paints, or markers, and let your thoughts guide you. There is no right or wrong way to do this."

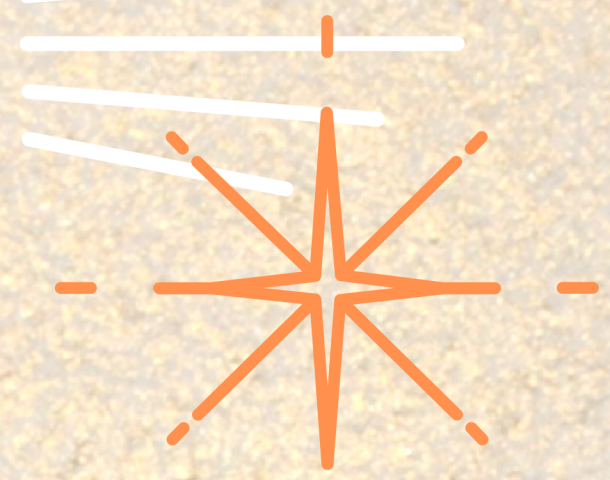
"While doing this, pay attention to the thoughts that come to you as you feel the art media on the paper. The colors mixing and blending, and the emotions that arise as you express yourself. To stay fully engaged, do not focus your thoughts on the final result. Let your thoughts wander, but gently bring them back to the process of the artwork. This is all part of the process. When the timer goes off, we will be complete with this activity."

Post Exercise Script:

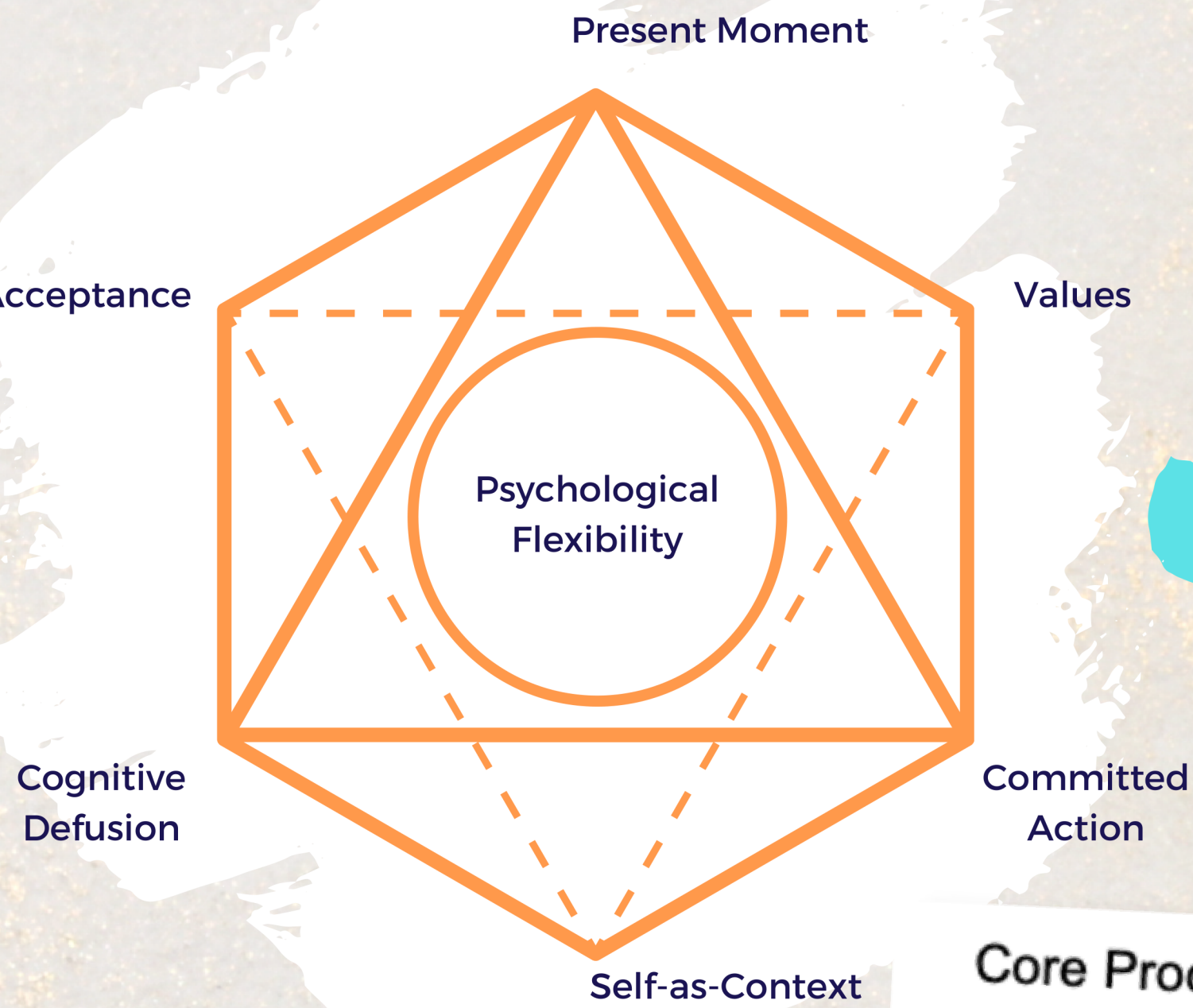
"Now let's take a step back and admire your work. Think about how being in the present moment affected your art. What did you notice that you might not have if you were rushing through it? What thoughts came to mind?"



Canvas ACT-Art Session Examples



Compass Lessons



Each ACT Compass Lesson is based on ACT's 6 Core Processes, that can be used/modified/adjusted according to client need, level, and goals.

Building a standard foundational knowledge of ACT will act as a compass to guide the client's behavioral work.

Core Process: Values

Opening Activities	Introduction <ul style="list-style-type: none"> • Pre-Session Rapport Building • Data Review
Objective 1	Mindful Flow Exercise
Objective 2	Identifying Values
Objective 3	ACT-Art Creative Metaphor Session: (Values) Open-Book Painting
Closing Activities	<ul style="list-style-type: none"> • Matrix Review • Goal-writing • Take-home work

Pre-Session Rapport Building (5-10 min)	During this time, spend some time talking with your client, working on rapport. Depending on client age, ability, and vocal verbal repertoire you will adjust your process for this.
Data Review (10-15 min)	Take time to review any previous actionable items such as take-home tasks, clinical support data, or self-report data. If this is your first session, you will be focusing on a personal analysis of their current state on the Hexaflex. <ol style="list-style-type: none"> 1. Take-home review 2. Data review 3. Self-report review

Intro to Values

ACT allows us to identify our core values, essentially what we truly care about in life. Values are what we want to be, do, or have. Making choices and decisions aligned with one's deepest desires and goals and when accurately identified, they clarify what behaviors we need to engage in to align with those values. This in turn ensures we know what choices or decisions to make in our daily life. Values serve as guideposts or standards that inform and guide behavior. They provide a framework for making choices and taking actions that are in alignment with what is personally meaningful and important.

Identifying Values

To engage in behaviors that are consistent with and reflective of our values, we must first define, articulate, and weigh the importance of certain qualities or principles in our life. To identify these guideposts, we must conduct a functional analysis of our current actions.

Canvas ACT-Art Session Examples

Creative Metaphor Sessions

Creative Metaphor Sessions provide directions, script, needed materials, and process guidance.

ACT-Art Creative Metaphor Sessions

(Values) Open-Book Painting

Core Process	Values
<p>Values Metaphor: Open-Book Painting (30-45 min)</p>	<p>Directions:</p> <ol style="list-style-type: none"> 1. Invite your client to prepare to paint a picture that represents values. 2. Utilize the below script to guide this process. 3. Remind them of the nature of creating and that skill is not necessary, nor important to this process. 4. Participate in the activity with them. Provide your own examples at the end using your own artwork as a representation of your life and what you value. <p>Materials Needed:</p> <ol style="list-style-type: none"> 1. Watercolor paper / mixed media paper 2. Watercolor paints 3. Watercolor brushes 4. Container of water 5. Paper towel 6. Drawing utensil (pencils, colored pencils) <p>Script: <i>"Values are the things we truly care about. These can be your passions, interests, relationships, career, or learning. Think of them as an overall concept of what you want your life to prioritize, to be about. Now let's think about what it is you truly value.</i> Q1: What do you prioritize? Q2: What do you find most important to you as a human being, as a parent, as an individual? (customize this to the client) <i>Now we're going to create a picture of these values. Begin by drawing an open book. The book is your life. The pages represent your values. Values are the qualities and principles that are most important to you. They guide your decisions, actions, and give your life meaning.</i> <i>Now think about your values.</i> Q1: What truly matters to you? Q2: What do you want the story of your life to be about? Q3: Is it love, creativity, honesty, compassion, adventure, or something else entirely? <i>As you think about your values, start to depict them on your canvas or paper. You can use colors, symbols, words, or other creative element that resonates with you. Don't worry about being perfect.</i></p> <p>Post-Session Script: <i>"Take a moment to reflect on what you've created.</i> Q1: How does it represent your values? Q2: What did you discover about yourself in this process? If comfortable, you can share your artwork and your thoughts."</p>



Scripts are provided to help guide session but you can deliver the session in your own words.

Canvas ACT-Art Assessment & Treatment

Data Collection Tools

Canvas ACT-Art provides various tools in assessment & treatment to work on flexibility and adaptive behavior.

Date: _____ Assmt # _____ Client: _____ Assessor: _____

Canvas ACT-Art: (FQ) Flexibility Questionnaire

Instructions: Please rate your level of agreement with each of the following statements by circling your choice. Be as honest and accurate as possible to ensure sessions are optimized to help you.

Rating Scale: 0 = Never 1 = Rarely 2 = Sometimes 3 = Often 4 = Always

Item #	Acceptance	Never	Rarely	Some times	Often	Always
		0	1	2	3	4
1	I am able to observe my unpleasant thoughts and feelings without obsessed with them.					
2	I try to distract myself when I feel unpleasant thoughts or feeling					
3	I am open to my feelings and aware of them when they occur.					
4	I sometimes push my feelings away or get upset when they happ					
5	I sometimes go through my day on auto-pilot.					
6	I am in touch with how my feelings or emotions come and go.					

Name: _____ Date: _____

Name: _____

Canvas ACT-Art: Flexibility Tool

Instructions:

- Write down 1 important area/value in my life that I'm working on: _____
- Why is this important to you? In as few words as possible, describe what it does for you or you get out of it? _____
- Place an X on the chart that represents where you think you are in relation to your values. Are you actively working towards or walking away from your value?
 - If you are way, place the X as far left in the away as you can.

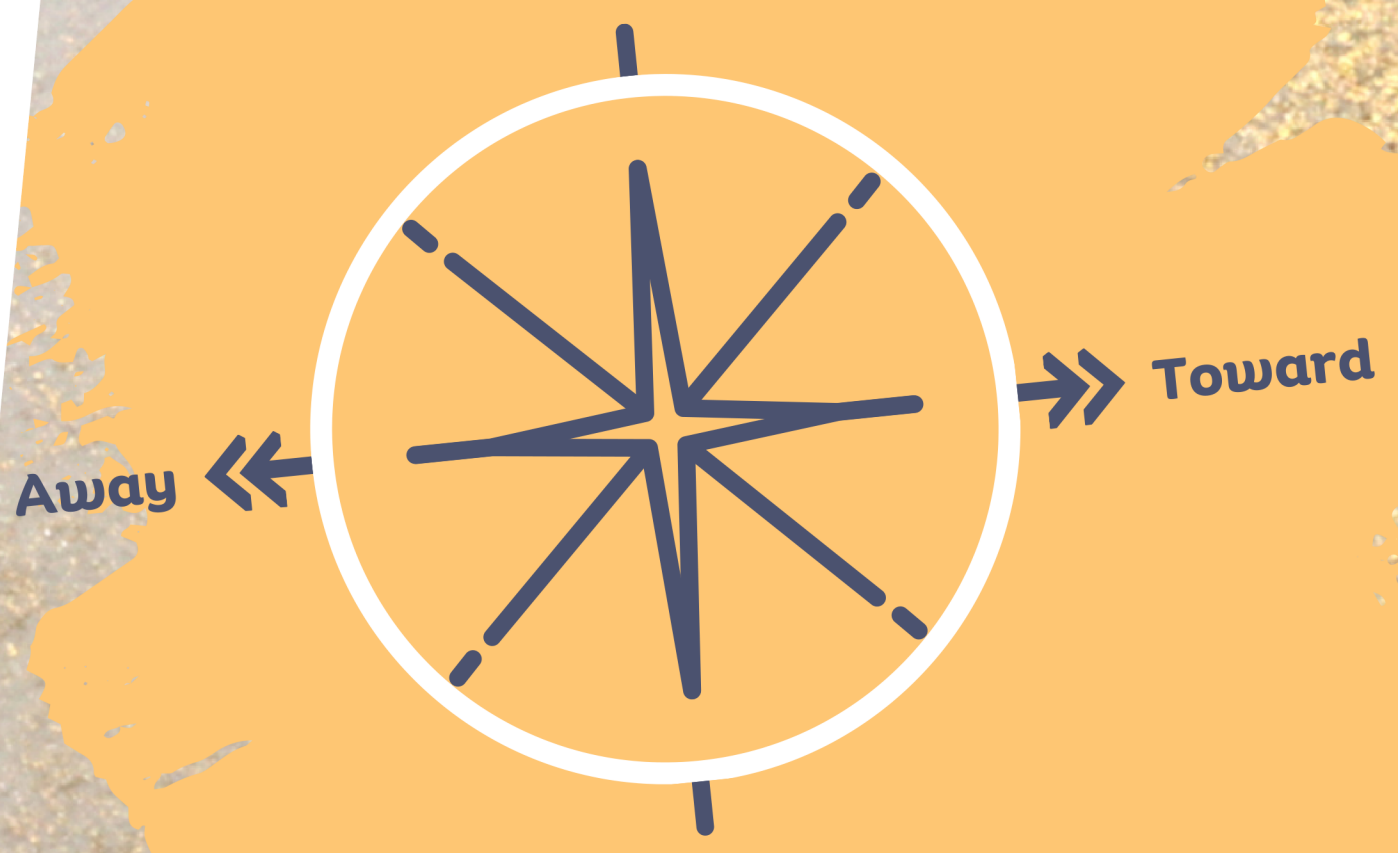
Canvas ACT-Art: (VDBA) Values-Directed Behavior Assessment

Instructions: Please rate your level of agreement with each of the following statements by circling your choice. Be as honest and accurate as possible to ensure sessions are optimized to help you.

How am I doing?	Strongly Agree	Disagree	Neutral/ Unsure	Agree	Strongly Agree
I've been putting the flexibility process into practice each day.	1	2	3	4	5
I've been aware of my moment-to-moment experience (what I see, hear, touch, smell, taste, or do).	1	2	3	4	5
I've allowed my thoughts and feelings to come and go without trouble.	1	2	3	4	5
I've engaged in actions that align with my values.	1	2	3	4	5

Date: _____

How is my therapist doing?	Strongly Agree	Disagree	Neutral/ Unsure	Agree	Strongly Agree
Needs.	1	2	3	4	5
atters to me	1	2	3	4	5





POTENTIAL BENEFITS

"The main thing is not just putting paint on canvas. It's putting it on in such a way that it will be pleasurable, satisfying, beautiful, or reinforcing."

- B.F. Skinner (1969, On The Future of Art)

Canvas ACT-Art integrates the highly engaging and emotionally driven Art process with systematic behavior analytic techniques and Relational Frame Theory to facilitate the development of socially significant skills. While Art is NOT necessary or key to a successful ACT treatment model, it can help with clients who benefit more from visual processes and more literal application of metaphor.



Potential Benefits of Art-Based treatment:

- Metaphor demonstration
- Perspective-taking
- Emotional verbalization
- Flexibility building
- Release of stimuli: anxiety, stress.
- Emotional verbalization
- Increase leisure engagement
- Derived Relational Responding
- Increase connection to others

In addition to these ideas, art engaged in a group setting may be beneficial in that it provides opportunities for clients to connect with their peers. The individual has the opportunity to share their masterpieces with others, label different parts of their work, and comment on other's work.



FURTHER READING


Canvas ACT-Art is to be used by a Board Certified Behavior Analyst or ABA Graduate students under the supervision of a BCBA. Additionally, it is highly recommended that you have completed continued education, mentorship, and supervision from a clinician who applies the ACT framework within the scope of Applied Behavior Analysis.

Recommendations for further reading and guidance:

Introductory Books

- ACT Made Simple by Russ Harris
- ACT and Applied Behavior Analysis by Thomas G. Szabo
- Understanding and Applying Relational Frame Theory by Siri Ming, Evelyn Gould, & Julie H. Fiebig.

Websites

- 
- The Association for Contextual Behavioral Science (ACBS): As a member you can access journal articles, treatment protocols, assessments, therapy tools, training materials etc. <https://contextualscience.org/>
 - ACT Mindfully: Russ Harris' website - lots of free resources for therapists and coaches. <http://www.actmindfully.com.au/>
 - Working with ACT: Website dedicated to applying ACT and Behavior Analysis to leadership and the workplace: <http://workingwithact.com/>
- 