

25 Skills Class: Clinical RFT in practice:an
interactive video demonstration

Yvonne Barnes-Holmes

Richard Bennett

John Boorman

Joe Oliver

Miles Thompson

Initial slides attached

See also the video and annotated notes at:

https://contextualscience.org/clinical_RFT

(To access the video you must be a member of
ACBS:)

Clinical RFT in practice: *an Interactive Video Demonstration*

Yvonne Barnes-Holmes - University of Ghent

Richard Bennett - University of Birmingham

John Boorman – SLaM NHS Foundation Trust

Joe Oliver - University College London

Miles Thompson - University of the West of England



RFT – In the Ivory Tower?

RFT – Getting Under the Hood?



What about at the Coal Face?

- Reduce need to throw kitchen sinks
- Not just “Frame Spotting”
- Added value to clinical work
- Help to rapidly provide a functional analysis
- Increase precision

Overview

- A theory lens through which to view this interaction
- Watch the video interaction (20 mins) in 3 parts
- Pause and discuss in small groups
- Q&A with the “therapist” and “client”

A man with glasses and a woman are sitting on the floor, facing each other. The man is on the left, wearing a dark t-shirt and jeans, with his hands clasped. The woman is on the right, wearing a patterned top and a purple bracelet, also with her hands clasped. They appear to be in a therapy session. The background is dark.

About the video

- Unscripted and shot in a single take
- Therapist role: Yvonne
- Client role: Richard
- Funded by BABCP ACT SIG

Can I Ask Questions?





NO HOLDS BARRER

Clinical RFT in practice:

An interactive video demonstration

Dr Miles Thompson



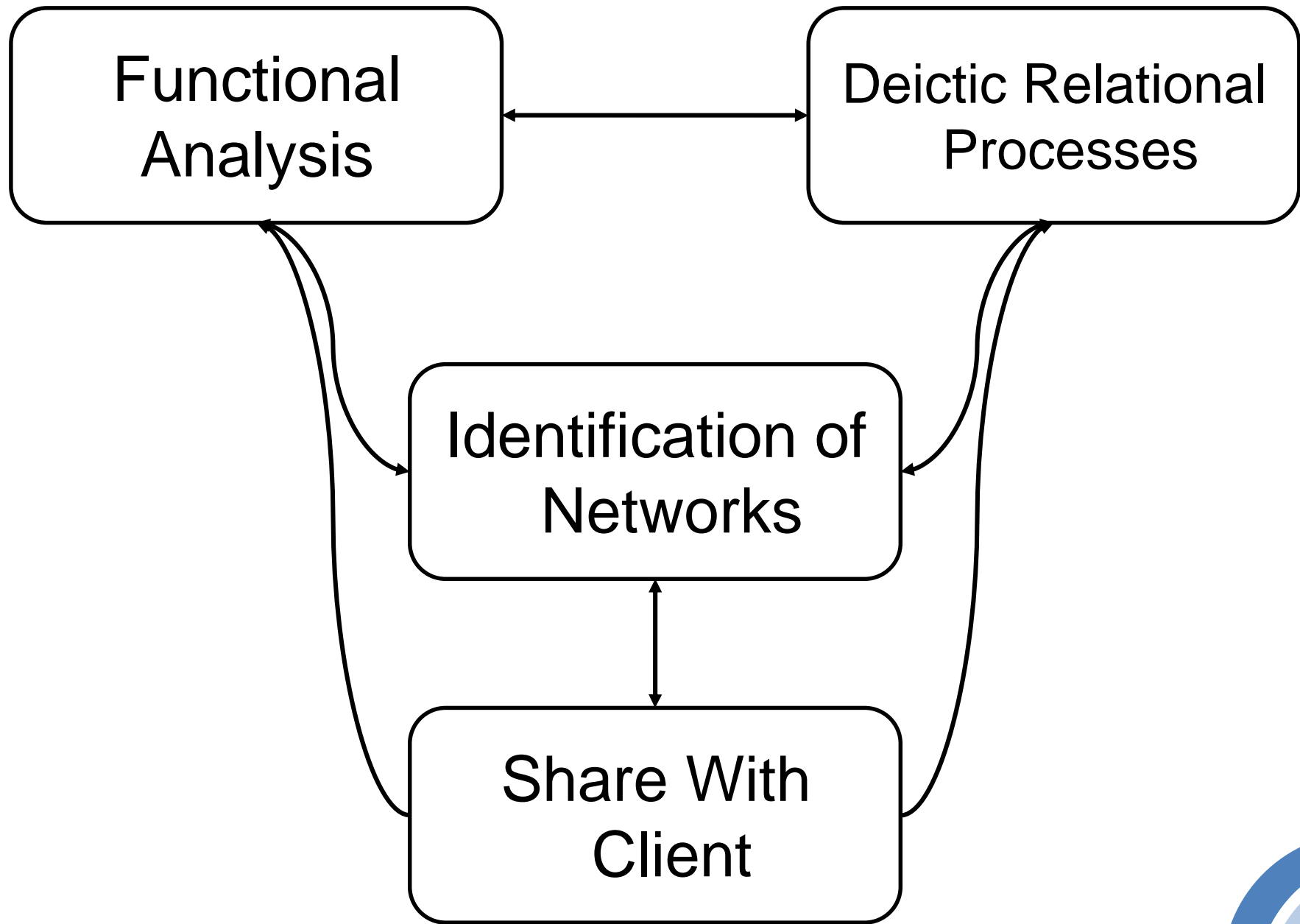
Clinical RFT in practice

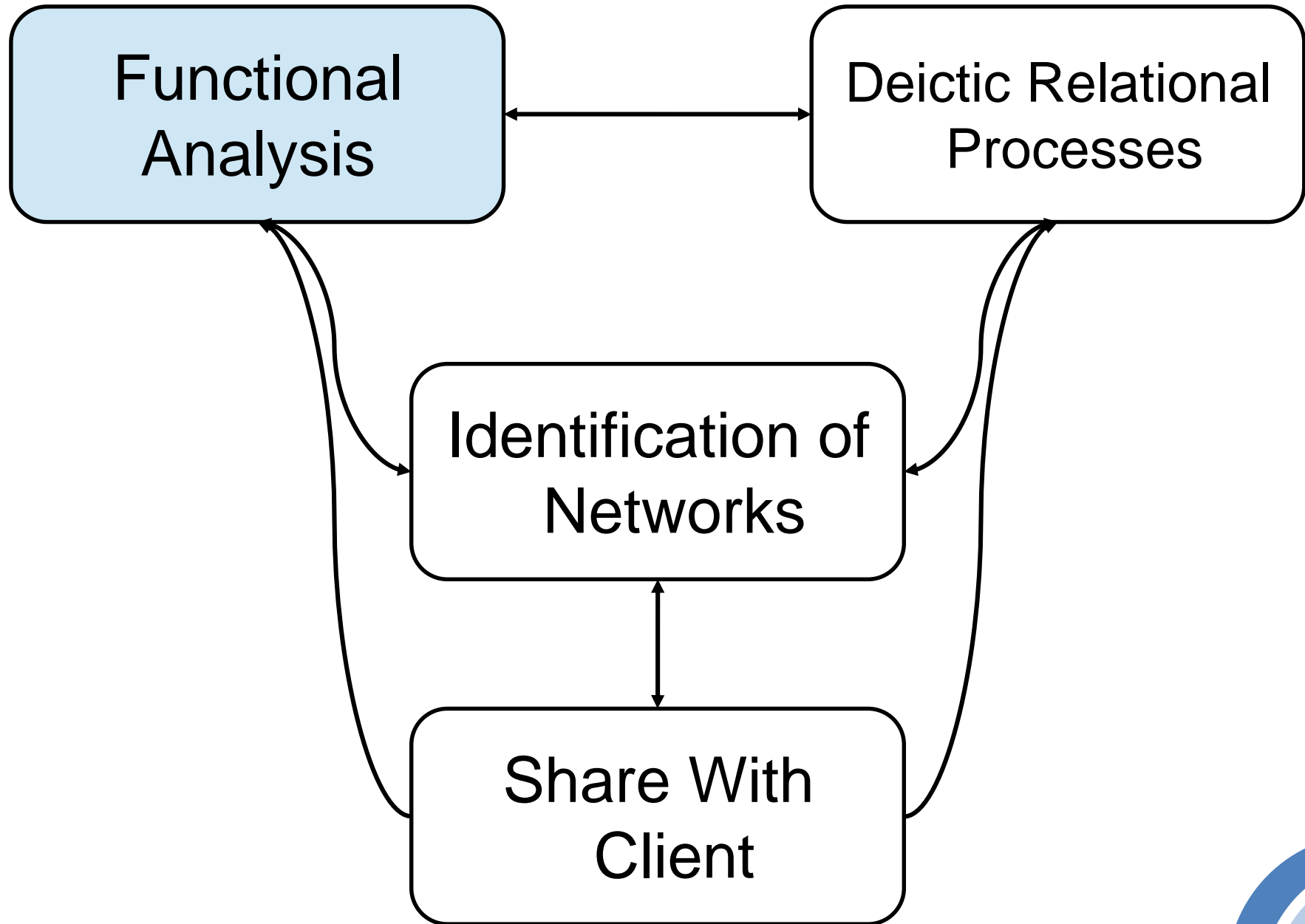
...From Berlin 2015 (WorldCon 13)

Overview of a pathway for a broad range of clients including complex ones

Overall aim: first discriminate and then share an understanding of the verbal networks that are controlling client behaviour







Functional analysis

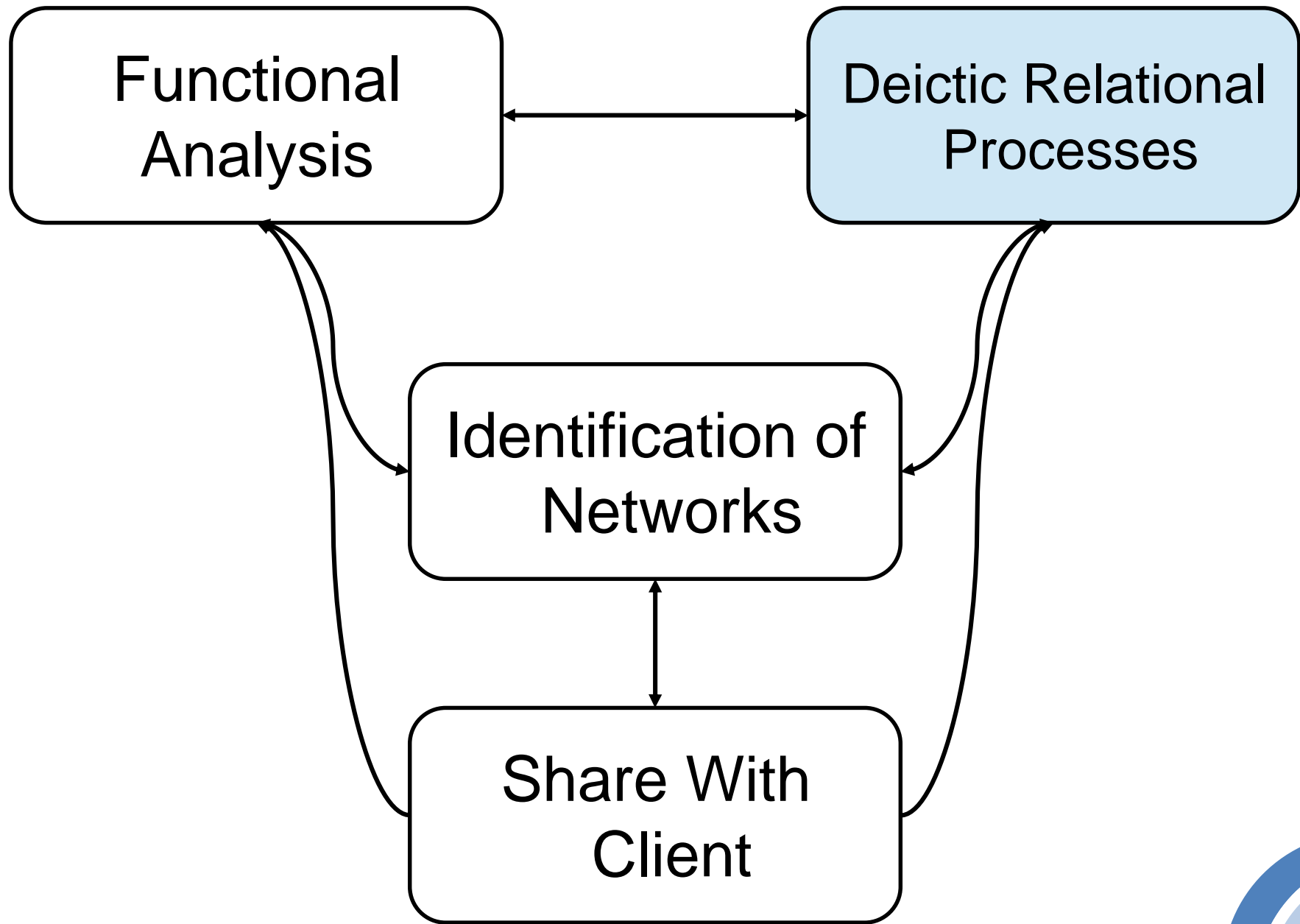
Not a manual

Nor the passive assumption that every behaviour must have an purpose, intention or reason

Nor the use functional / RFT terms in isolated, topographic ways

But an active involved functional analytic journey into the verbal context that impacts value-based action for this particular client





Therapeutic relationship

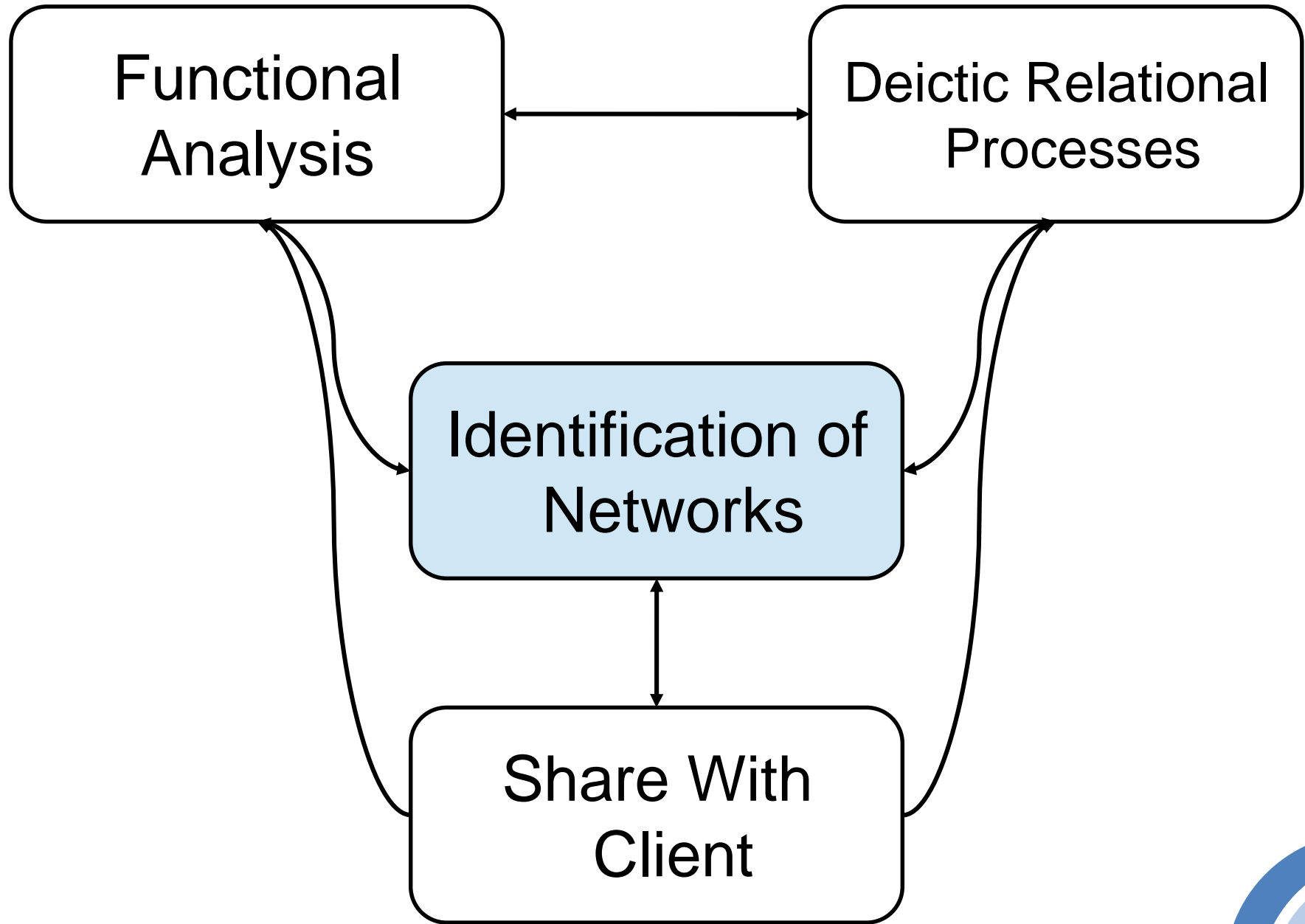
Deictic Relational Processes are the vehicle that moves the functional analysis forward

Provides the optimal context for the identification and discrimination of networks

Allows the client to:

- co-ordinate with therapist and see alternative perspectives
- gain awareness of their own patterns of responding





Identification of networks

Not single terms

Not pointing and labelling

Nor isolated networks

But seeking to understand interconnected networks
that are functionally relevant



Which networks?

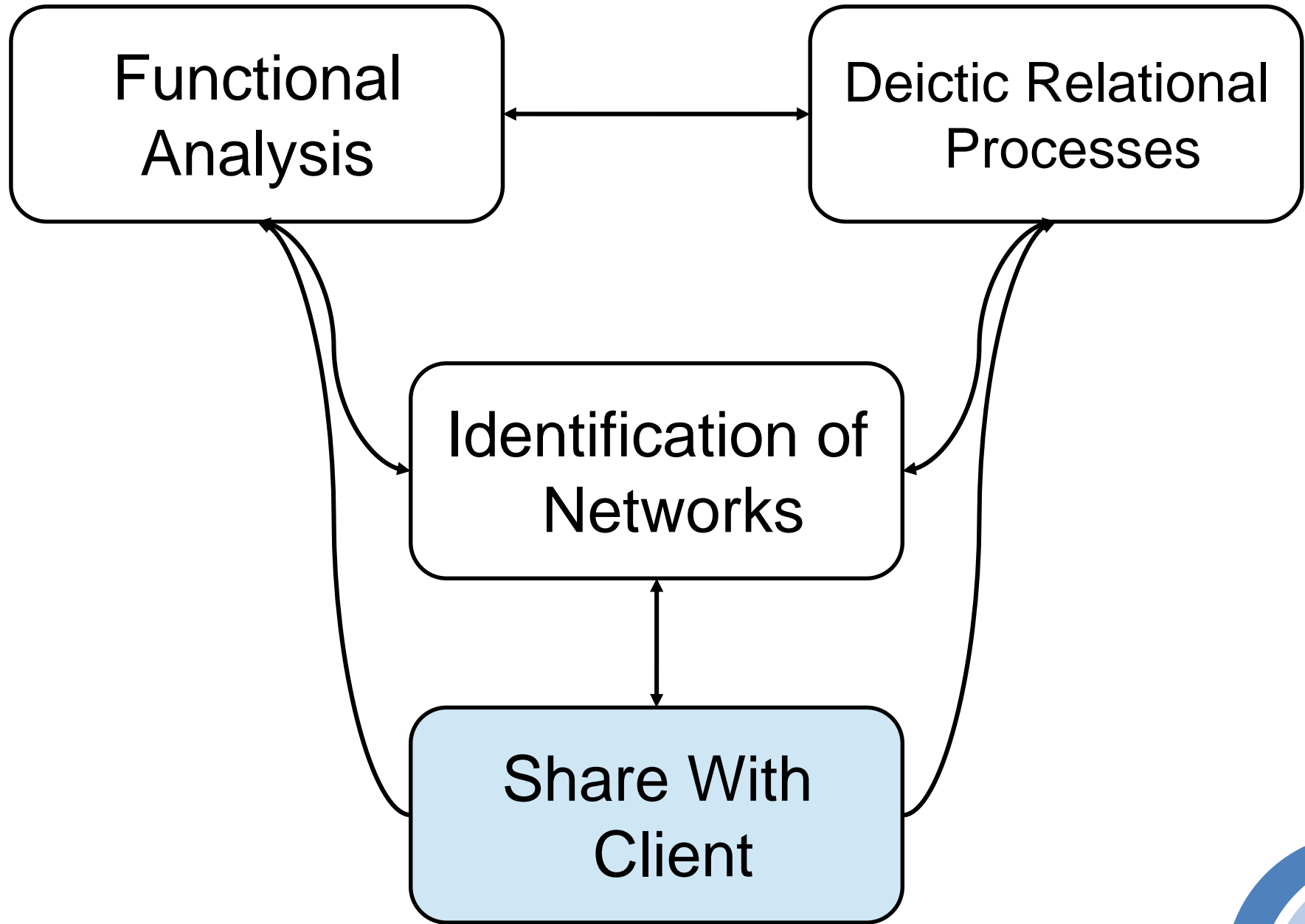
Key network: **deictics**

Perspective: Self v Other

Temporal: Now v Then

Why? Level of behavioural control





Share network

Help the client to discriminate relevant networks

Increase their perspective taking

This is done by sharing two different perspectives: i. client, ii. therapist on the same content

Share one network at a time. Don't overload client



