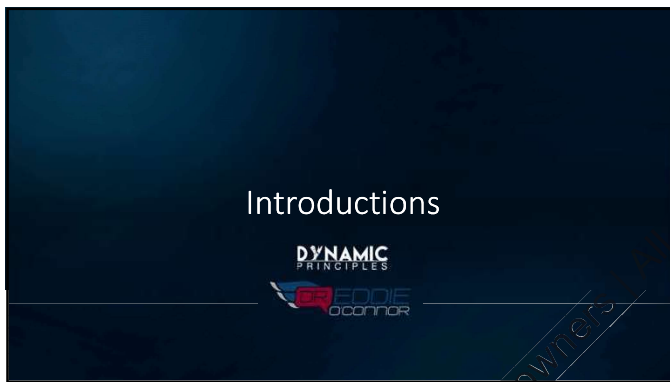
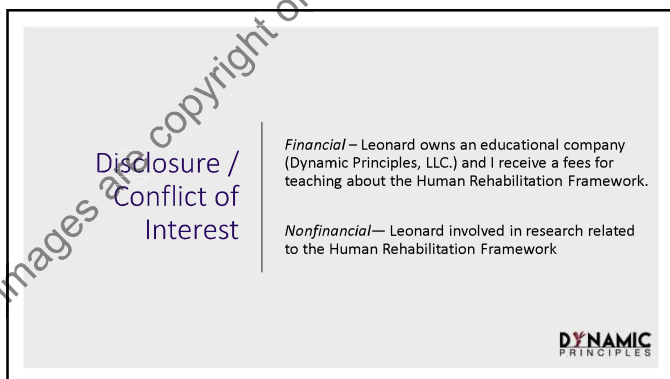




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To our diverse group of clinical professions

- Designed with professionals from medical, allied health, mental and behavioral health, fitness, and wellness industries in mind.
- Even if some of the content doesn't initially seem directly relevant to your profession, it's crucial to understand the essence of the material. This knowledge is important for all healthcare and wellness professionals, as it expands your overall understanding of client care and wellness.
- Familiarity with this content can also guide your decisions about referring clients to other disciplines. Furthermore, it can help you gauge how current potential collaborators are with the latest science of movement and pain.
- Mentorship training will be customized to your profession, further enhancing your learning experience.

DYNAMIC PRINCIPLES

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Course Aims

- 1. Understand Core Concepts**
 - Introduce participants to the fundamentals of psychological flexibility, the Human Rehabilitation Framework (HRF), and Acceptance and Commitment Therapy (ACT).
- 2. Develop Practical Skills**
 - Equip participants with evidence-based skills in psychological flexibility for use in clinical and personal settings.
- 3. Explore Models and Theories**
 - Familiarize participants with the EEMM and EEMM-HRF models, functional analysis, multilevel selection theory, applied evolutionary science, and network theory.
- 4. Examine Real-world Applications**
 - Discuss actual clinical cases and explore different ACT variants to demonstrate the practical utility of the course material.
- 5. Introduce Prosocial Concepts**
 - Explore the progression of individual development toward shared purpose and vision, focusing on collective action and co-evolution as outlined by the Prosocial Core Processes.
- 6. Explore Cutting-Edge Developments in Clinical Decision-Making**
 - Examine how EEMM-HRF, idiographic analysis, and emerging technologies are reshaping the future of clinical medicine and skillful interventions.

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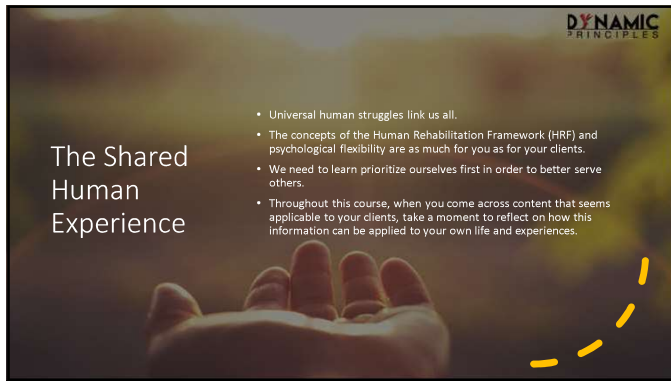


Course Notes and Evolution

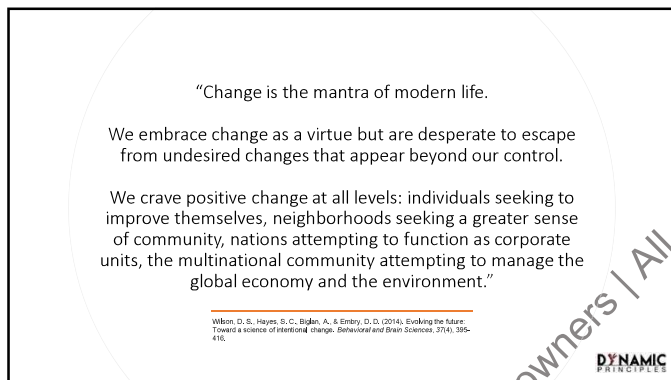
- Brand New Course
- General but emphasis on movement, pain, and also athletes
- Your feedback is essential for improvement and shaping future of this course!
- Free Lifetime Access to Ongoing Updates

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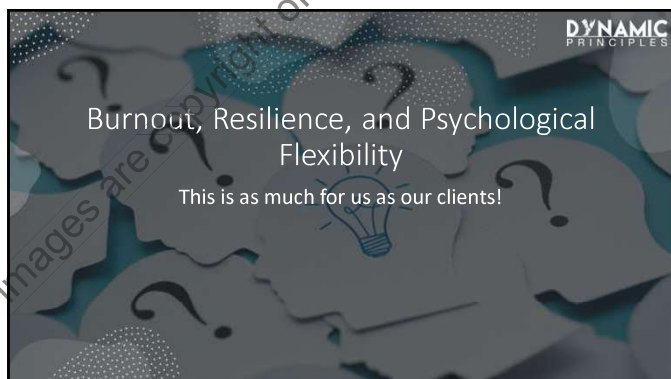
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Burnout

Burn-out is conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy.

Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.

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Resilience

- Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.
- A number of factors contribute to how well people adapt to adversities, predominant among them:
 - the ways in which individuals view and engage with the world
 - the availability and quality of social resources
 - specific coping strategies
- Psychological research demonstrates that the resources and skills associated with more positive adaptation (i.e., greater resilience) can be cultivated and practiced.

From [APA Dictionary of Psychology](#)

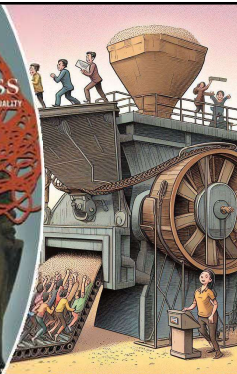
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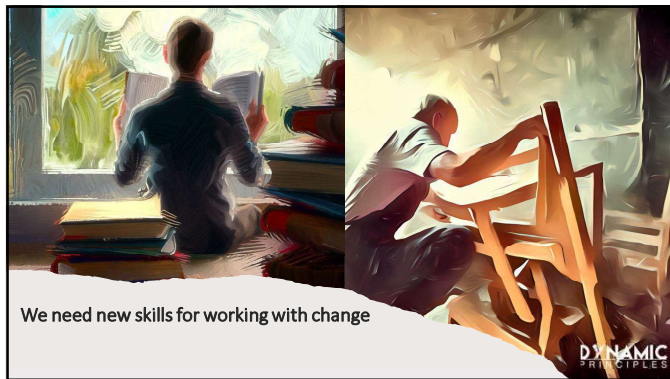
Not to be
confused with

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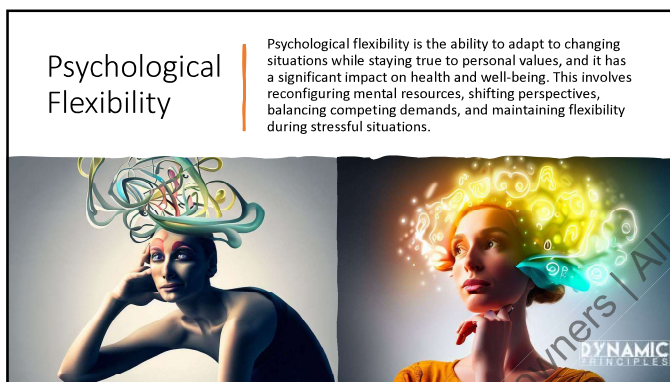
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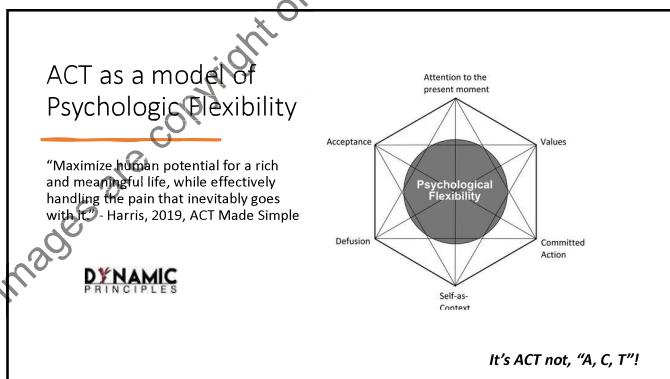
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ACT under extremes

- WHO funded tests of an ACT-based cartoon book and audio tape designed to teach psychological flexibility skills without requiring literacy (Epping-Jordan et al., 2016).
- Multiple successful gold-standard RCTs with South Sudanese and Syrian refugees in Uganda, Turkey, and the European Union found positive results (e.g., Purgato, Carswell, & Barbui, 2021; Tol et al., 2020), including
- A recent RCT study that documented a 50% reduction in the future development of mental illness due to the program (Acarturk, Uygun, Ilkkursun, & Barbui, 2022).
- WHO now distributes this program free in 21 languages worldwide (<https://www.who.int/publications/i/item/9789240003927>).
- Deployed by WHO for COVID Pandemic and in Ukrainian war region
 - stating that it is *helpful for "anyone who experiences stress, wherever they live, and whatever their circumstances"*

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Why Psychological Flexibility for rehabilitation?

- Less formal education in psychology required
- Two way skill development – client and clinician

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Current Healthcare Problem Framing Status

We are overly focused on reductionistic labels and interventions

- Rehab: "Tendinitis, instability, disc herniation, etc."
- Psychology: "depression, anxiety, BPD, etc..."
- We jump to interventions quickly and not spending much time problem framing

Medical and psychological diagnosis dilemma

- Problem framing based on DDX
- DSM lists 298 Disorders (3 of 5s, 11 of 15s)
- ICD 20,000 codes
- Multiple overlapping diagnoses
- Competing and conflicting mechanisms
- Acknowledge none of these really reflect human beings and we are all "faking it" to meet payer demands
- Missing the dynamic multilevel and dimension interactions and relationships

We're struggling to see the forest from the trees...

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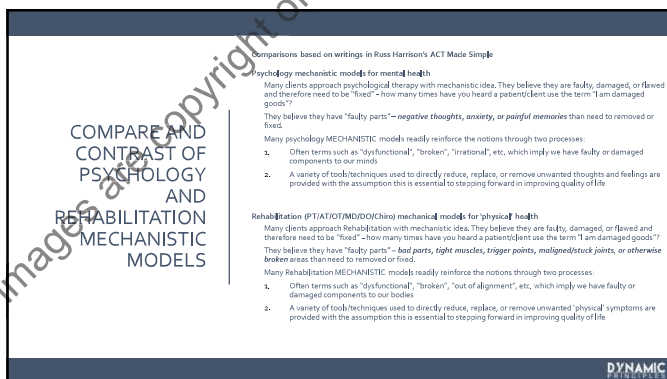
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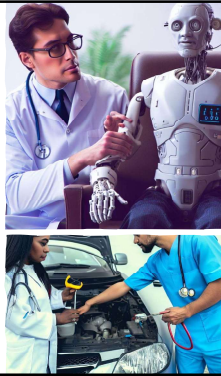


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From fixing machines to working WITH humans

- A need to develop approaches that highlight human resilience and adaptability, rather than treating them as machines
- Emphasize the dynamic multi-level and multidimensional nature of human challenges and their potential for growth
- Acknowledge that people can learn and adapt even while facing health difficulties
- Concentrate on supporting the individual where they are and working WITH health issues, rather than merely attempting to "fix" them

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Applied Evolutionary Science

Applied evolutionary science applies evolutionary theory to solve practical problems in various fields, such as medicine, agriculture, conservation, sociology, and psychology. Its goal is to develop solutions that benefit society.

...More on this later!

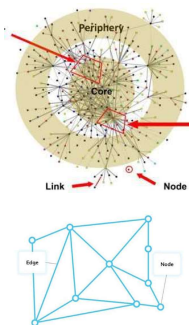
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Introducing Network Theory to Rehabilitation

- A tool to manage complexity
 - A framework for analyzing complex systems and relationships
 - Used in various fields, including social sciences, biology, and computer science to handle complex issues
- Can be applied to human rehabilitation for understanding and addressing the interconnectedness of factors contributing to a person's well-being

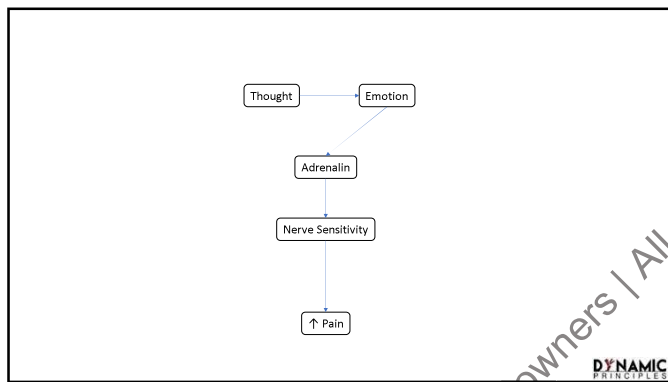
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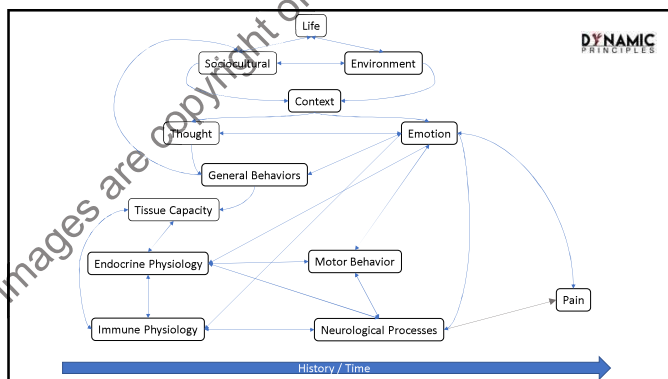
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Simple
Network Example:
*How could a thought
relate to increased pain?*

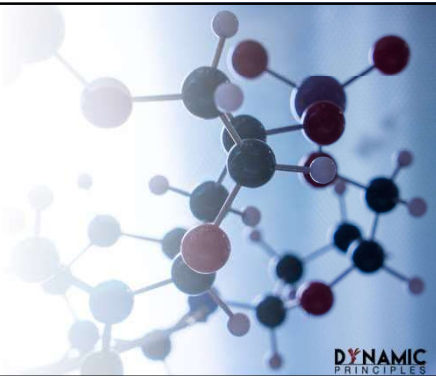
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Combining Applied Evolutionary Sciences, Network Theory, and ACT

- Creating a network functional analysis of a person's problem
- Networks are different from person to person and even when similar different aspects of the network are related differently from person to person
- Identifying processes of change to shift the network into a more adaptive state
- ACT is built on Relational Frame Theory (RFT), a theoretical model that fits well within evolutionary theory and complex network sciences.
- More details later in course!

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Processes of Therapeutic Change

Processes of therapeutic change are the dynamic modifiable underlying processes that drive treatment outcomes

- Processes of change contain dynamic multi-level/multi-dimensional interrelated mechanisms that are the root drivers of biopsychosocial function
- They account for the history and context of the individual.
- **Processes of change are independent** from the treatment methods themselves.
- Treatment must be customized in collaboration with the individual to target specific, and/or multiple, processes of change.

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Focus on Processes
Not Interventions!

We must clarify problems before we act on them!

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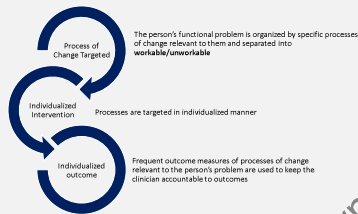
Learning from the leaders in PBA

- Psychological Researchers are the leaders here (Hayes, Hofman, Ciarrochi)
- Recognized the need inside of psychology to develop shared language
 - Over 600 forms of "evidence-based" psychological therapies
 - Focused instead on an overarching framework that is "META" in nature
- Extended Evolutionary Meta-Model (EEMM) – More on this later!
 - Original – 6 dimensions operating on 2 levels
 - EEMM-HRF – 9 dimensions operating on 2 levels
- Same efforts can help us speak across disciplines and begin to truly have transdisciplinary collaborative care!

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Introducing the Process-Based Approach



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What are the fewest number of things that account for the most amount of change


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Welcome to the  **HRF**
HUMAN REHABILITATION FRAMEWORK®

TRULY PERSONALIZED & COMPREHENSIVE



- Individualized process-based approach to the movement and pain problems.
- Fully embraces the biopsychosocial model as compared to a "protocols for syndromes" biomedical model.
- A systematic and comprehensive approach to personalized care that scales to various levels of difficulties, from simple to complex.

NEW FORM OF EVIDENCE BASED PRACTICE

- Broad scope, personalized precision, and scientific depth
- Built on over 56,000 critically reviewed scientific studies

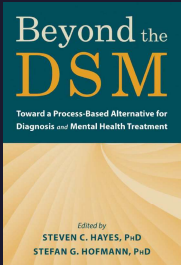
UNIFIED LANGUAGE


- Shared language across disciplines for a unique transdisciplinary approach to care

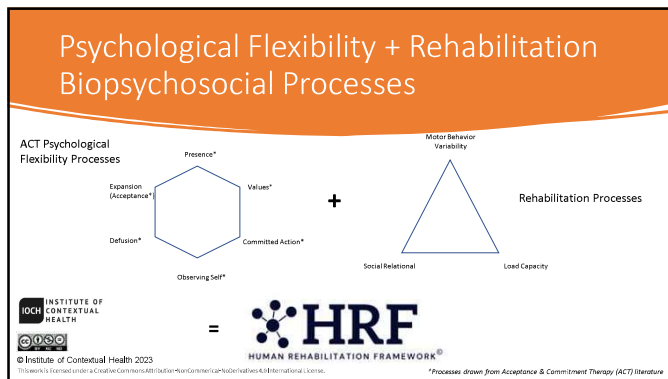
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The technology we share

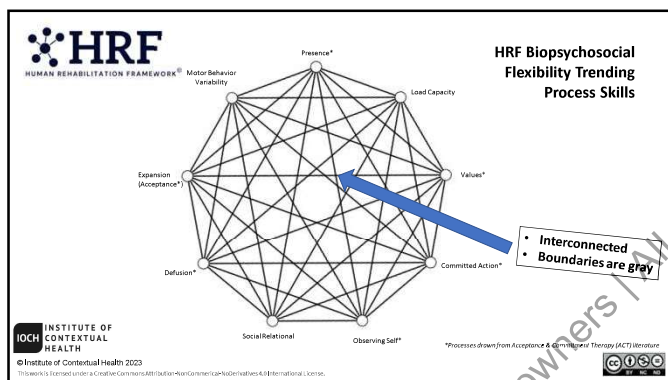




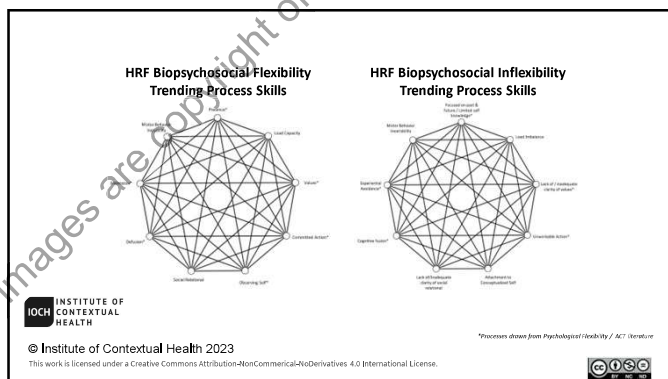
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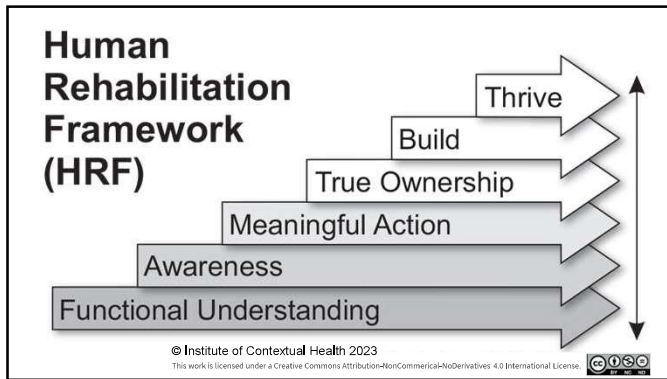
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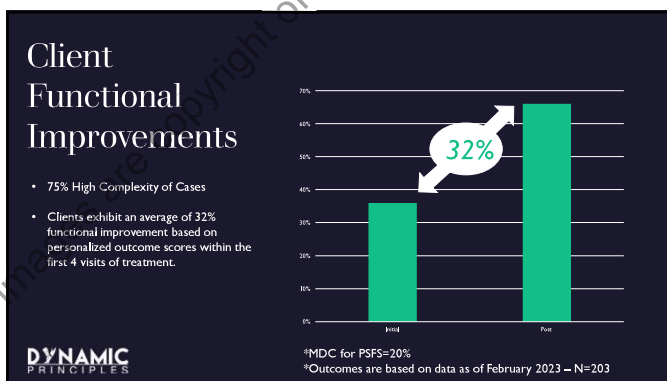
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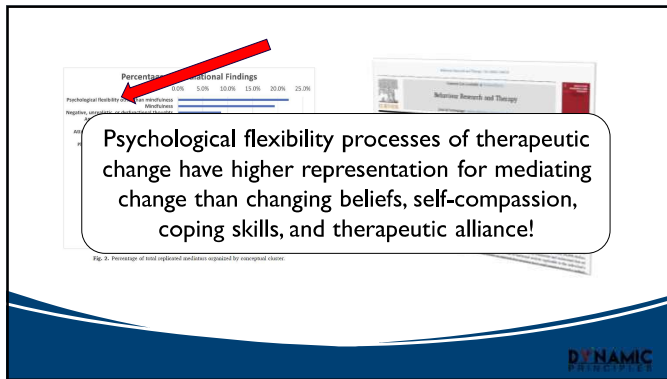
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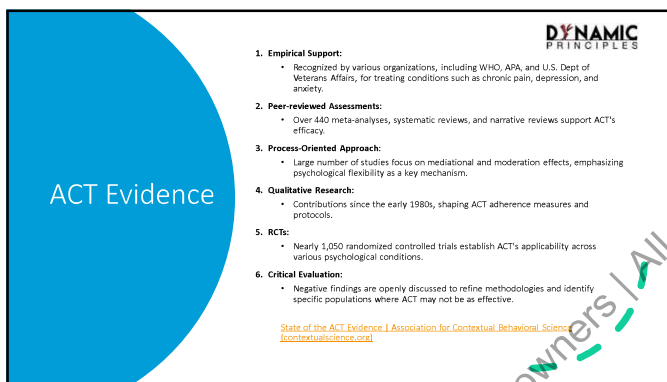
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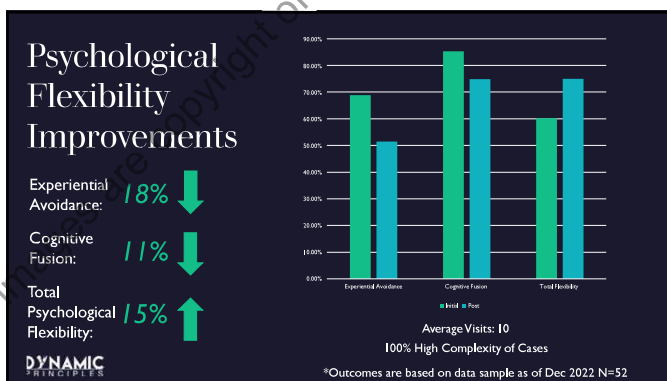
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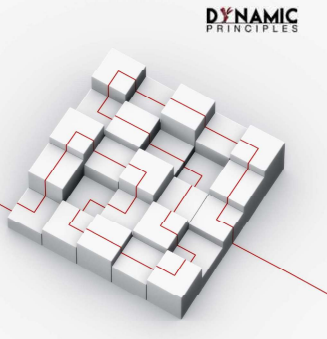
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Your initial orientation to the HRF

- Organizing Processes of Change in the Extended Evolutionary Meta Model (EEMM) and the EEMM-HRF
 - Think of the EEMM as a translation and case management framework for individuals and multiple disciplines
- Dimensions
 - Labels of systems you will be interacting with while working with your clients
- Levels
 - Every dimension works on multiple levels, the biophysiological and the social
- Domains
 - Psychological – 6 dimensions
 - Rehabilitation (HRF) – 9 dimensions



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Integrating the ACT & HRF Processes into the EEMM-HRF

System	BPS Flexibility Processes
Attentional	Presence
Cognitive	Cognitive Defusion
Emotional	Expansion (Acceptance)
Self	Observing Self
Motivational	Values
General Behavioral	Committed Action
Movement / Positioning	Motor Behavior Variability
Loading Capacity	Loading Capacity
Communication	Social Relational

Dimension

Psychological Domain

Rehabilitation Domain

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Personal evolution is essential for societal change.

More at end of course!



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