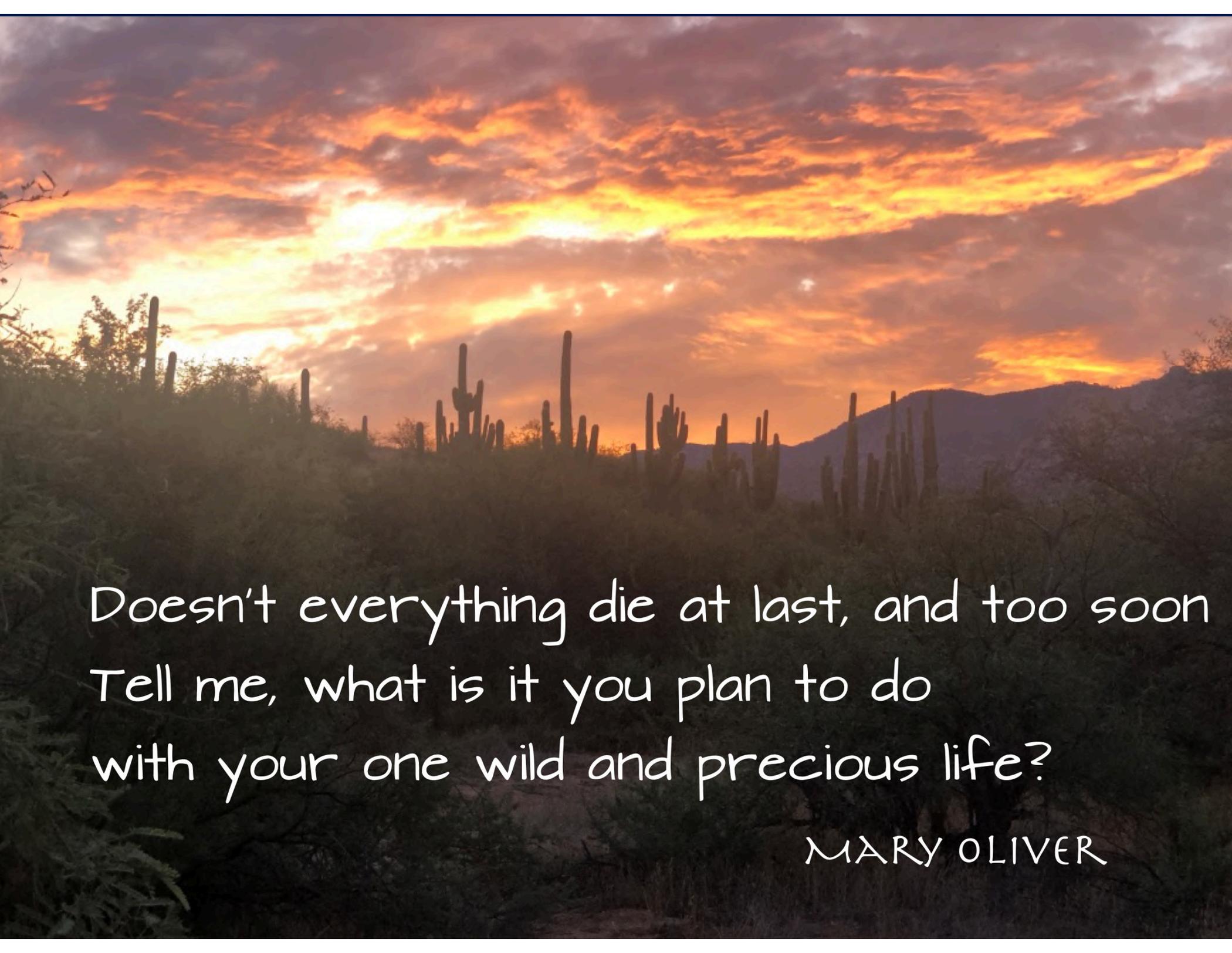


If you are interested in this stuff, you can
follow me on

Training opportunities:
www.onelifellc.com

twitter
[@kellygwilson](https://twitter.com/kellygwilson)

facebook
<https://www.facebook.com/kellygwilson>



Doesn't everything die at last, and too soon
Tell me, what is it you plan to do
with your one wild and precious life?

MARY OLIVER

ACT: Using values,
self-care, and self-
compassion to
improve long term
health

Kelly G. Wilson

Professor Emeritus

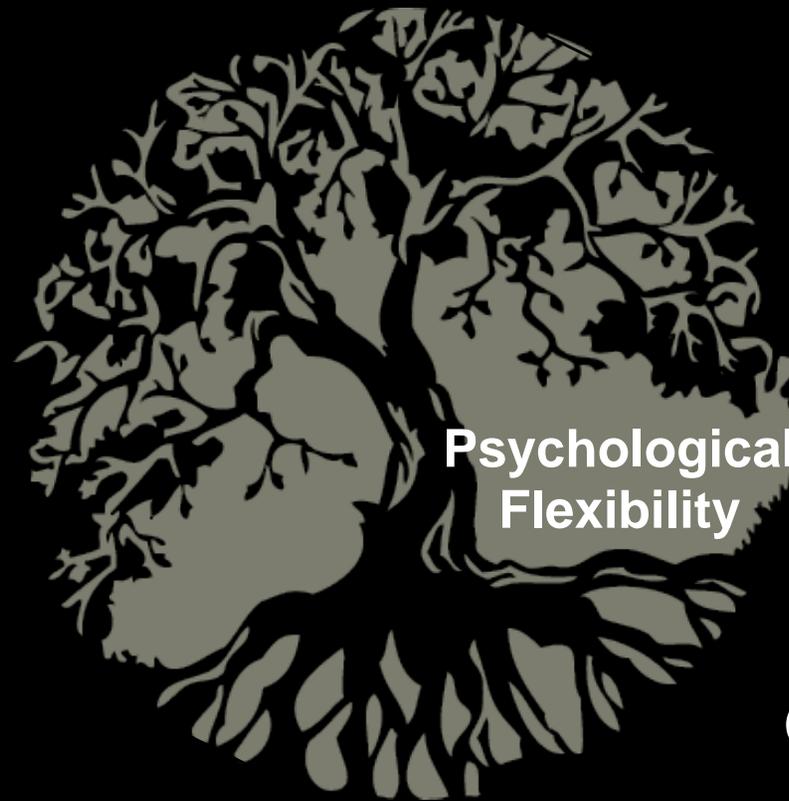
University of Mississippi

The Psychological Flexibility Model

PRESENT MOMENT

ACCEPTANCE

VALUES



**Psychological
Flexibility**

DEFUSION

COMMITMENT

SELF

Practices for Abundant Living

PRACTICE contact with the
richness of this moment

PRACTICE an open
heart

open

PRACTICE HOLDING
LIGHTLY judgements,
evaluations, and
limitations

present

Psychological
Flexibility

PRACTICE HOLDING LIGHTLY stories
of your limits

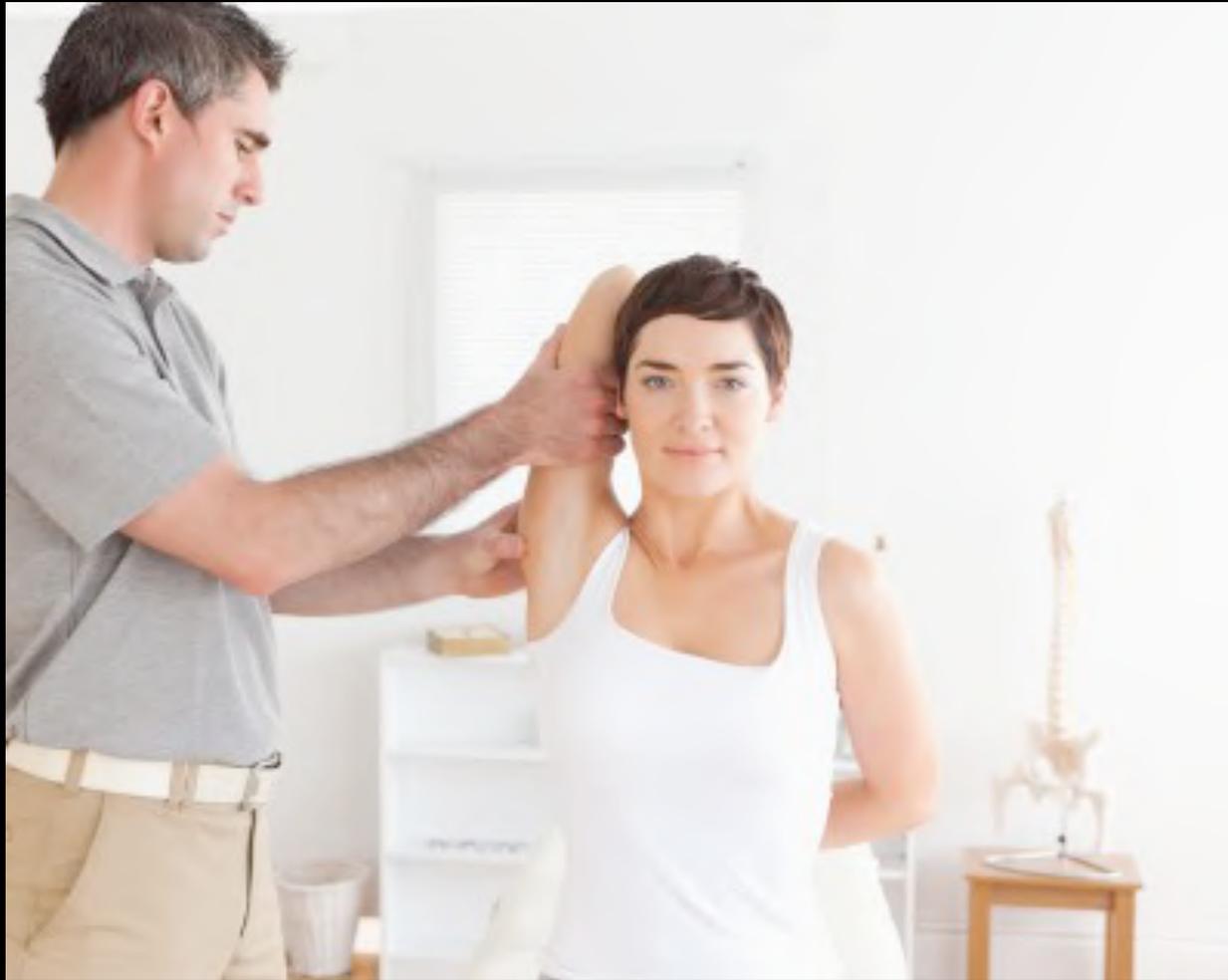
PRACTICE MANY perspectives

PRACTICE growing
valued patterns

engaged

PRACTICE
noticing and
returning to
valued patterns

Range of Motion Problems



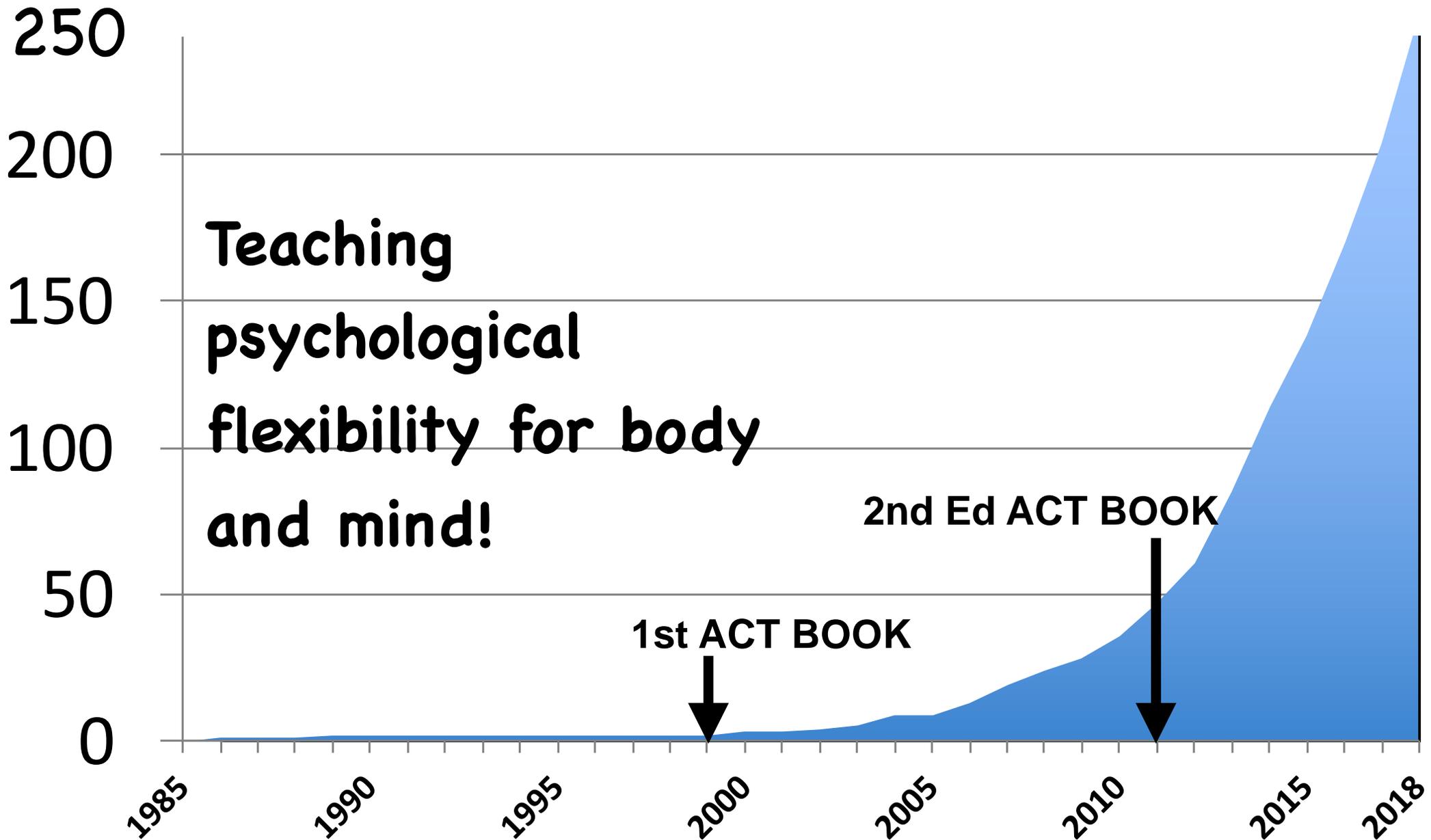
...and, patterns of practice

practice



Cumulative ACT Clinical Trials

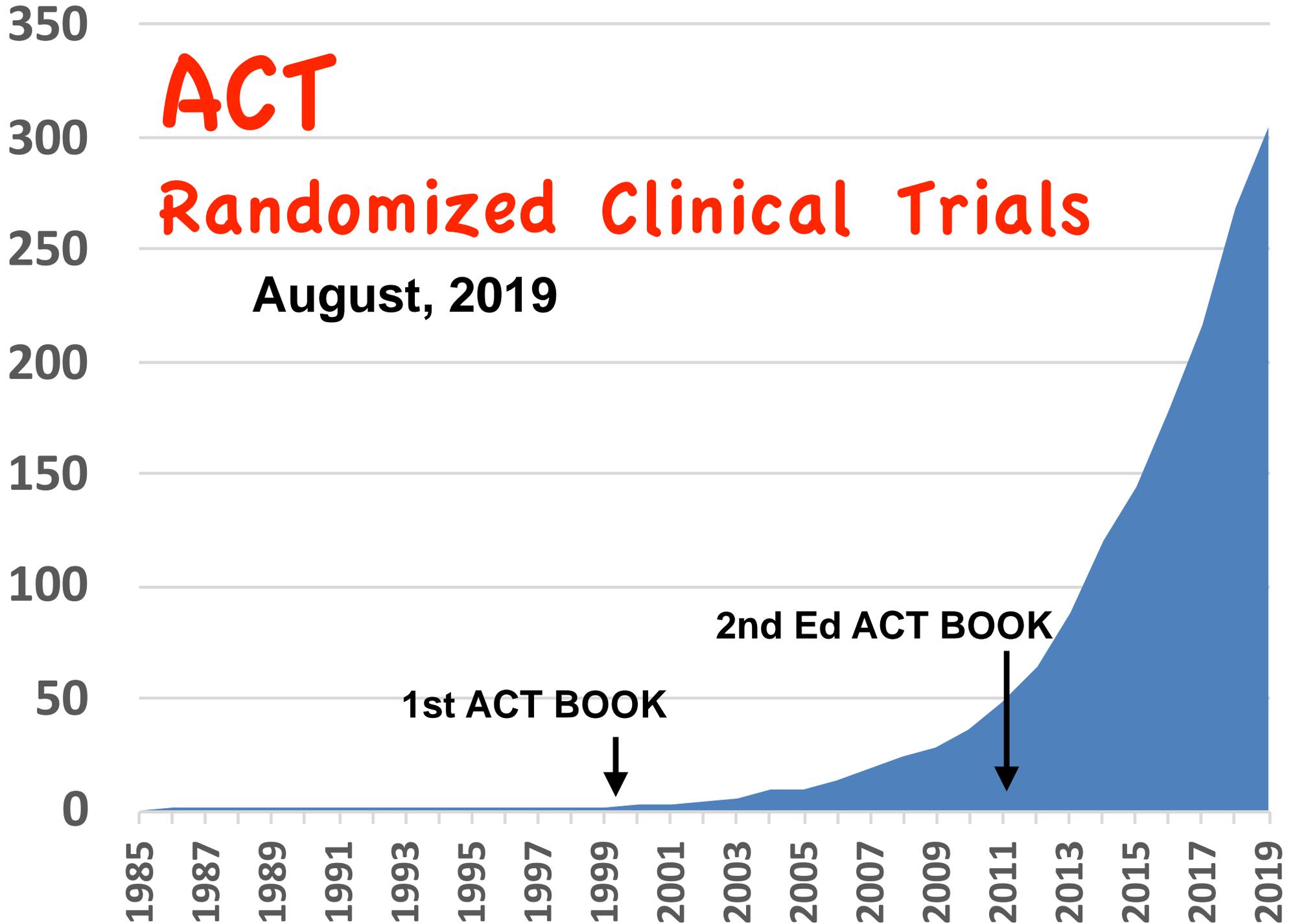
September 2018



ACT

Randomized Clinical Trials

August, 2019



Psychological Flexibility

ANXIETY

DEPRESSION

PSYCHOSIS

EATING DISORDERS

SMOKING/ADDICTION

GAMBLING

PARENTING

MARITAL DISTRESS

DOMESTIC VIOLENCE

CHRONIC PAIN

POST-SURGICAL PAIN

OSTEOARTHRITIS

ACADEMIC ACHIEVEMENT

WORKPLACE STRESS

WORKPLACE PERFORMANCE

TYPE II DIABETES

WEIGHT LOSS

EXERCISE

Acceptance and Commitment Therapy

PRESENT MOMENT

ACCEPTANCE

VALUES



Psychological
Flexibility

DEFUSION

COMMITMENT

SELF PROCESSES

Values



10 years ago



then it got personal

o Imagine the
face of
someone
you love
with all
your heart...



the kindest 55th
birthday present ever

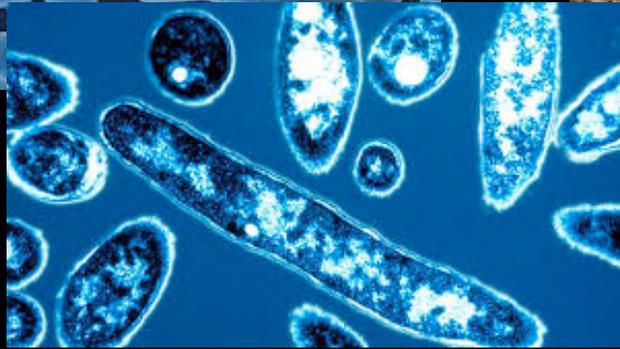


gentle yoga for special
needs

what kills?



What Kills?



poor countries



1 woman or girl
dies every minute in
pregnancy or childbirth

NOT ENOUGH!



in the
developed
world?



TOO MUCH!

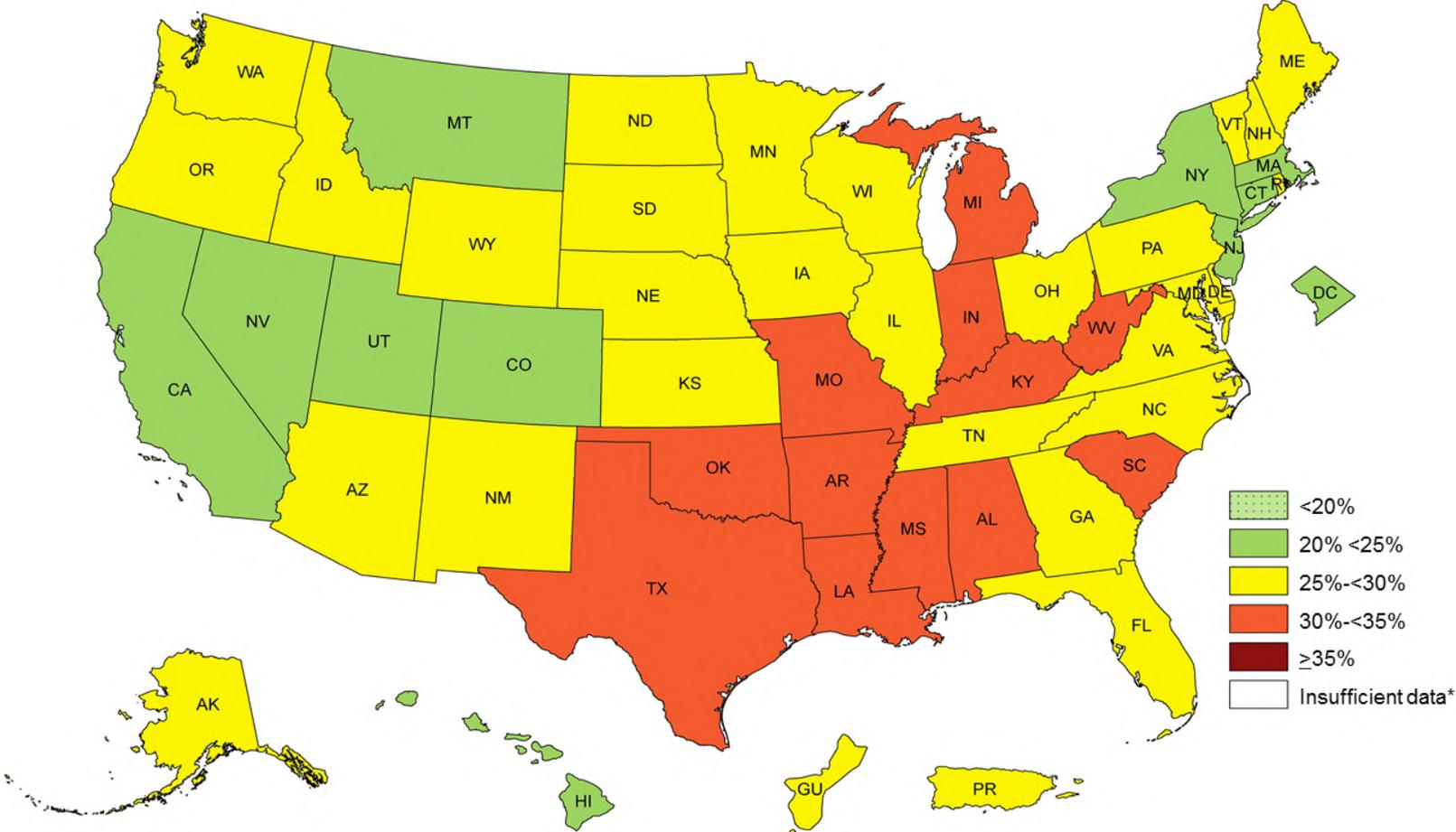
Diabetes mellitus

Diabetes mellitus, often simply referred to as diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the body does not produce enough insulin or because cells do not respond to the insulin that is produced. This may be a result of a genetic predisposition or a lifestyle factor.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

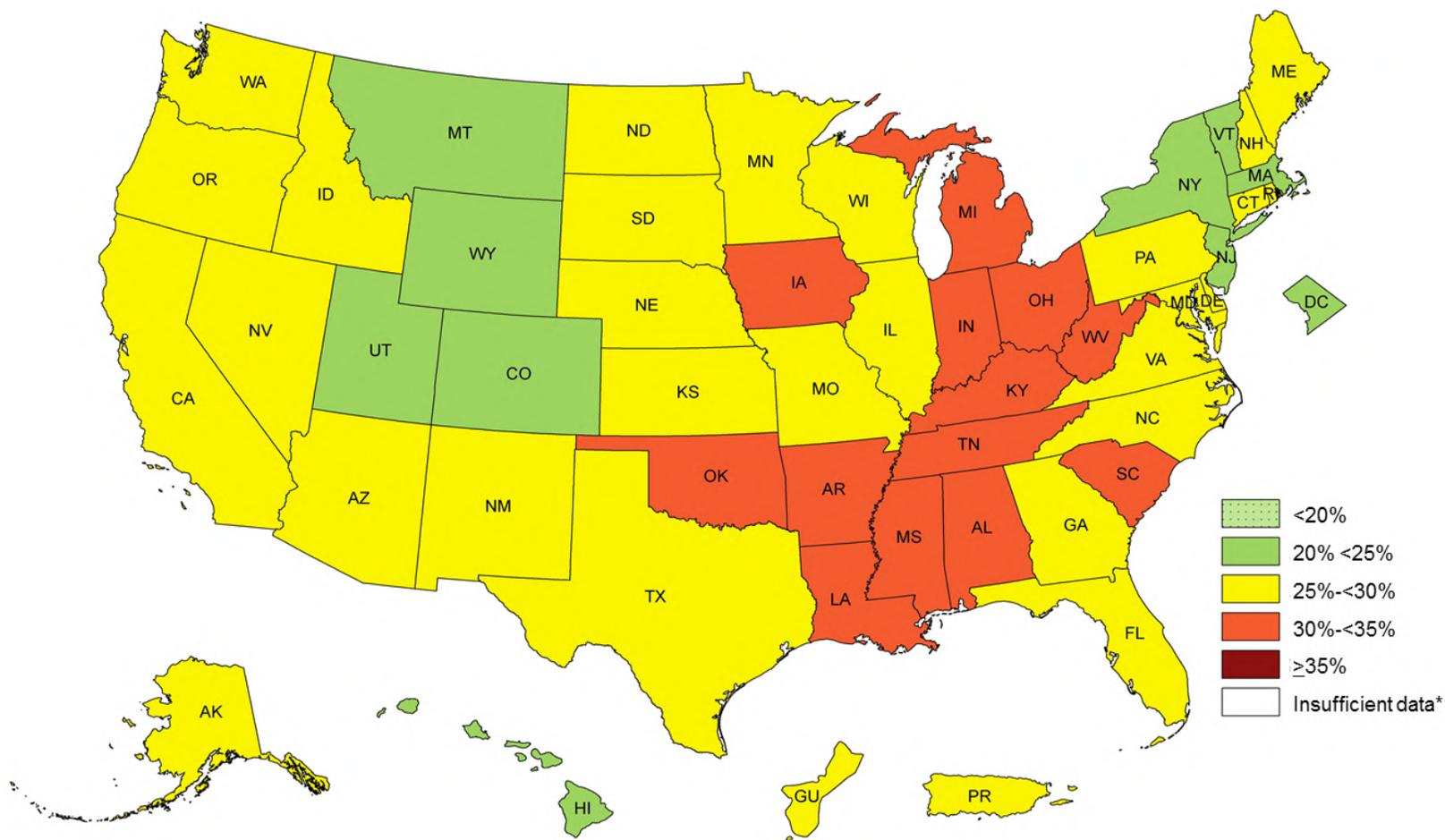


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

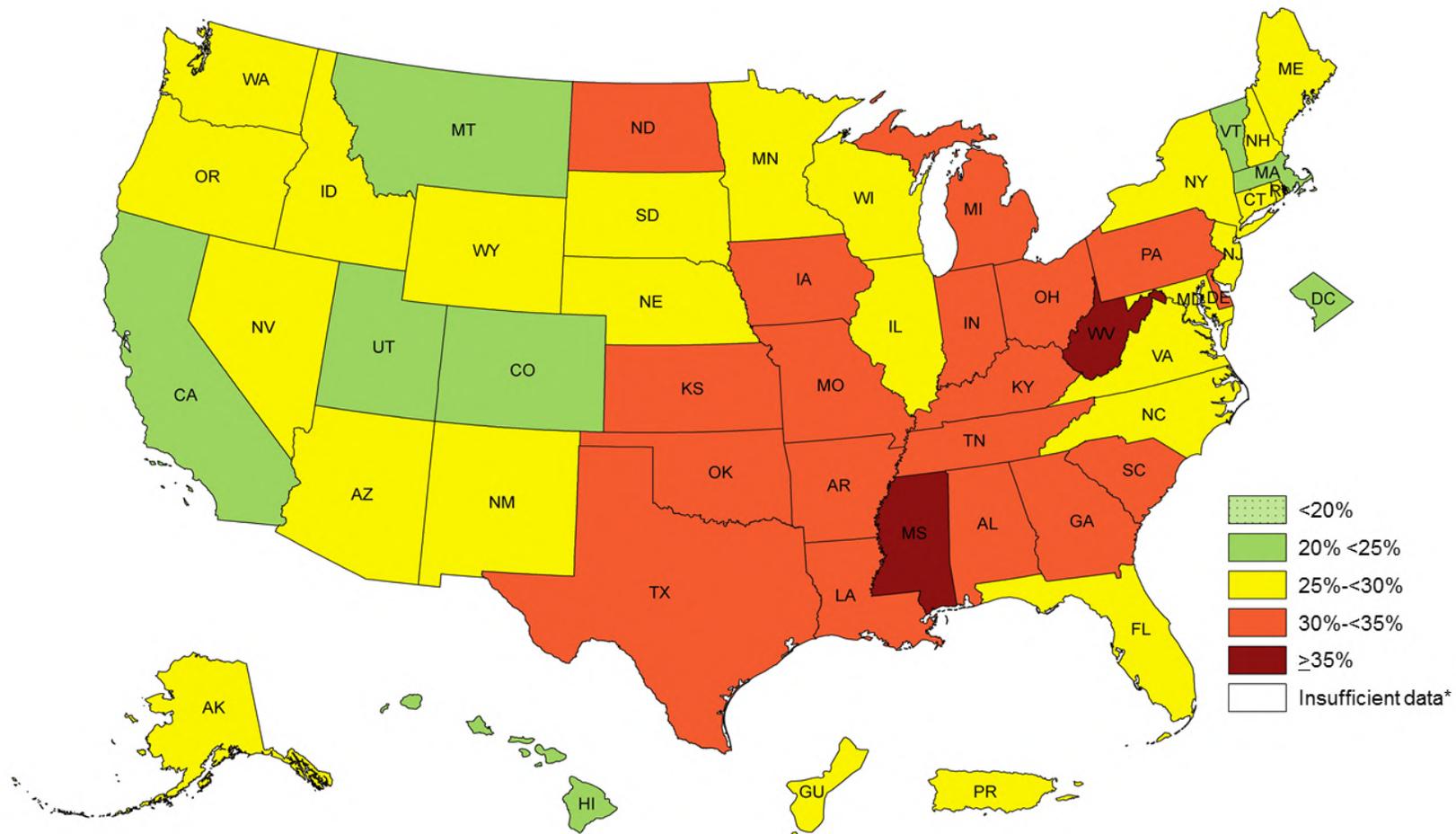


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

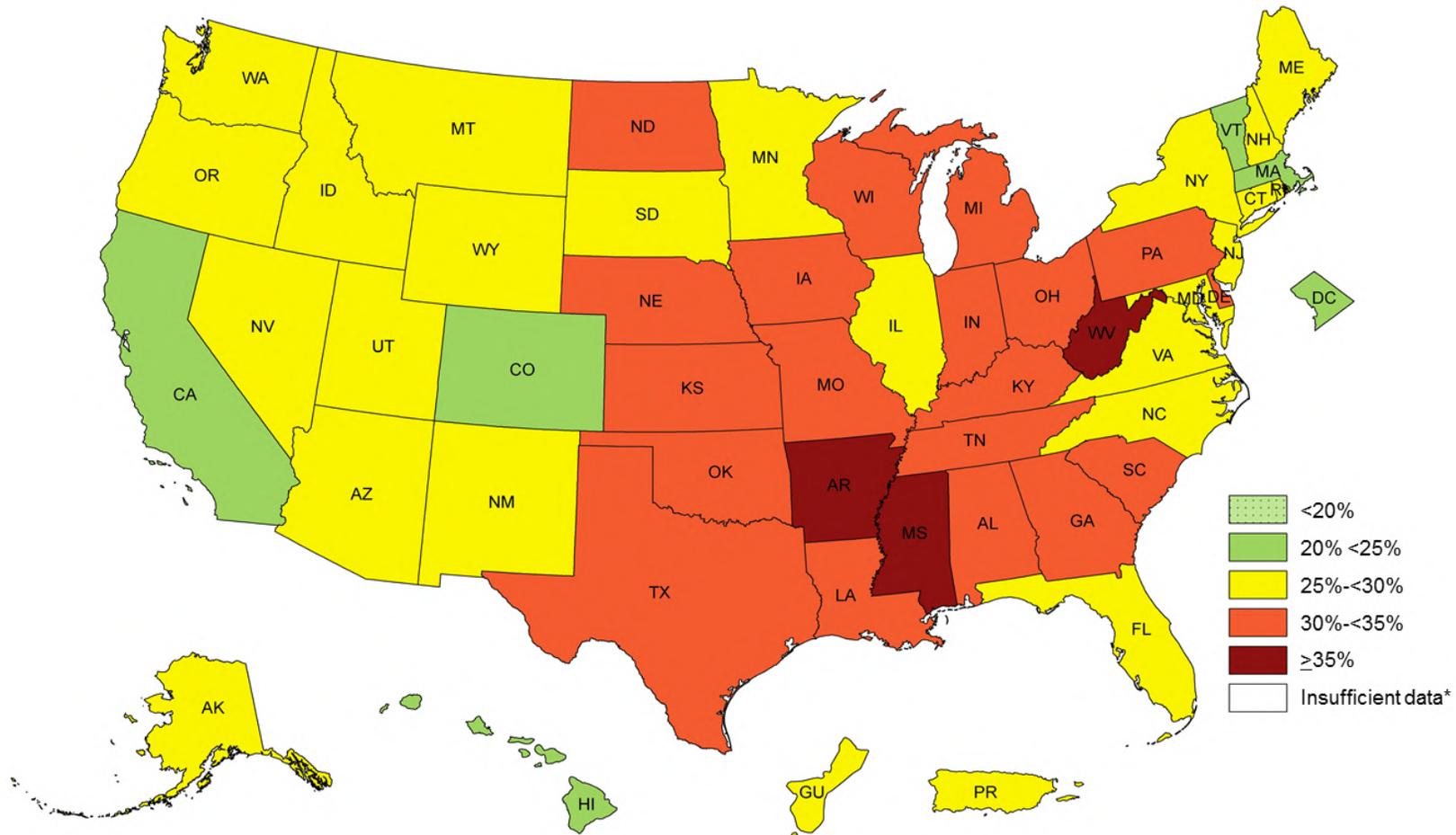


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

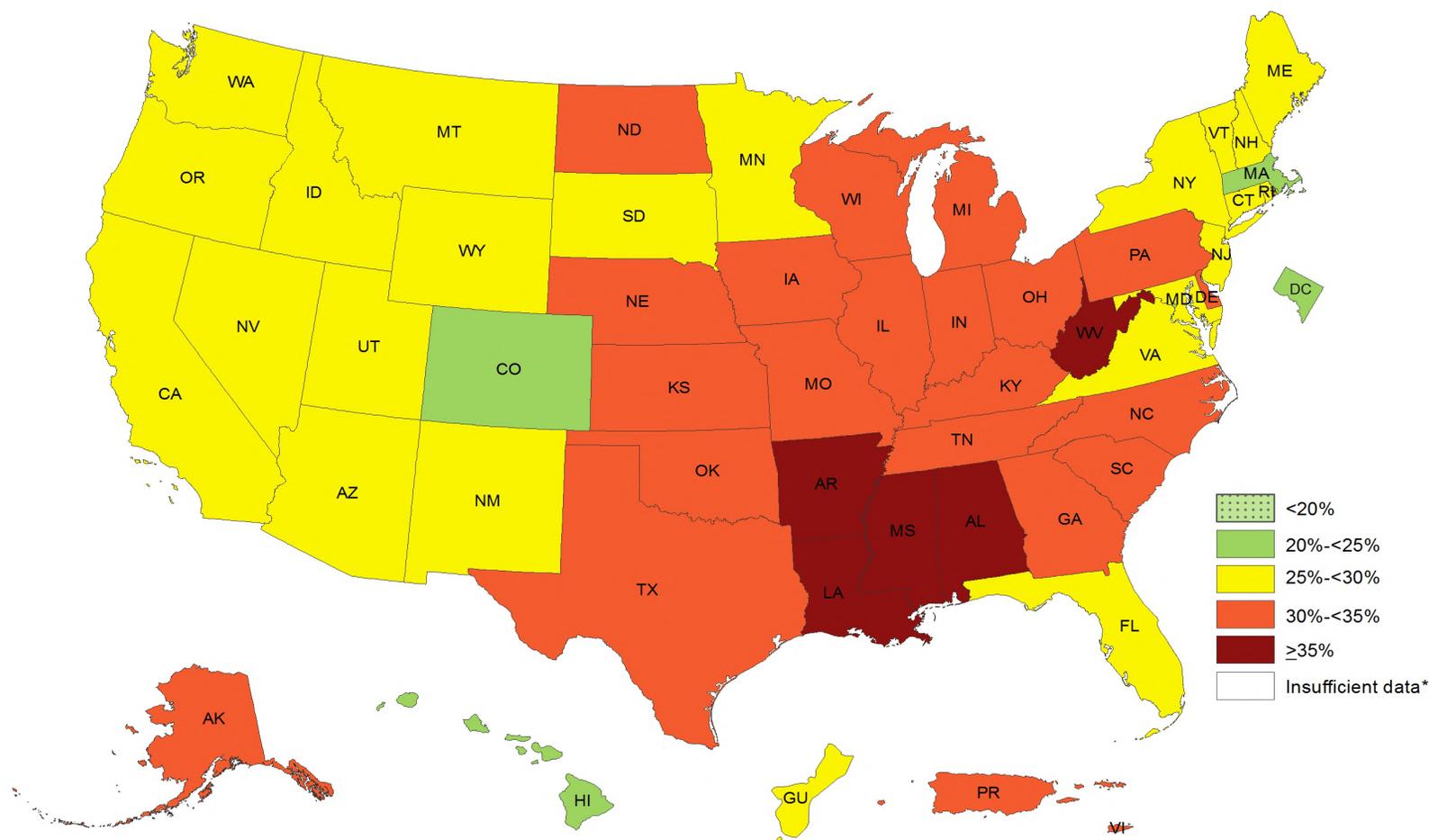


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

¹ Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

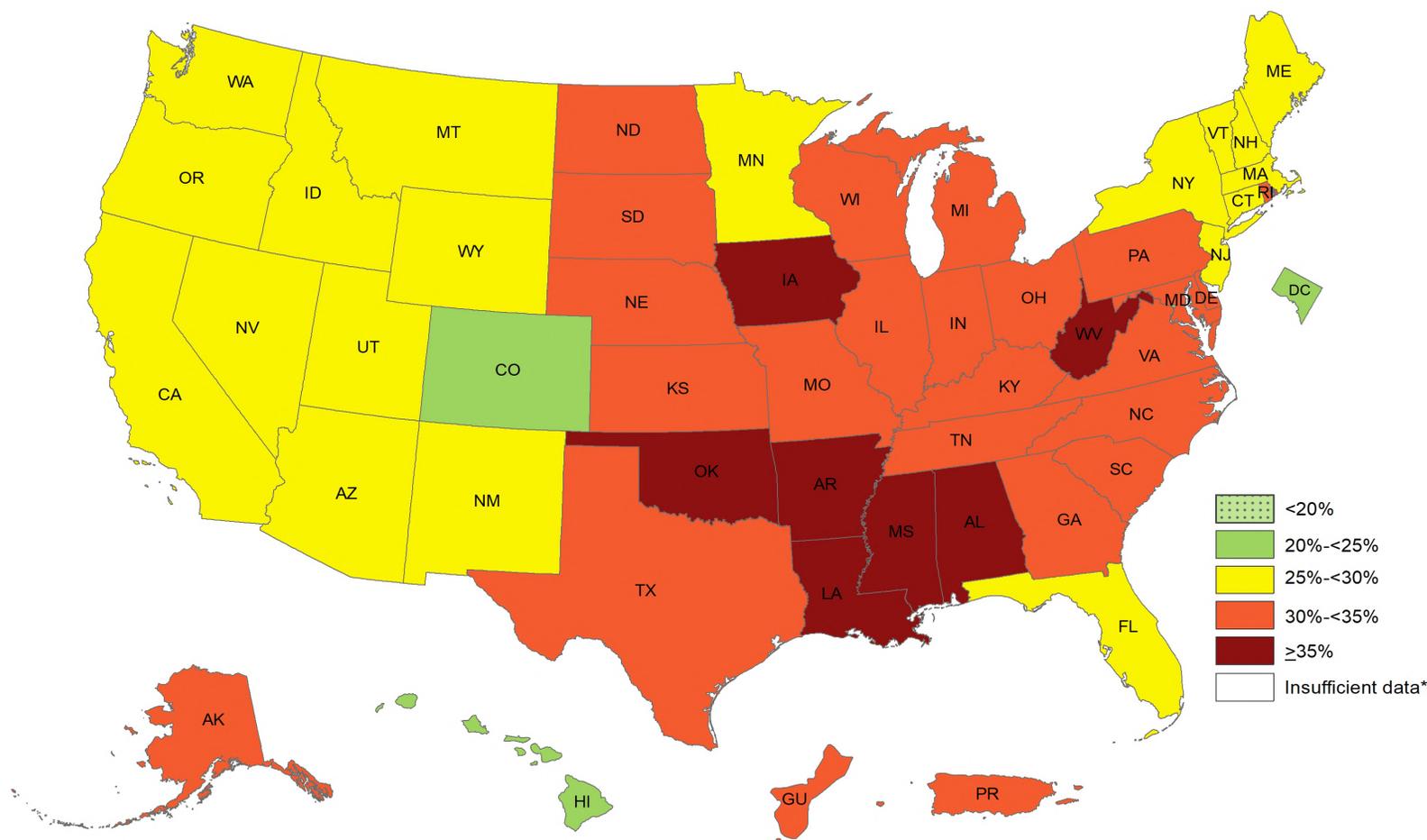


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

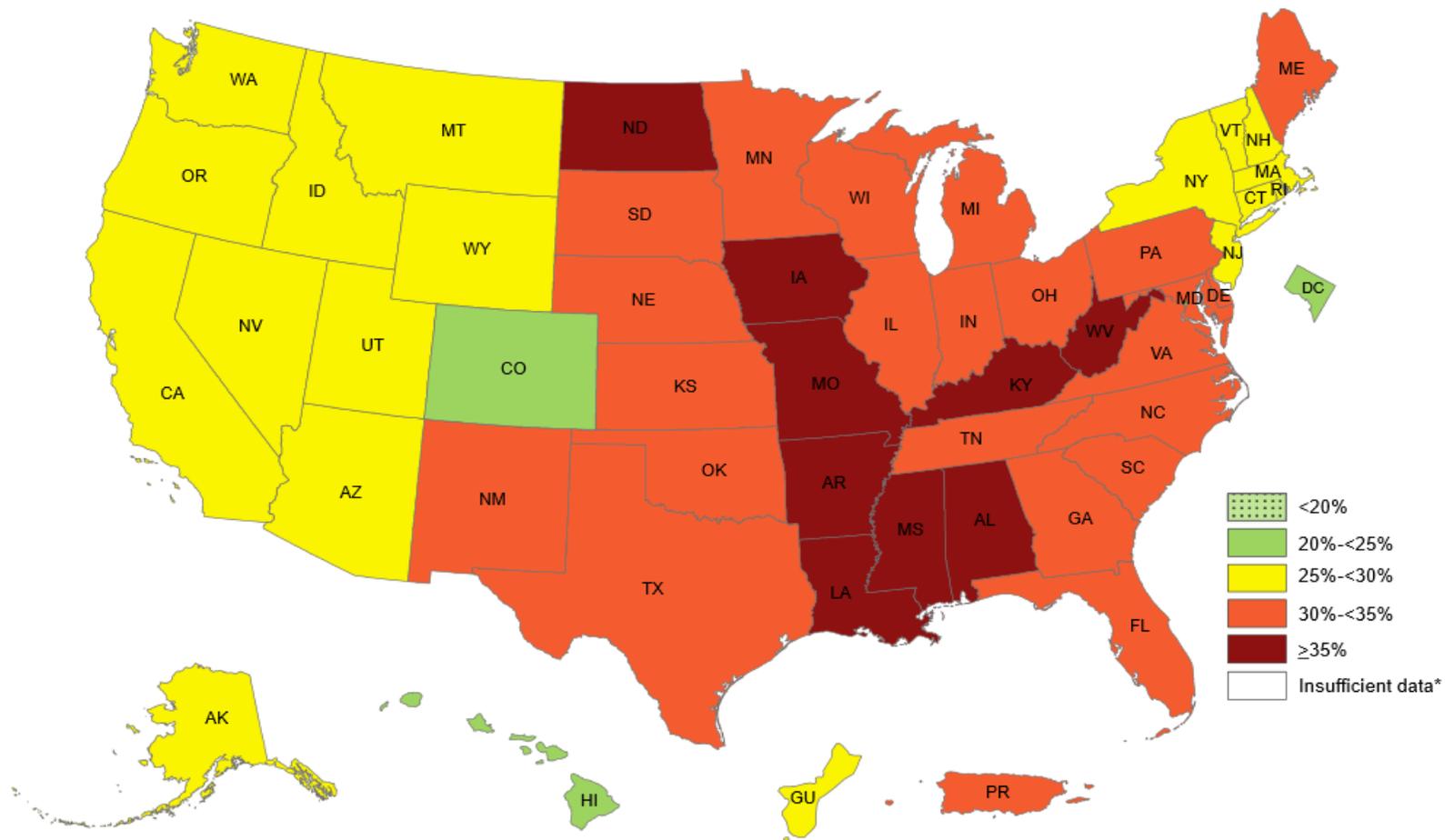


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) \geq 30%.



Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018

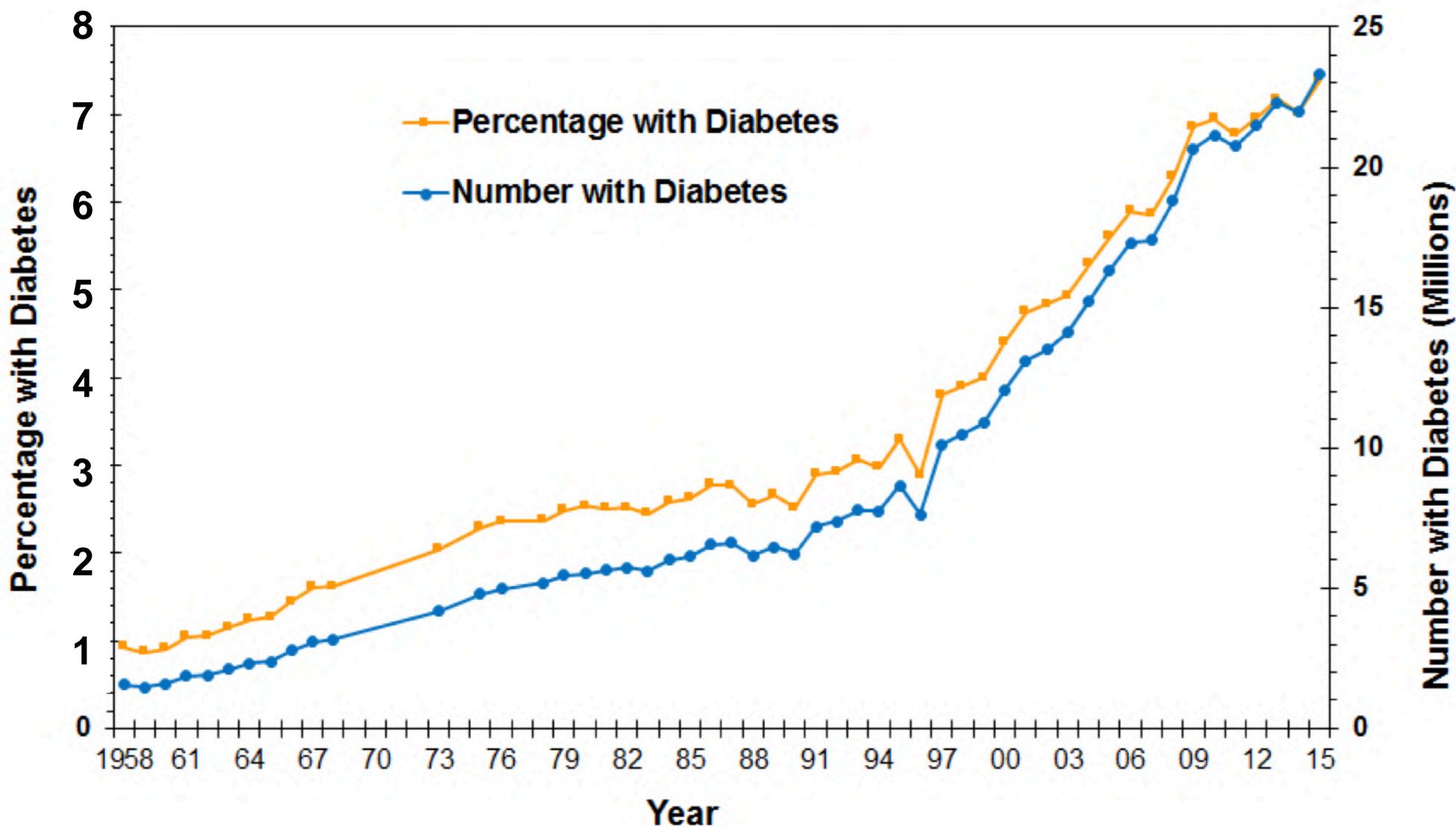
[†] Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



CDC's Division of Diabetes Translation. United States Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/data>

USA

Diabetes	9.1%
Obesity	35.0%

WORLD HEALTH ORGANIZATION

Prevalence of diabetes and related risk factors

UK

Diabetes	7.7%
Obesity	29.8%

WORLD HEALTH ORGANIZATION

Prevalence of diabetes and related risk factors

POLAND

Diabetes

9.5%

Obesity

27.0%

WORLD HEALTH ORGANIZATION

Prevalence of diabetes and related risk factors



6.4
MILLION
DIAGNOSED



ADHD ages 4-17



42%

INCREASE
IN DIAGNOSES
FROM 2003-04 TO 2011-12

CENTERS FOR DISEASE CONTROL

A woman with dark hair, wearing a black and white striped shirt, is shown in profile from the chest up. She has a thoughtful or somber expression, resting her chin on her hand. The background is solid black.

YEARS LOST TO DISABILITY

Mental Illness
GLOBAL
#2 YLD

GLOBAL BURDEN OF DISEASE
COLLABORATORS

*The most common
mental disorders in the
WHO European Region*



Depression



Anxiety



NHS

Obese: 55% ↑ risk of depression

Depressed: 58% ↑ risk of obesity

#EverythingInteracts

Obesity and mental health

March 2011

Percent of Population on Mental Health Medication



What we know . . .

- DEPRESSION
- ADDICTION
- ANXIETY
- ADHD
- NECK/BACK PAIN
- OBESITY
- TYPE II DIABETES

THE BAD NEWS



even the
trajectory of
illness is changing

What we know . . .

- EARLIER
- MORE COMMON
- MORE CHRONIC

THE BAD NEWS

Why?



EVA JABLONKA



DAVID SLOAN WILSON

evolutionary
mismatch

Diseases of captivity

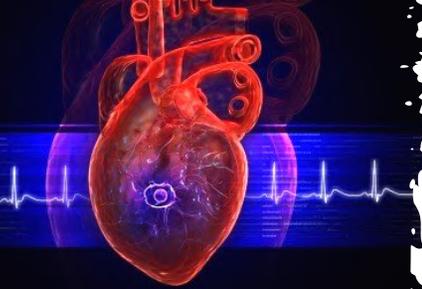
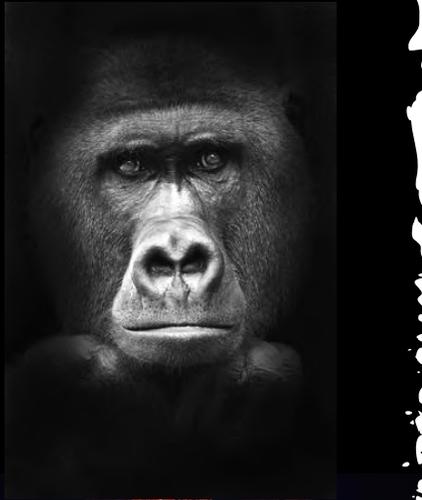


FLOPPY FIN DISORDER





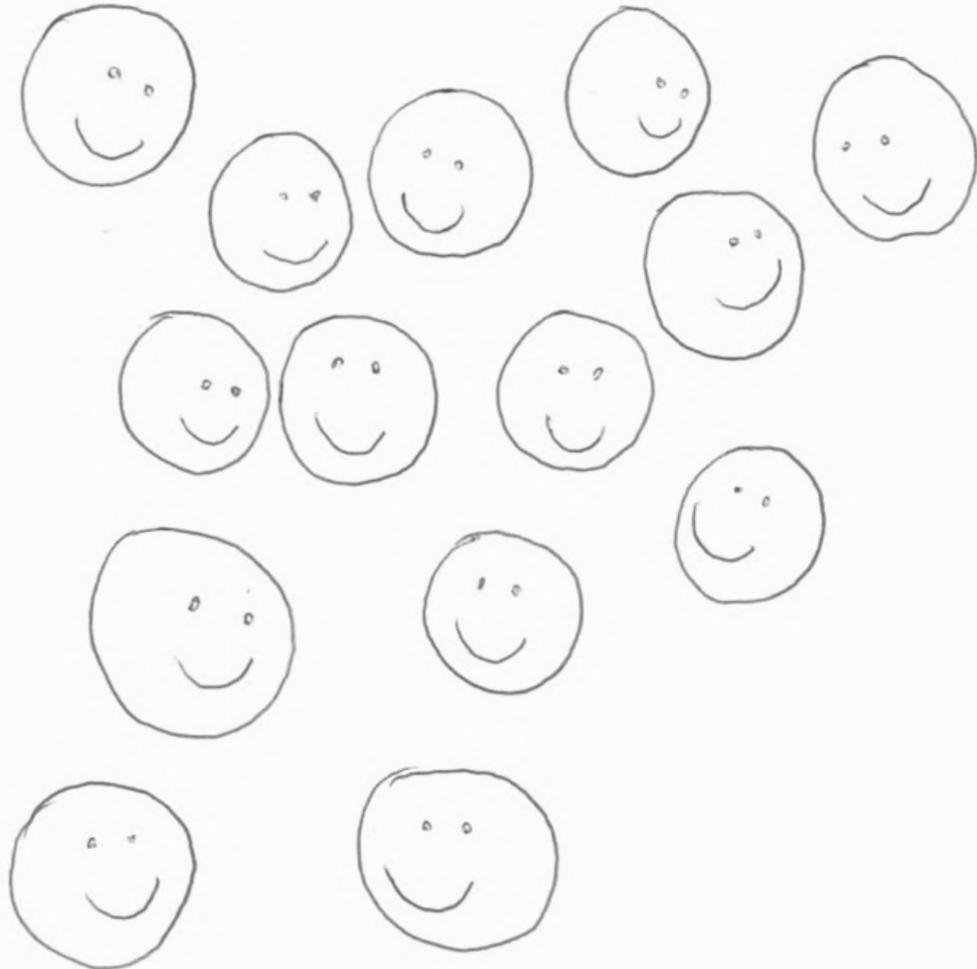
Diseases of Captivity



Understanding Suffering?



THE BIG LIE



SUFFERING = DISEASE



DIFFERENT = DISEASE

NORTH THURSTON SCHOOL DISTRICT NO. 3

PROGRESS REPORT

ELEMENTARY DEPARTMENT

Grades 1-2-3

Pupil Kelly Wilson

School LYDIA HAWK Tel. _____

Teacher Katheryn King

Principal V. L. Whitney Year 1960-61

Grade First

Grade next term Second



THE BIG LIE

SOMETIMES PEOPLE SAY
I DON'T GET IT...
DON'T UNDERSTAND
REAL TROUBLE

SUFFERING = DISEASE



DIFFERENT = DISEASE

Family-wise Risk?

1987, Randy, Age 36, Suicide

2011, David, Age 53, cerebral hemorrhage

2013, Michael, Age 47, heart attack

this time it's personal... 1985:

1 month locked psychiatric facility

1 month in drug and alcohol rehab

MY MOM'S GENERATION 2013



MOM

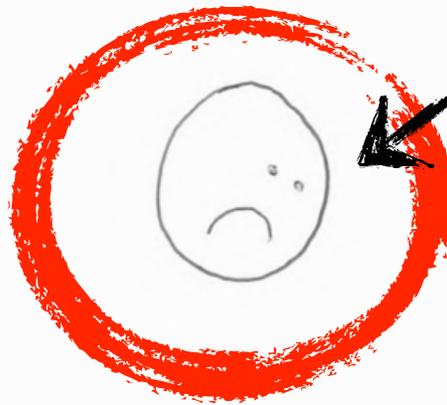


**UNCLE
JERRY
2015**

**80TH
BIRTHDAY**

THE BIG LIE

A DIFFERENCE IS NOT
A DISEASE



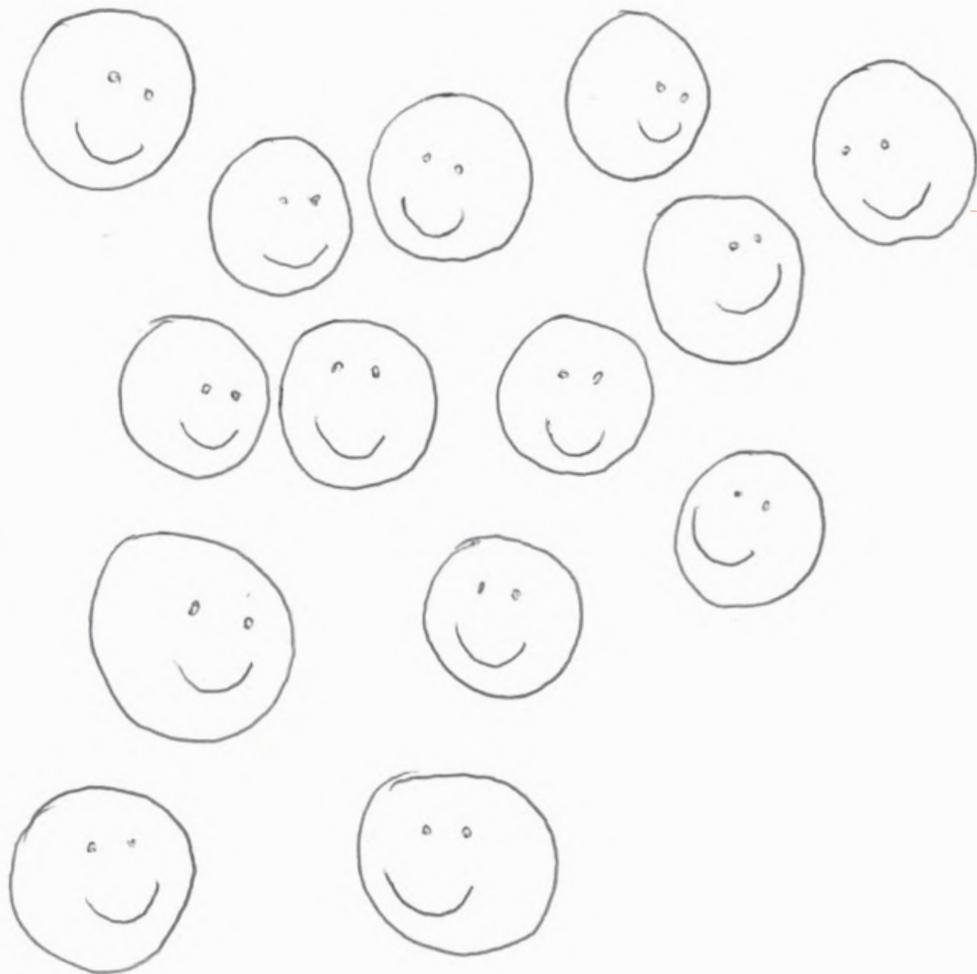
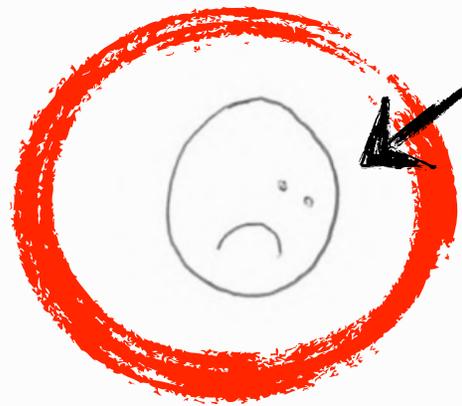
twitter @kellygwilson

<http://www.tumblr.com/blog/kellysonelife>

<https://www.facebook.com/kellygwilson>

THE BIG LIE

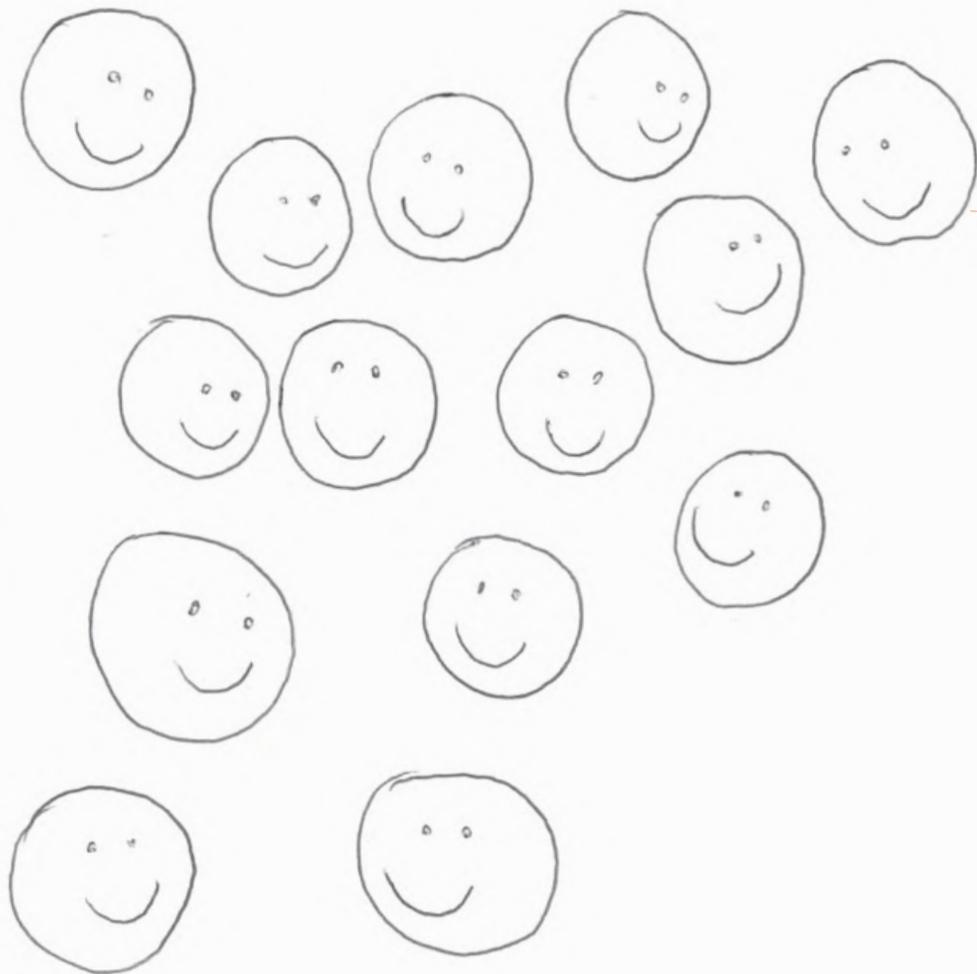
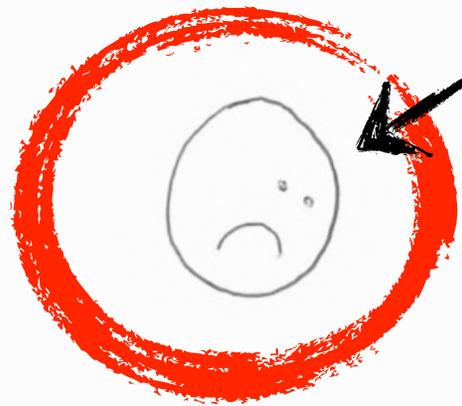
SUFFERING IS NOT A DISEASE



twitter @kellygwilson
<http://www.tumblr.com/blog/kellysonelife>
<https://www.facebook.com/kellygwilson>

THE BIG LIE

YOU ARE NOT BROKEN



twitter @kellygwilson

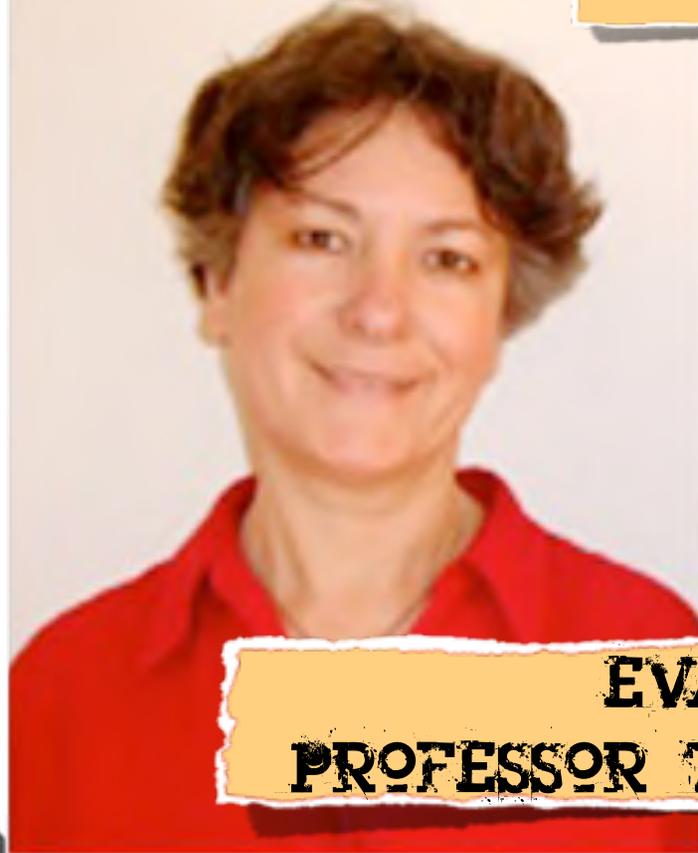
<http://www.tumblr.com/blog/kellysonelife>

<https://www.facebook.com/kellygwilson>

Wrong ideas
about sources
of suffering



GENES ARE NOT DESTINY



"About 2% of human
diseases are
monogenic!"

EVA JABLONKA
PROFESSOR TEL AVIV UNIVERSITY

Genes in Context



- DNA methylation
- small RNAs and micro RNAs regulate gene transcription
- and much, much more

EPIGENETICS

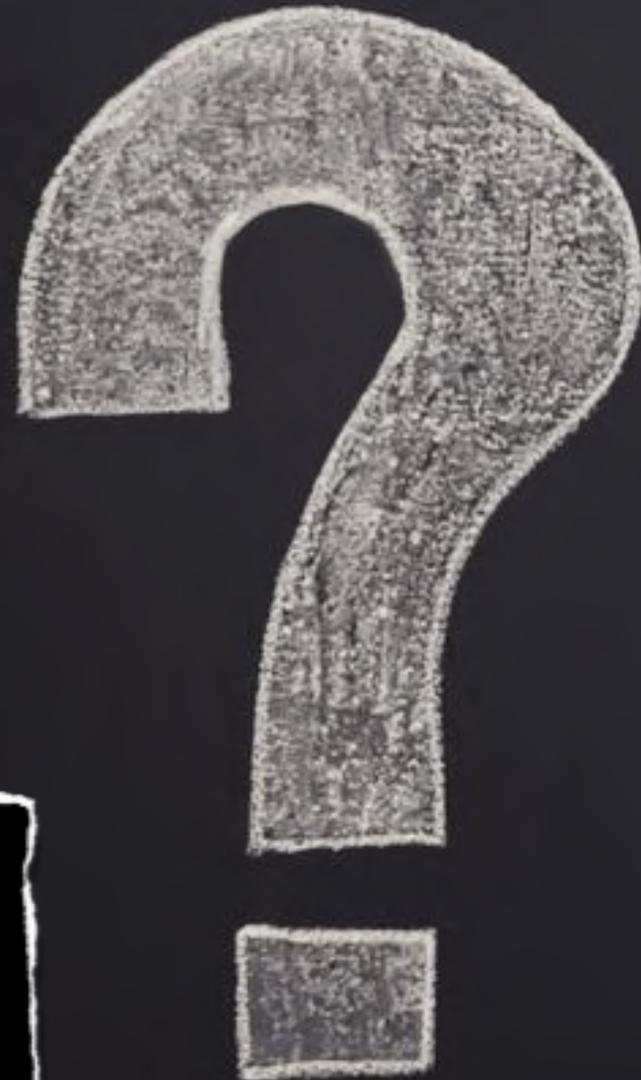
GENES ARE NOT DESTINY

Brains in Context



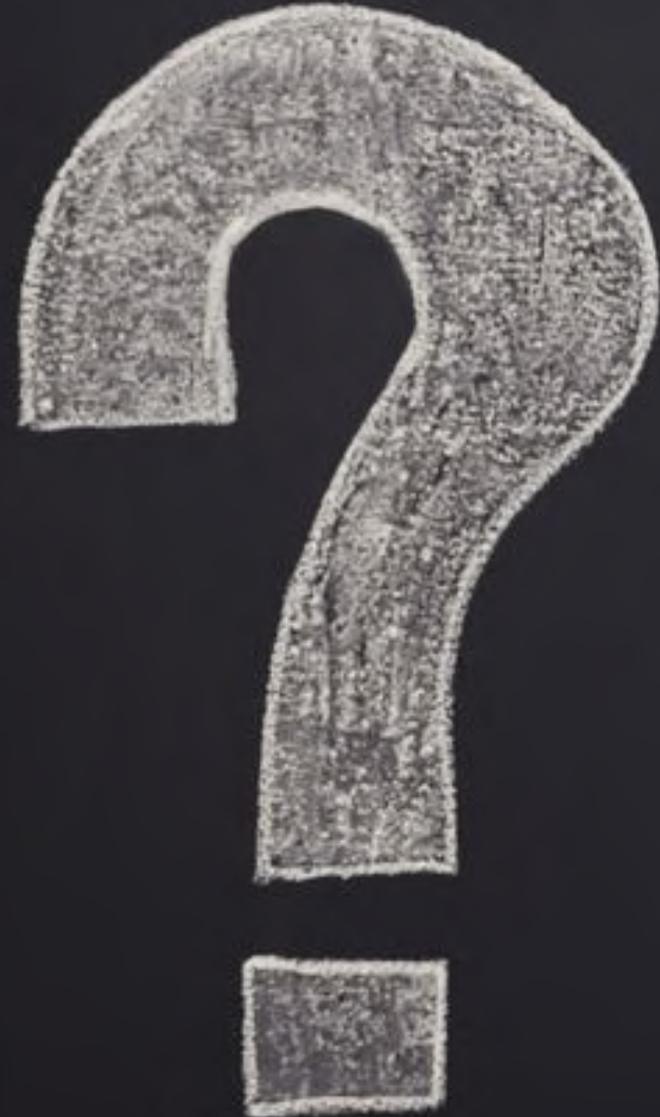
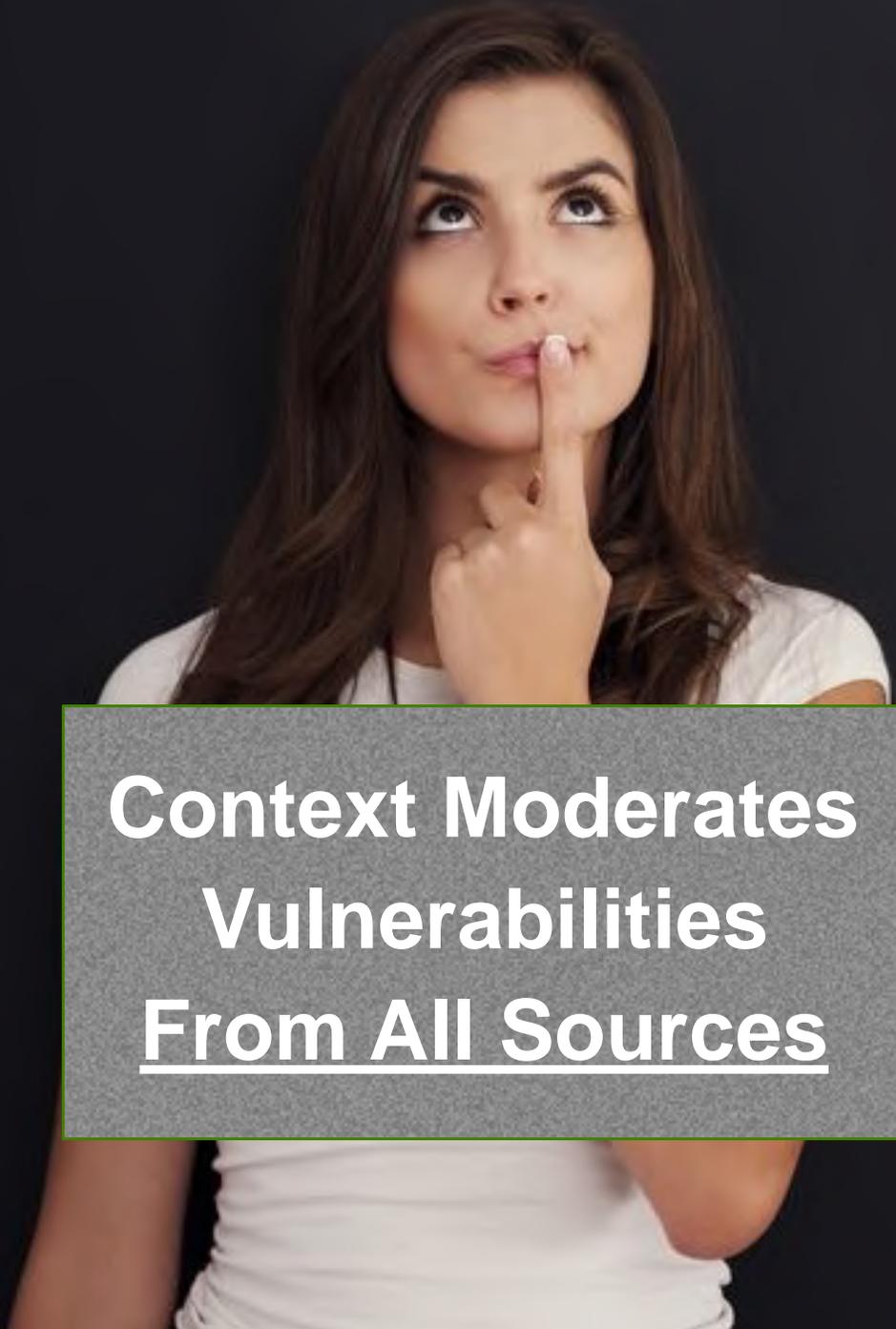
BRAINS ARE NOT DESTINY

Do we carry vulnerabilities?



genes?

hard histories?



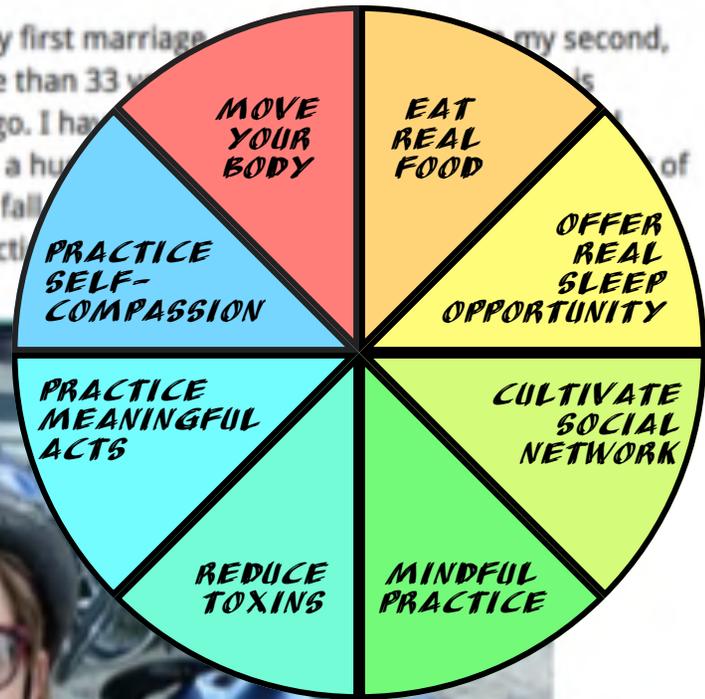
**Context Moderates
Vulnerabilities
From All Sources**

1st medicine

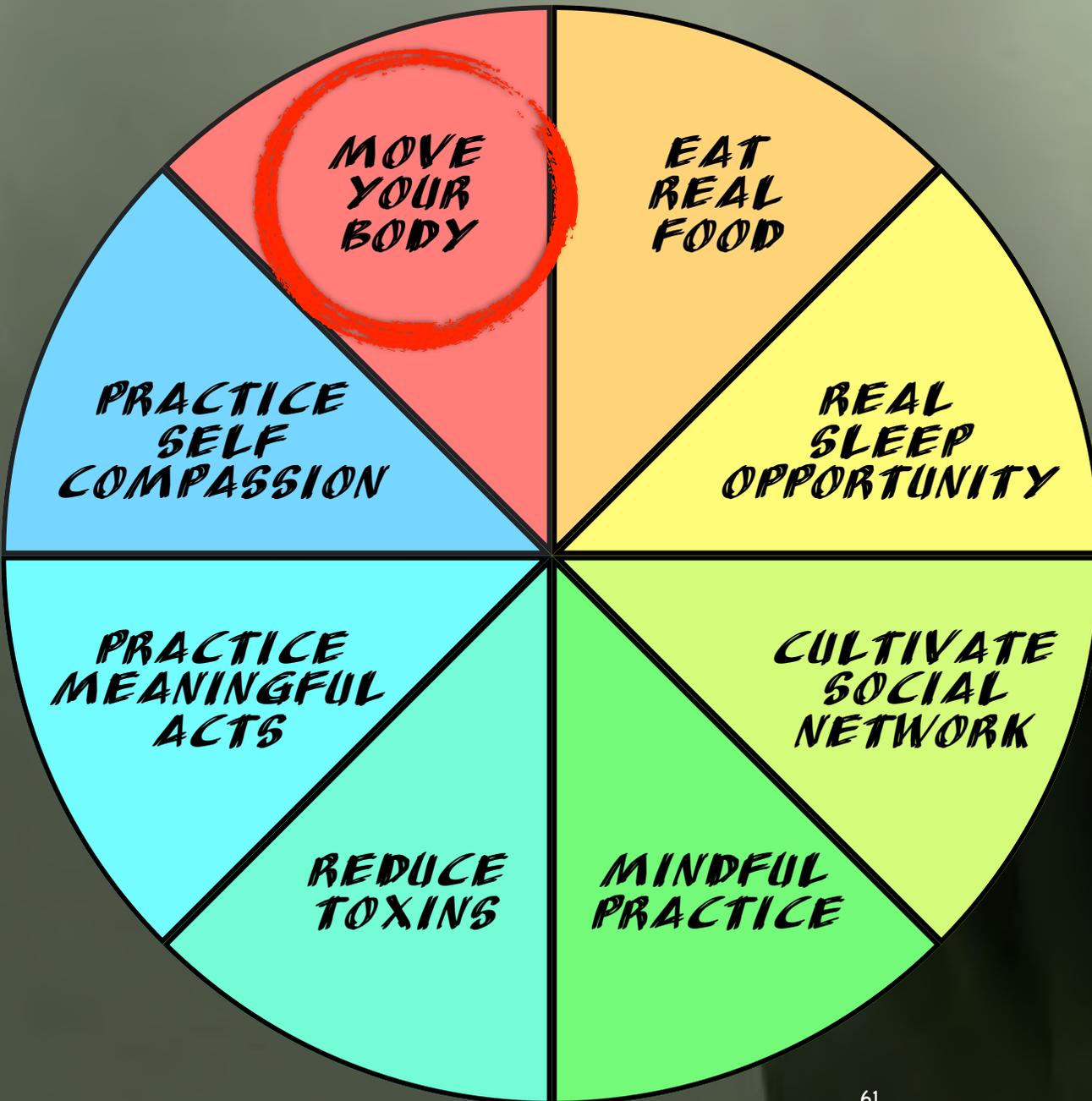


8 Practices for Recovery and a Life Well-Lived

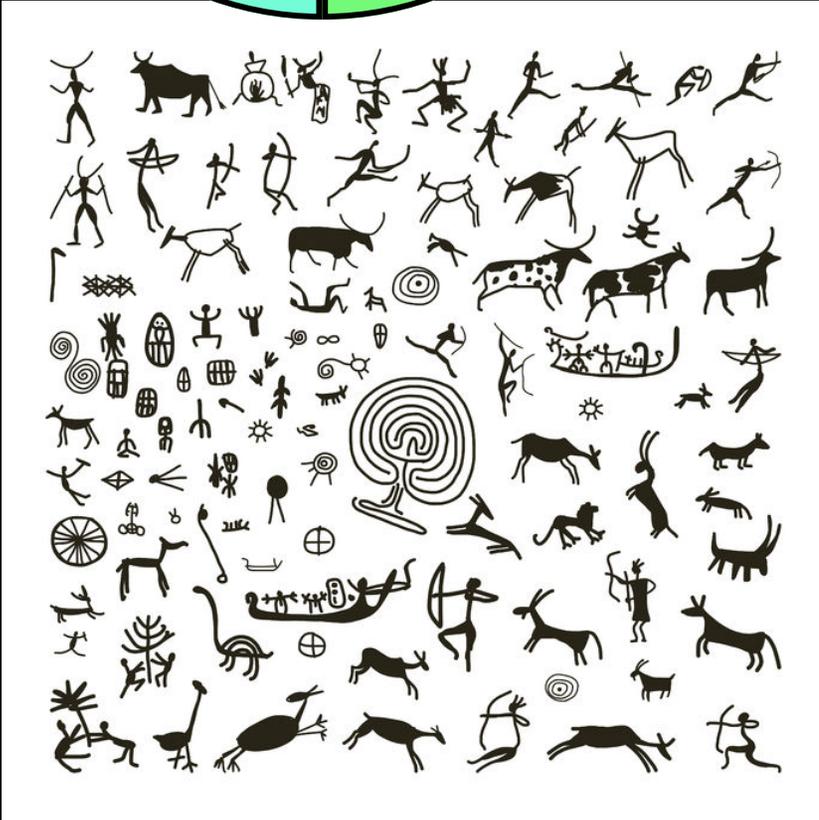
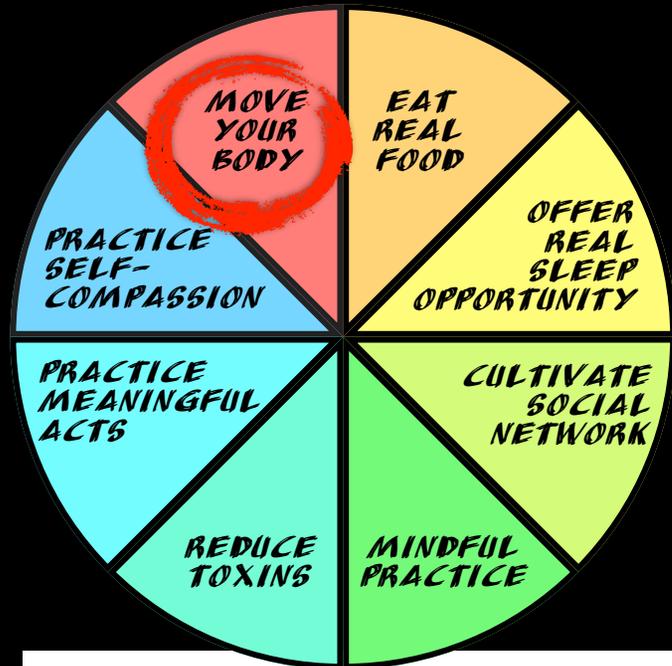
I am a father of three daughters, one from my first marriage, ages 18 and 20. I have been married for more than 33 years, which is astonishingly different than it was 30 years ago. I have gone from being strung out on drugs to being a Full Professor, a husband, and a father of the communities I inhabit. It all began with a fall, and it's a growing, evolving practice. I teach it and I practice it.



Meeting Basic Human Needs



What changed?

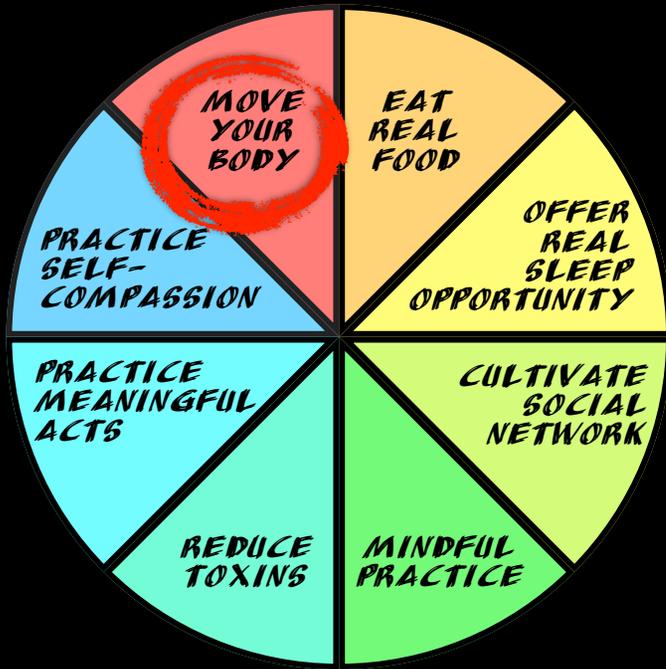


LIKE A HADZA WOMAN

Endurance exercise rescues progeroid aging and induces systemic mitochondrial rejuvenation in mtDNA mutator mice

Adeel Safdar^{a,b,c}, Jacqueline M. Bourgeois^d, Daniel I. Ogborn^e, Jonathan P. Little^a, Bart P. Hettinga^b, Mahmood Akhtar^b, James E. Thompson^f, Simon Melov^g, Nicholas J. Mocellin^b, Gregory C. Kujoth^h, Tomas A. Prolla^h, and Mark A. Tarnopolsky^{b,c,1}





#SeekPatterns

#MakePatterns

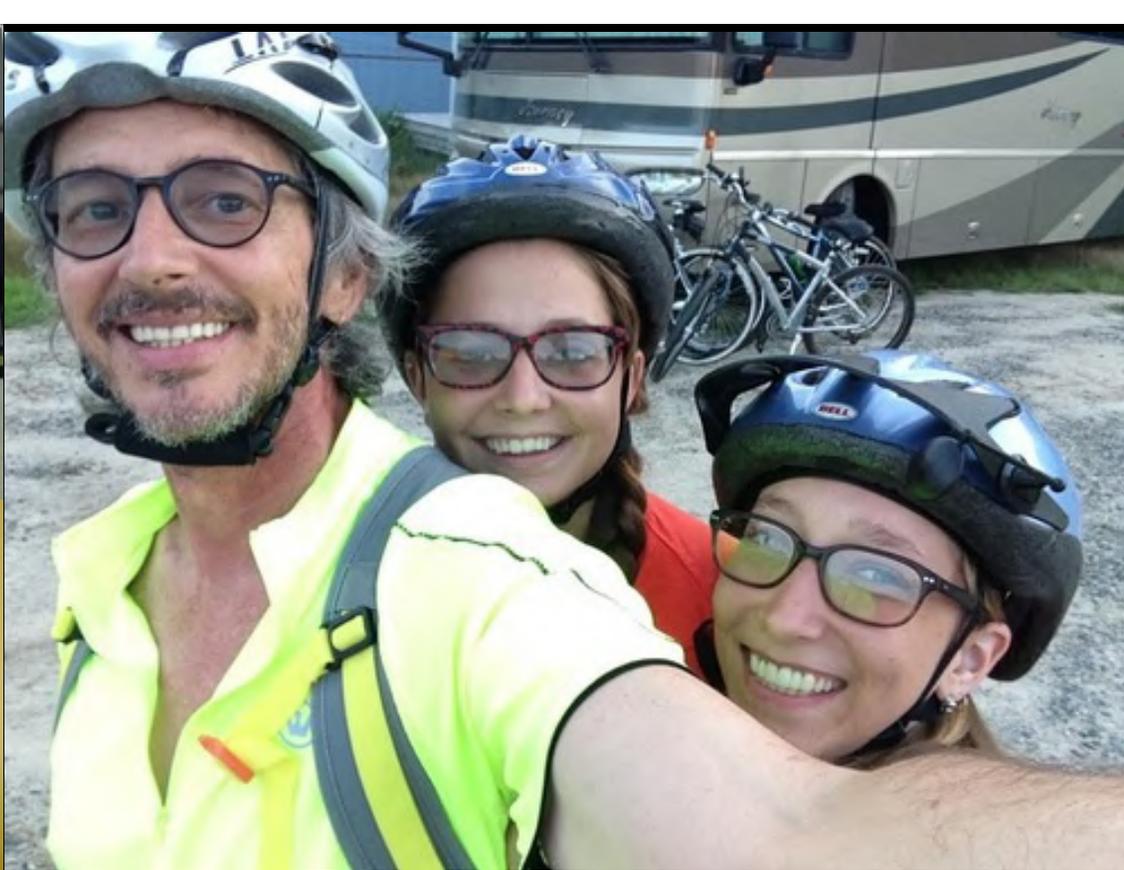


Kelly Wilson
23 hrs · Twitter ·

#deepestkindness #smallthingsmatter 2-Minute Walk May Counter the Harms of Sitting, via @nytimes <http://t.co/PruAjCLI8T>

A 2-Minute Walk May Counter the Harms of Sitting
Even a few minutes per hour of moving instead of remaining in a chair might substantially reduce the risk of premature death.
WELL.BLOGS.NYTIMES.COM

#SmallThingsMatter



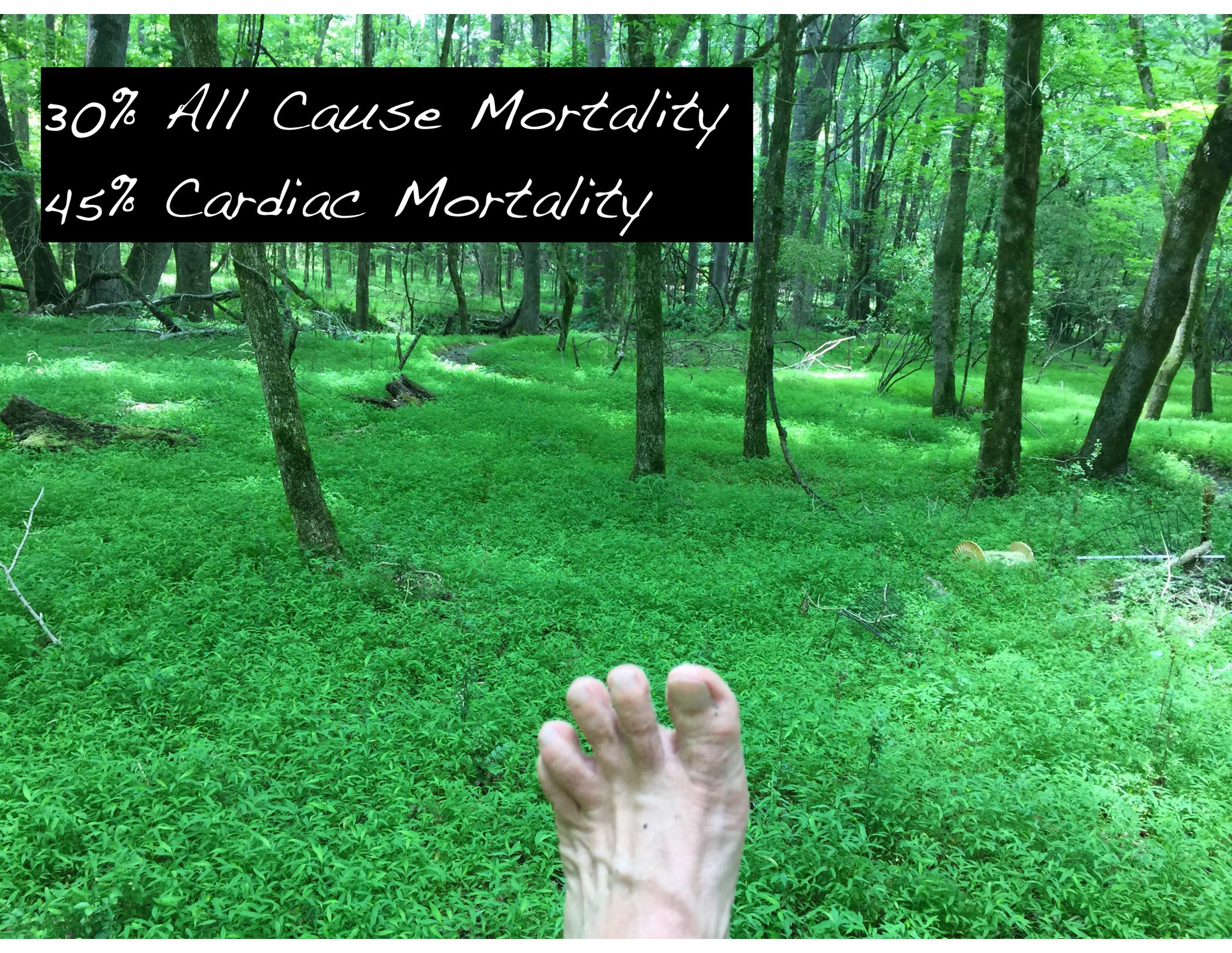
Leisure-Time Running Reduces All-Cause and Cardiovascular Mortality Risk

Duck-chul Lee, PhD,* Russell R. Pate, PhD,† Carl J. Lavie, MD,‡§ Xuemei Sui, MD, PhD,† Timothy S. Church, MD, PhD,§ Steven N. Blair, PED||

Big Differences....
even over 50!
even for smokers!
even for heavy drinkers!
especially chronically ill!



30% All Cause Mortality
45% Cardiac Mortality

















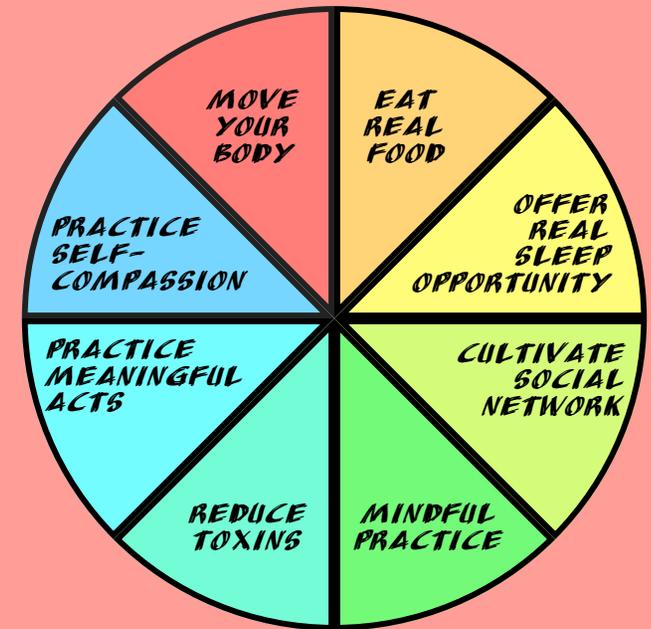
Depression
Anxiety
Psychosis
Stress
Chronic Pain





#MoveYourBody

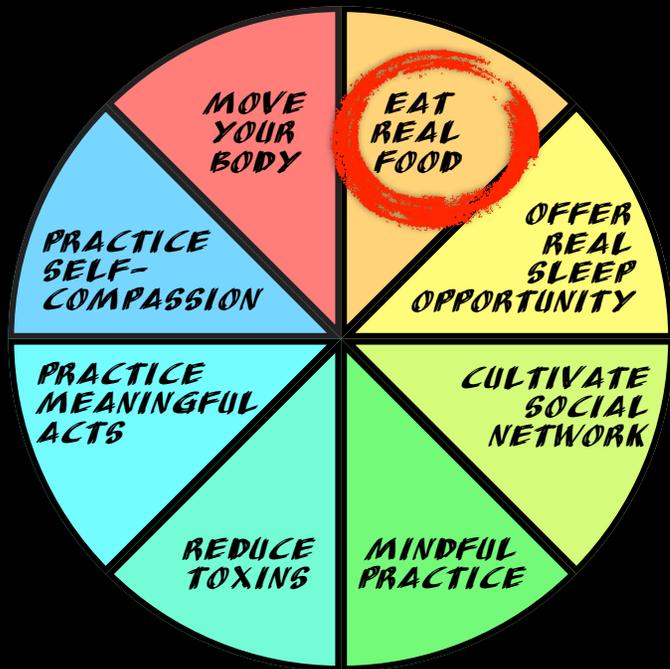
1. count steps
2. take the long way
3. take the stairs
4. park in the furthest space
5. do intervals (HIIT, SIT)
6. do super easy intervals
7. watching TV squat/balance/lifting/twist
8. gentle yoga before you get out of bed
9. disrupt sedentary time-2 minutes!



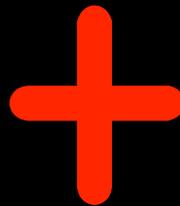
#SeekPatterns #MakePatterns

Meeting Basic Human Needs





What changed?

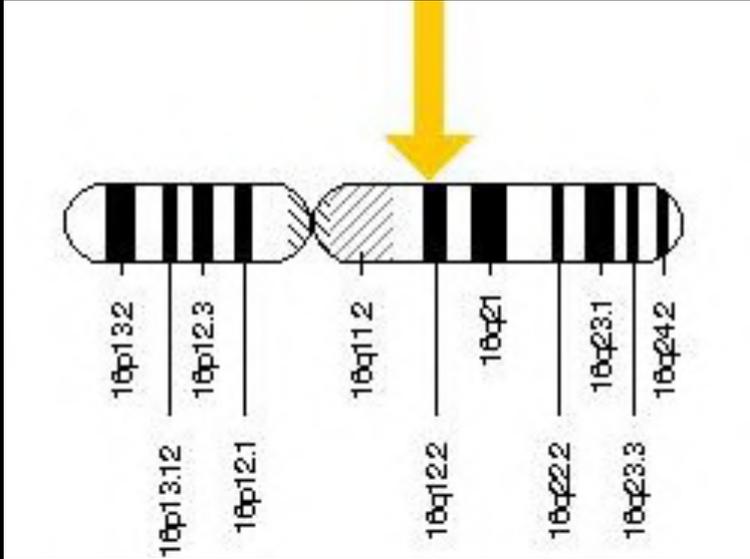


THE "BLISS POINT"

GENES ARE NOT DESTINY



FTO Gene Variant



Framingham Heart Study 1971-2008



Things that should be rare!

sugar

omega 6 oils

Things that should be common!

fiber

nutrients

Things that are not food!

colors

humectants

stabilizers

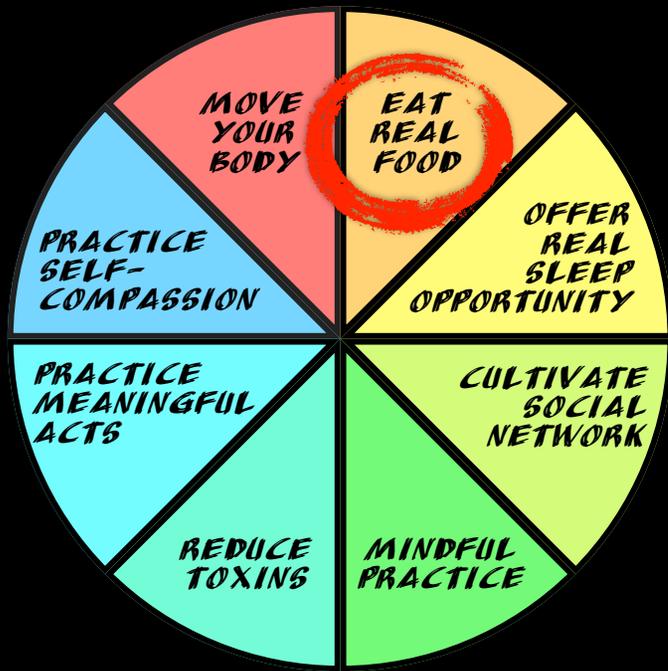
emulsifiers

preservatives

non-caloric sweeteners

A vibrant assortment of fresh vegetables including red bell peppers, tomatoes, cucumbers, eggplants, cauliflower, and leafy greens. The vegetables are arranged on a wooden surface, creating a colorful and healthy scene. An orange banner with a white border is overlaid on the top half of the image, containing text in a black, handwritten-style font.

Michael Pollan
"Eat real food, not too much,
mostly fruits and vegetables."



#SeekPatterns



#MakePatterns

spoil your dinner!



No more than 5 ingredients

#SmallThingsMatter

#EatRealFood

1. stop/reduce processed foods

- a. more fiber
- b. reduce refined carbs
- c. reduce added sugar/sweeteners
- d. improve fat intake
 - a. ~~transfats, Ω 6 seed oils, fruit oils, fatty fish~~

2. chose brand with few ingredients <5 (only food)

3. eat from small plates

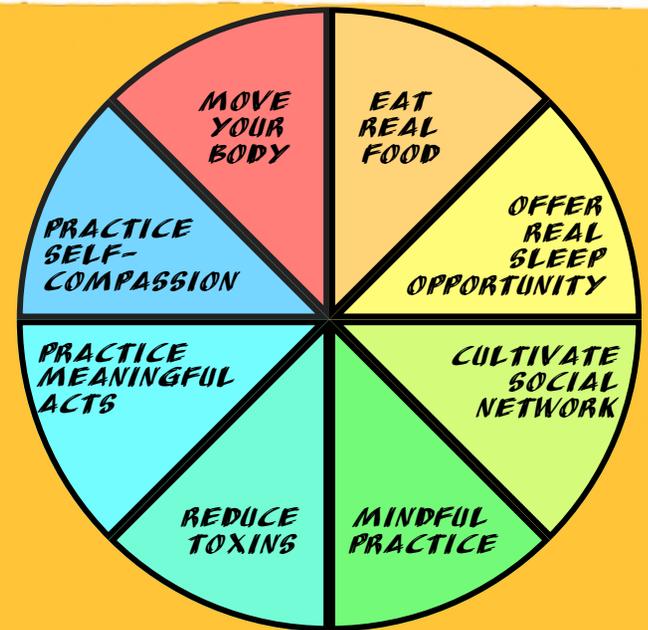
4. eat together & talk

5. drink water between bites

6. eat your veggies first

7. eat an apple before dinner

8. eat last meal 2-3 hour before bed



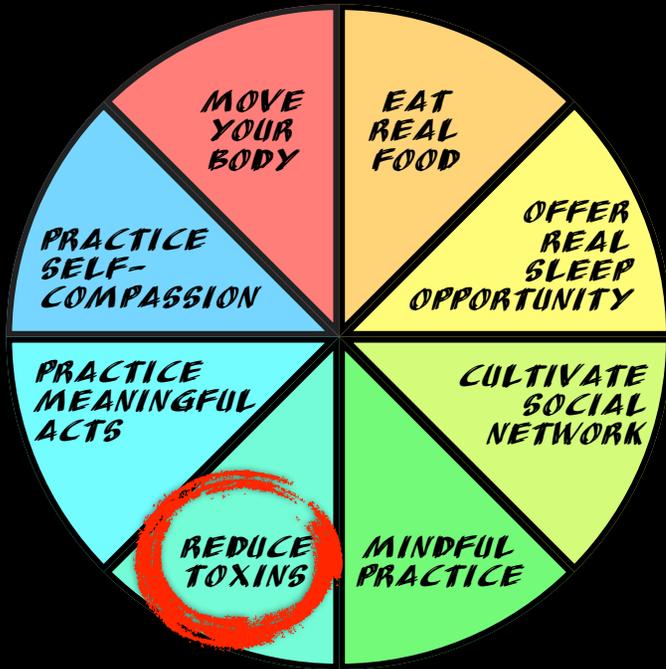
#SeekPatterns

#MakePatterns

Meeting Basic Human Needs



What changed?



many, many
thousands of new
molecules



Learning from animal models of illness



A tale of two mice

PUBLIC BROADCASTING SYSTEM

#SmallThingsMatter

These Two Mice are Genetically Identical and the Same Age



While pregnant, both of their mothers were fed Bisphenol A (BPA) but DIFFERENT DIETS:

The mother of this mouse received a **normal mouse diet**

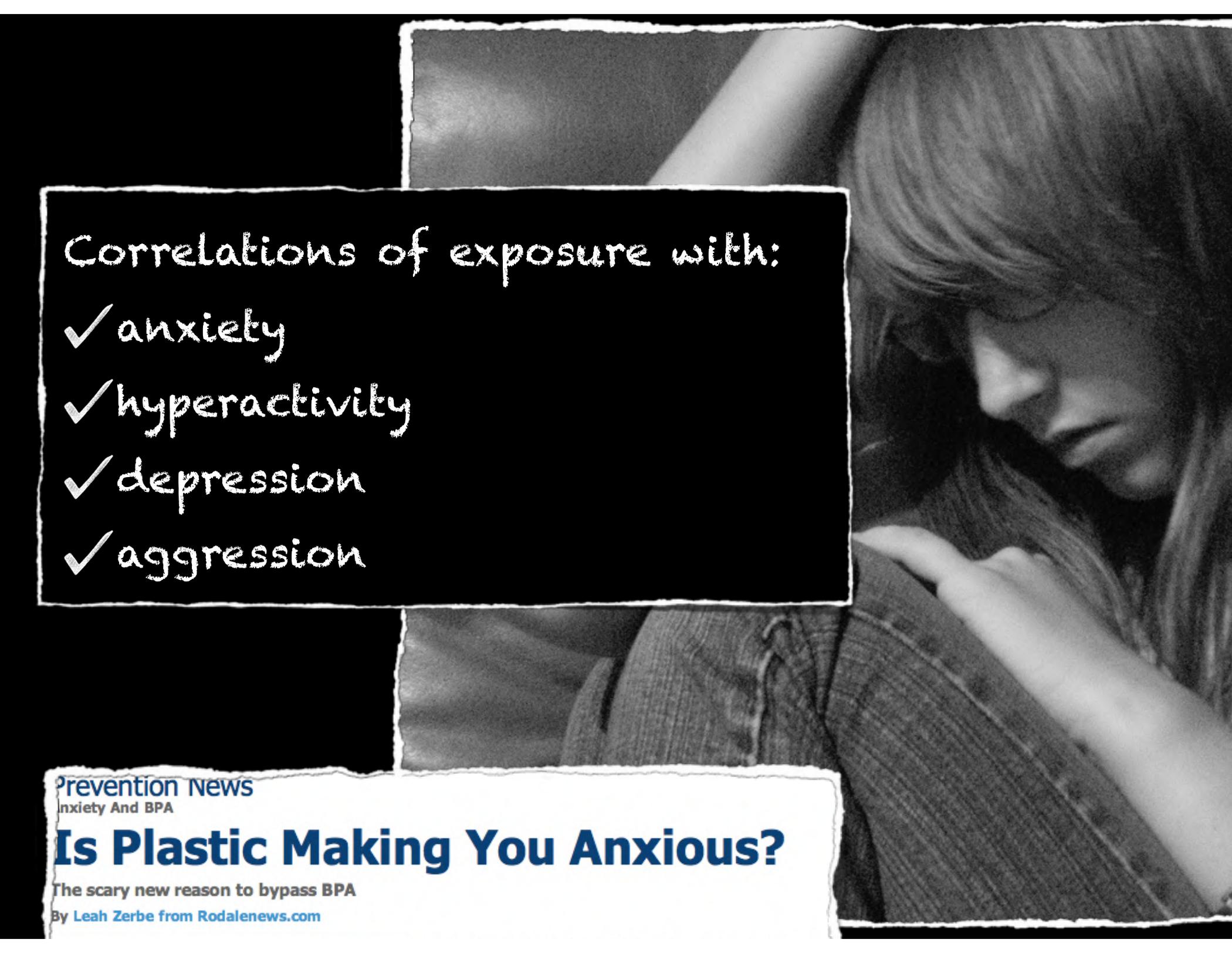
The mother of this mouse received a diet **supplemented** with choline, folic acid, betaine and vitamin B12

**Genes
&
Diet
&
Toxins**

PUBLIC BROADCASTING SYSTEM

Bisphenol-A (BPA)

methylation



Correlations of exposure with:

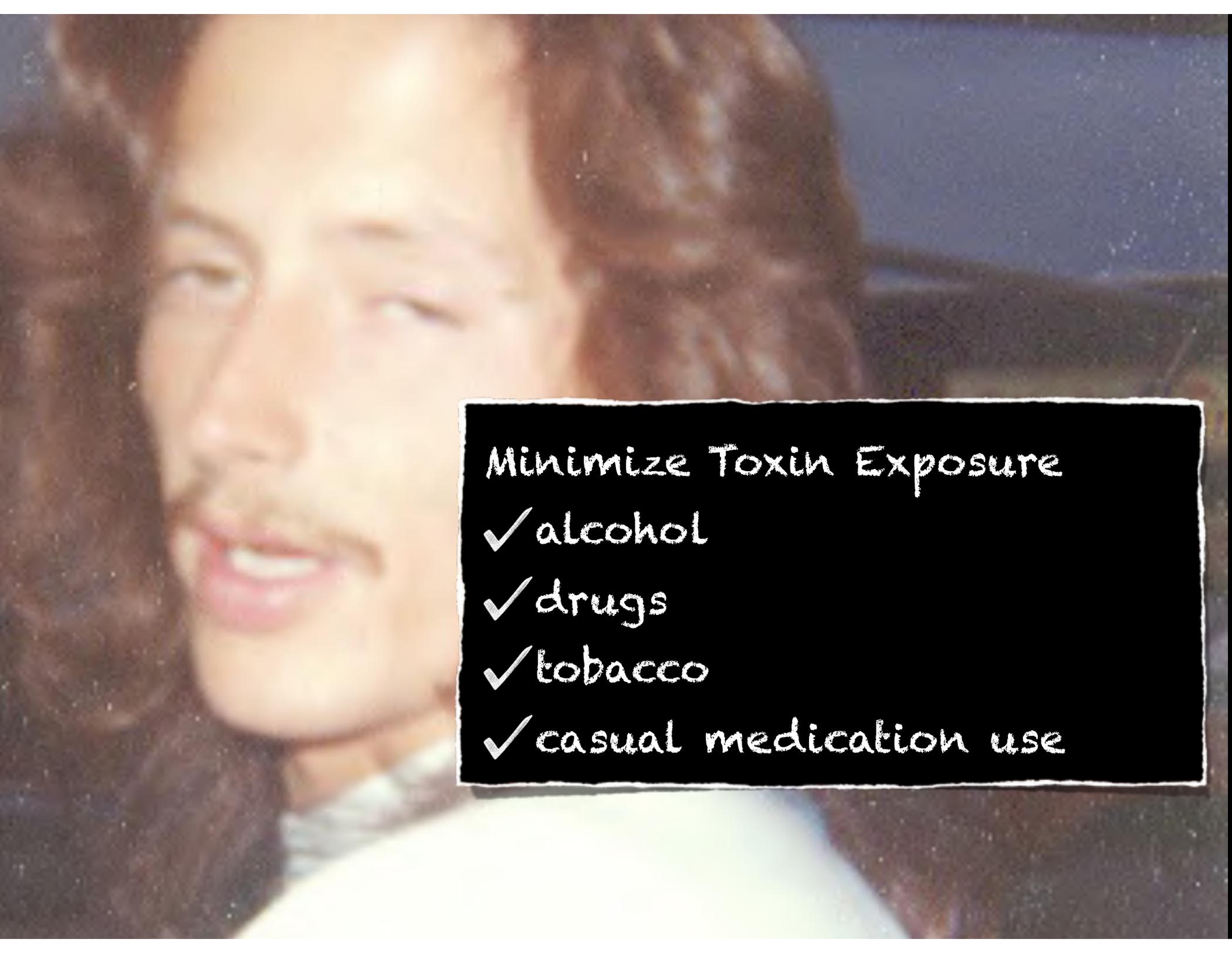
- ✓ anxiety
- ✓ hyperactivity
- ✓ depression
- ✓ aggression

Prevention News
Anxiety And BPA

Is Plastic Making You Anxious?

The scary new reason to bypass BPA

By Leah Zerbe from Rodalenews.com



Minimize Toxin Exposure

- ✓ alcohol
- ✓ drugs
- ✓ tobacco
- ✓ casual medication use



Exposure to Social Toxins

- ✓ Social isolation
- ✓ social hostility
- ✓ negative social comparison

Students in high-achieving schools are now named an 'at-risk' group, study says

By Jennifer Breheny Wallace

September 26 at 3:00 PM Poland Time

2-3X

WASHINGTON POST



THE SERT GENE

&

SOCIAL TOXINS



gs289

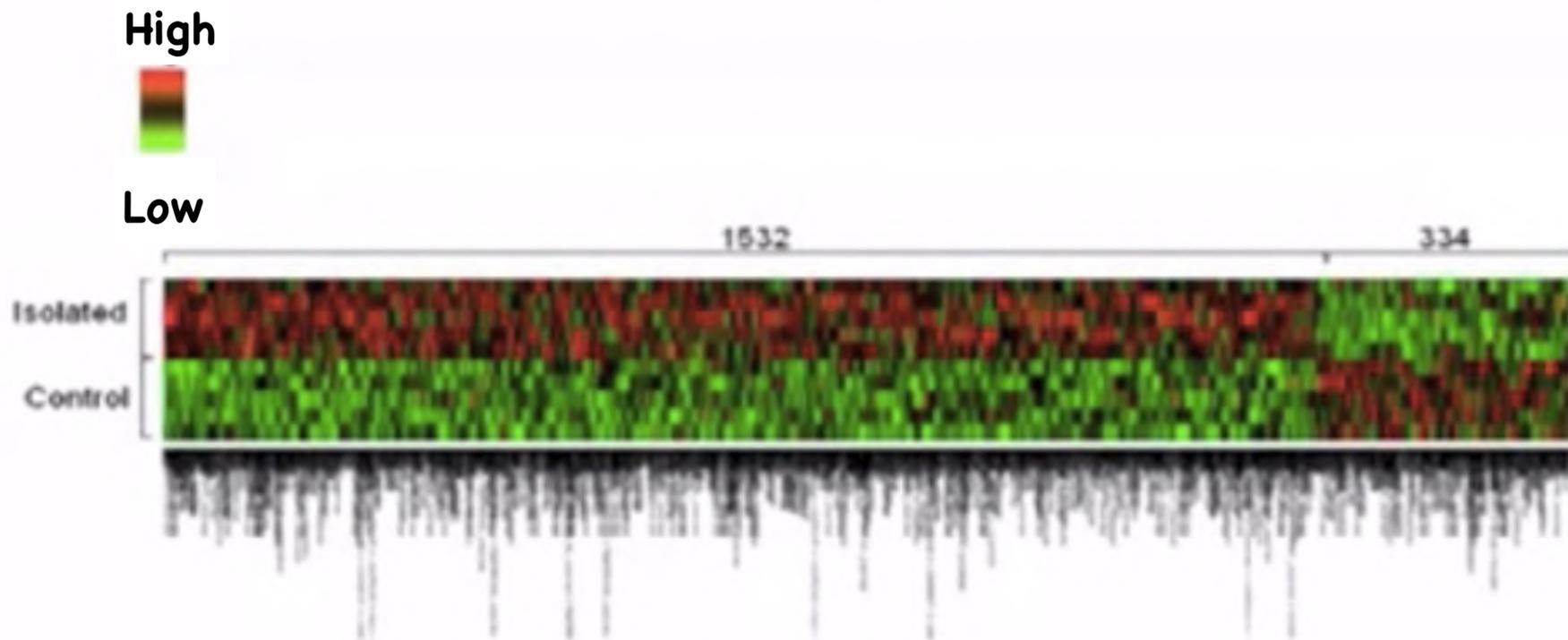
You have one short form 5-HTTLPR.

Steven Cole and Social Genomics



Steven Cole and Social Genomics

Social isolation



“This is what a cell is about. A cell,” he said, “is a machine for turning experience into biology.”

STEVEN COLE IN AN INTERVIEW WITH DAVID DOBBS

“Every day, as our cells die off, we have to replace one to two percent of our molecular being.

We are constantly building and re-engineering new cells.

And that regeneration is driven by the contingent nature of gene expression.”

STEVEN COLE IN AN INTERVIEW WITH DAVID DOBBS

“Your experiences today will influence the molecular composition of your body for the next two to three months, or, perhaps, for the rest of your life.”

STEVEN COLE IN AN INTERVIEW WITH DAVID DOBBS

“Plan your day accordingly.”

STEVEN COLE IN AN INTERVIEW WITH DAVID DOBBS

#DetoxYourLife

#SeekPatterns

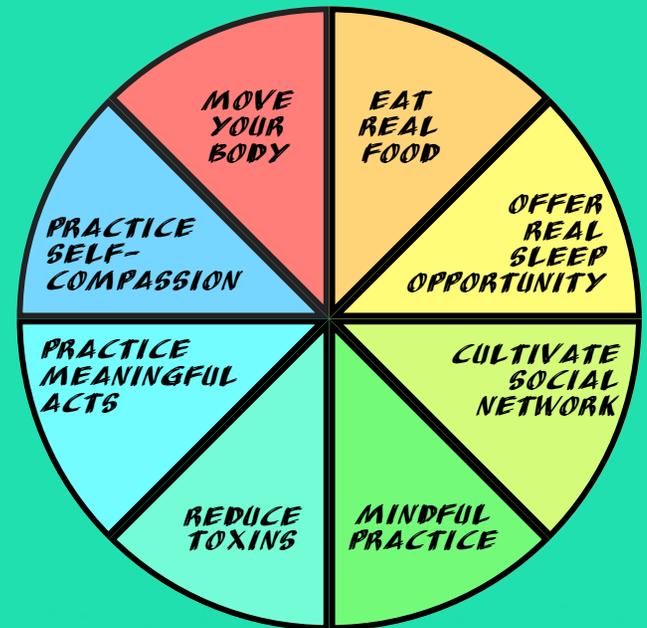
#MakePatterns

chemical toxins

1. reduce/replace
2. limit unnecessary medications
3. limit drugs/alcohol/tobacco/environmental toxins/
endocrine disruptors

social toxins

4. find hostility/reduce exposure
5. unfriend a few people
6. find isolation/disrupt pattern
7. be mindful of social comparison



#MATERECZYMAJAZNACZENIE

Everything interacts

Wszystko wpływa na siebie

#SCHEMATYMAJAZNACZENIE

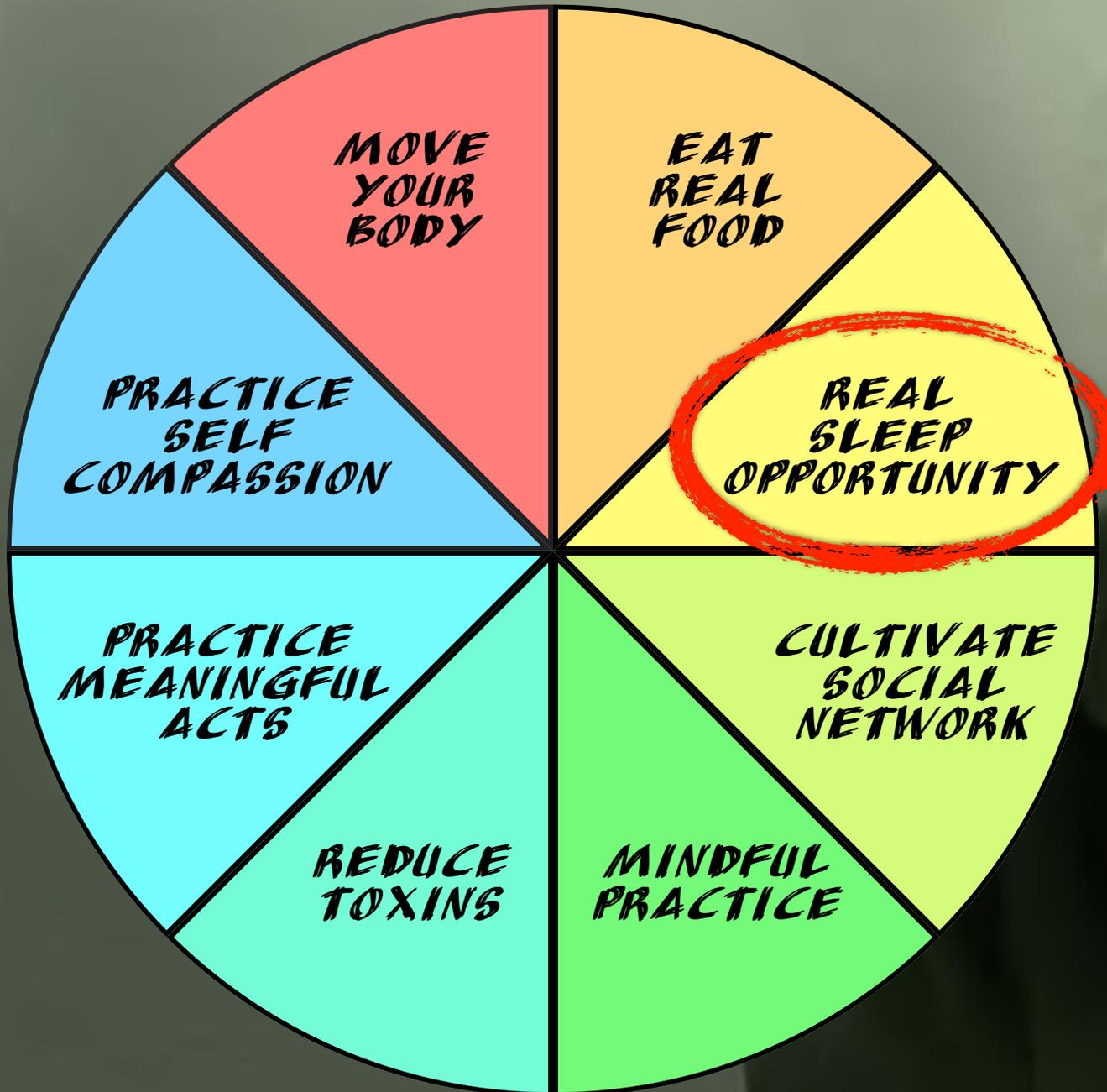
Small things matter

#SCHEMATYMAJAZNACZENIE #MATERECZYMAJAZNACZENIE

#SCHEMATYMAJAZNACZENIE

#MATERECZYMAJAZNACZENIE

Meeting Basic Human Needs



What changed?

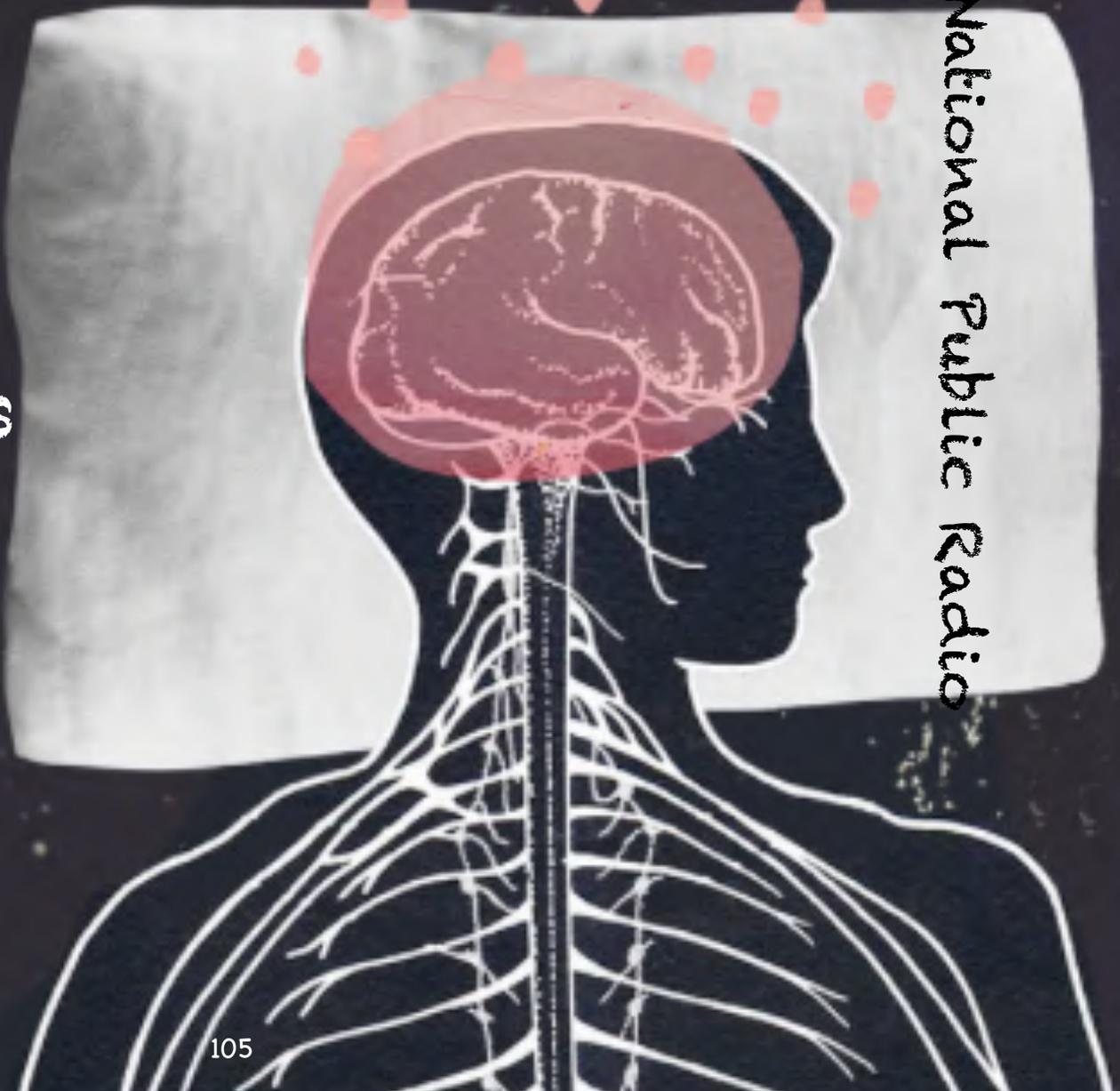


TOXINS

Brains Sweep
Themselves
Clean Of Toxins
During Sleep

by Jon Hamilton

National Public Radio





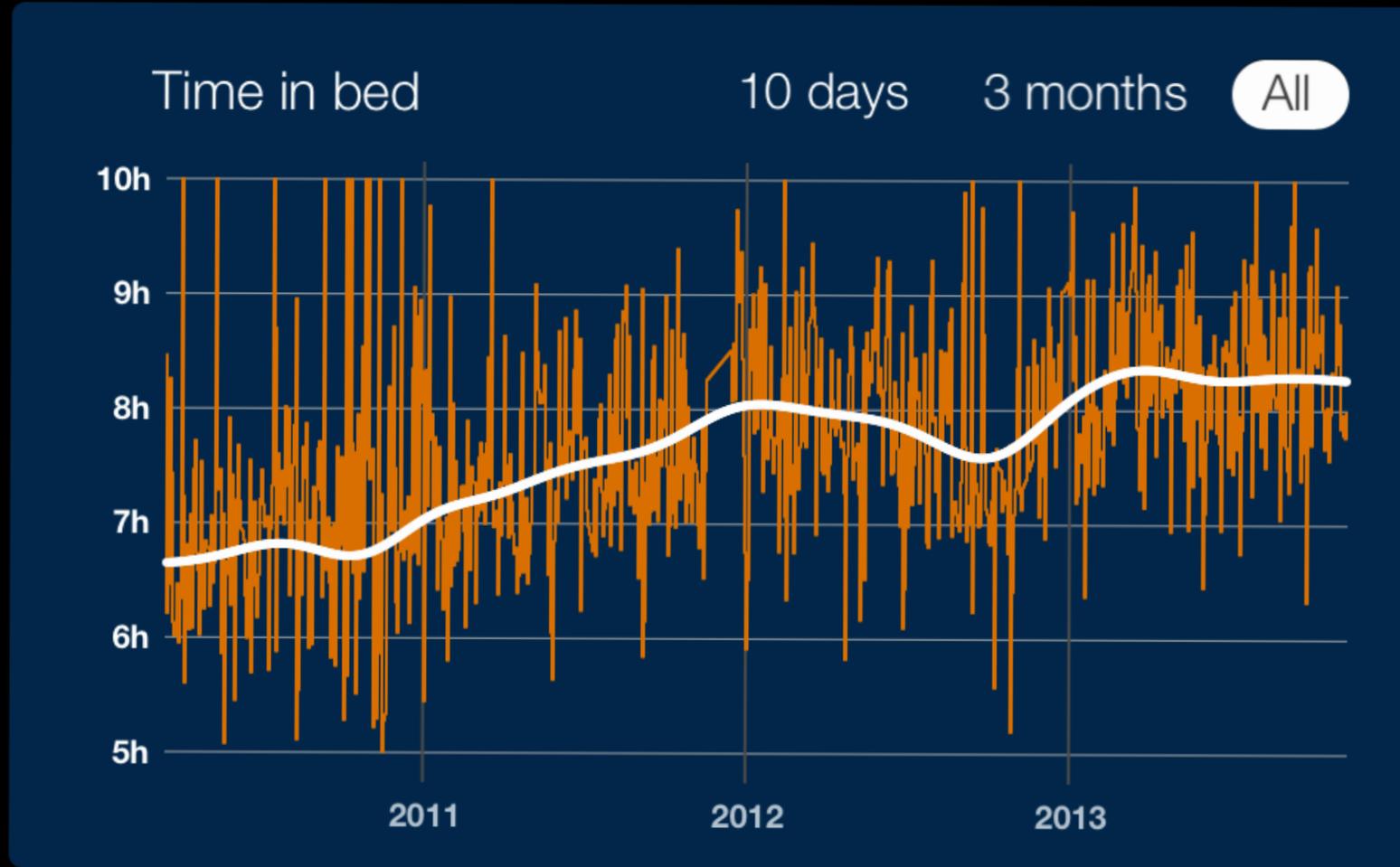
Sleep Cycle

Kelly's Bedtime



sleep opportunity

Kelly's Bedtime

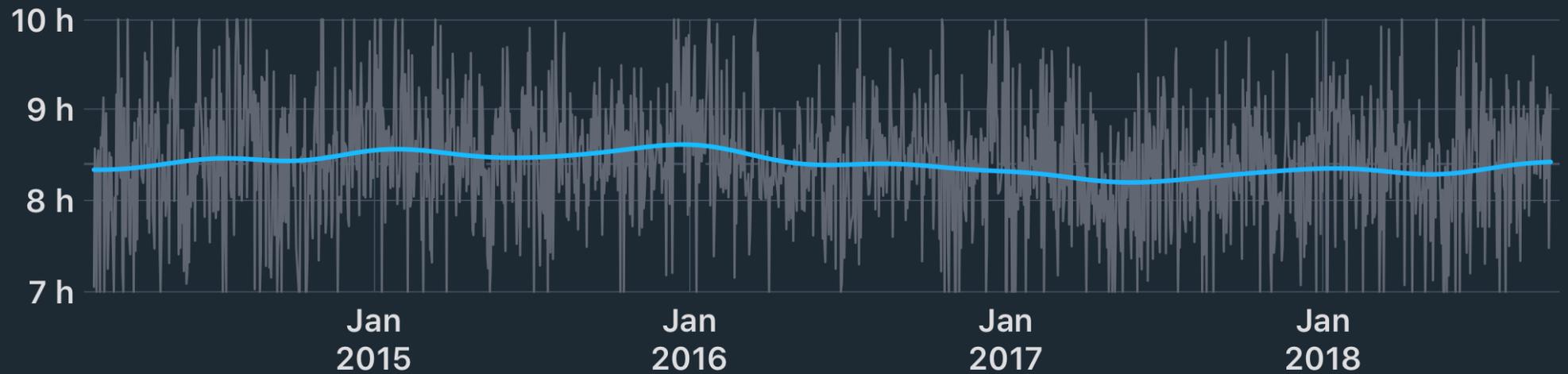


•••••

sleep opportunity

Kelly's Bedtime

Time in bed



 Email

 Twitter

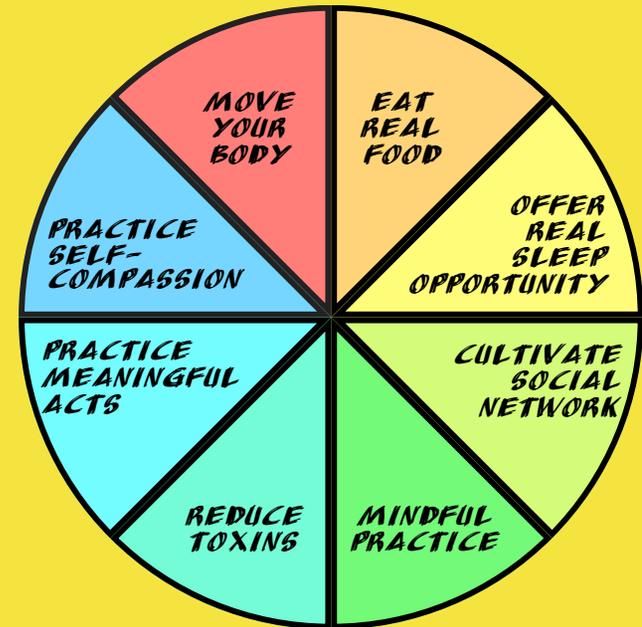
 Facebook

Your average: 8:24

sleep opportunity

#RealSleepOpportunity

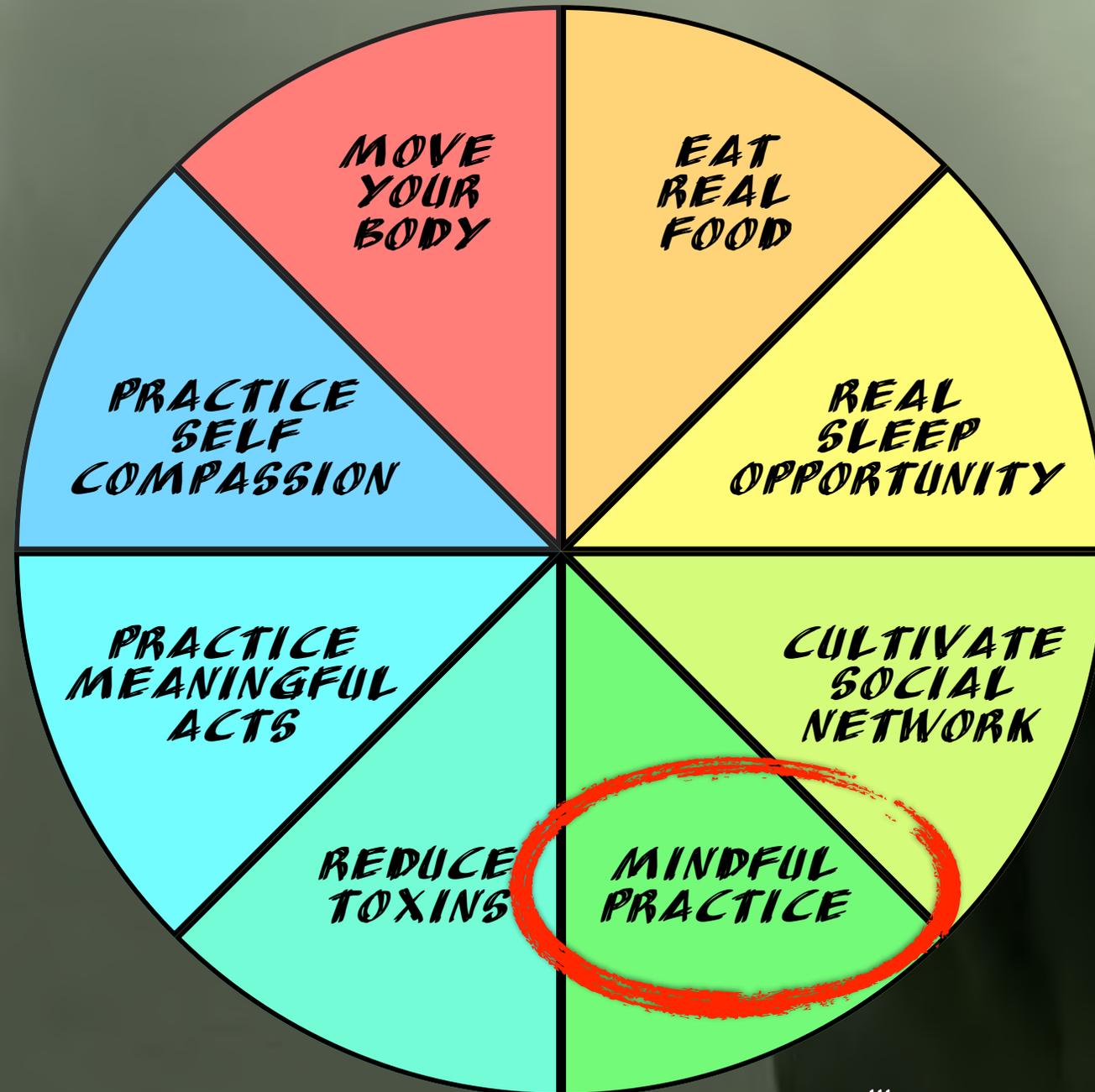
1. a cool room will help
2. dark quiet space
3. cut caffeine after noon
4. cut alcohol near bedtime
5. last meal 2-3 hours before bed
6. sleep regular hours (especially awakening time)
7. planned sleep opportunity (7-8 hours sleep or rest)
8. regular wind-down 30-45 minutes (think routine)
dim lights/screens, nothing cognitive
9. let go of struggle - count breaths to 6, rinse/repeat

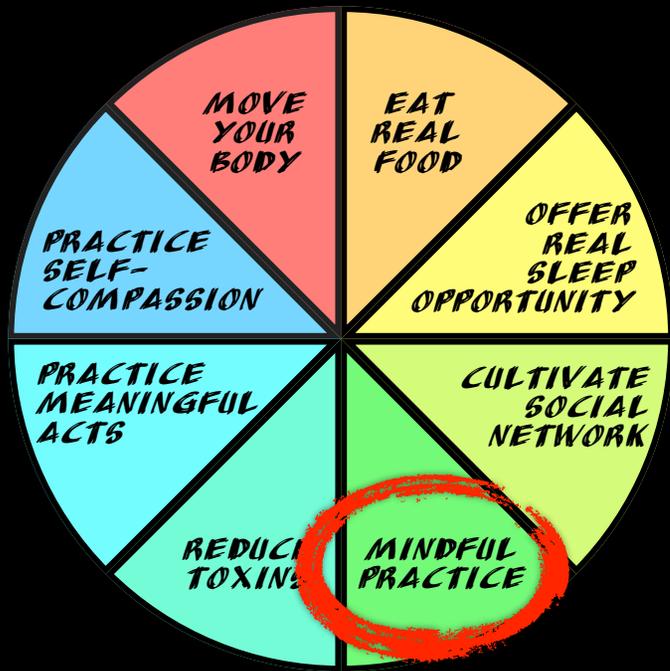


#SeekPatterns #MakePatterns

From Guy Meadows, The Sleep Book

Meeting Basic Human Needs





What changed?



retirement, my kids

nukes, terrorism, politicians!

Antibiotic resistant bacteria!

If you cant imagine it GOOGLE IT

Change Your Behavior
Change Your Brains
Change Your Genes

OPEN ACCESS Freely available online

 PLOS ONE

Genomic Counter-Stress Changes Induced by the Relaxation Response

Jeffery A. Dusek^{1,2,3,6}, Hasan H. Otu^{3,4}, Ann L. Wohlhueter¹, Manoj Bhasin^{3,4}, Luiz F. Zerbini^{3,4}, Marie G. Joseph⁴, Herbert Benson^{1,3,5*}, Towia A. Libermann^{3,4*}

OPEN ACCESS Freely available online

 PLOS ONE

Relaxation Response Induces Temporal Transcriptome Changes in Energy Metabolism, Insulin Secretion and Inflammatory Pathways

Manoj K. Bhasin^{1,4,5}, Jeffery A. Dusek⁶, Bei-Hung Chang^{7,8}, Marie G. Joseph⁵, John W. Denninger^{1,2}, Gregory L. Fricchione^{1,2}, Herbert Benson^{1,3}, Towia A. Libermann^{1,4,5*}



my favorite mindfulness practice

beginning at age 55



**SMALL THINGS
MATTER**

gentle yoga for special needs

#MindfulPractice

1. mindfulness meditation

try an app like "insight timer"

2. relaxation training

3. tai chi, qi gong

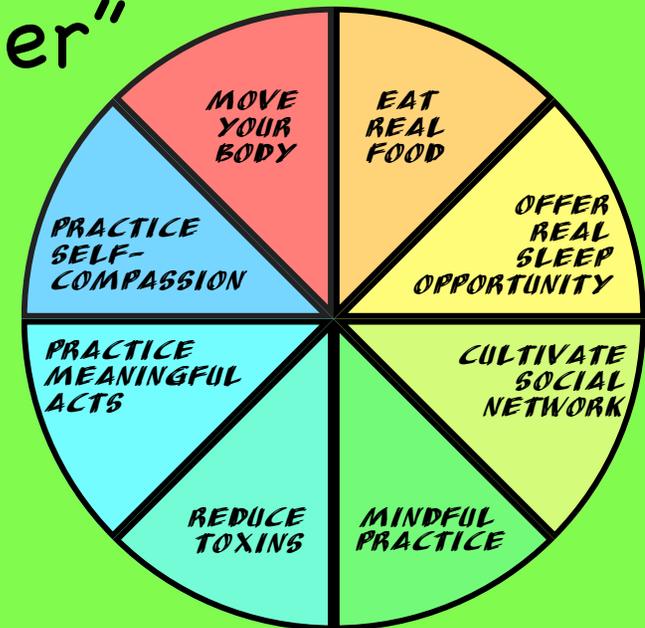
4. yoga

5. body scan

6. go sit in an empty church

7. walk in nature

8. go fishing

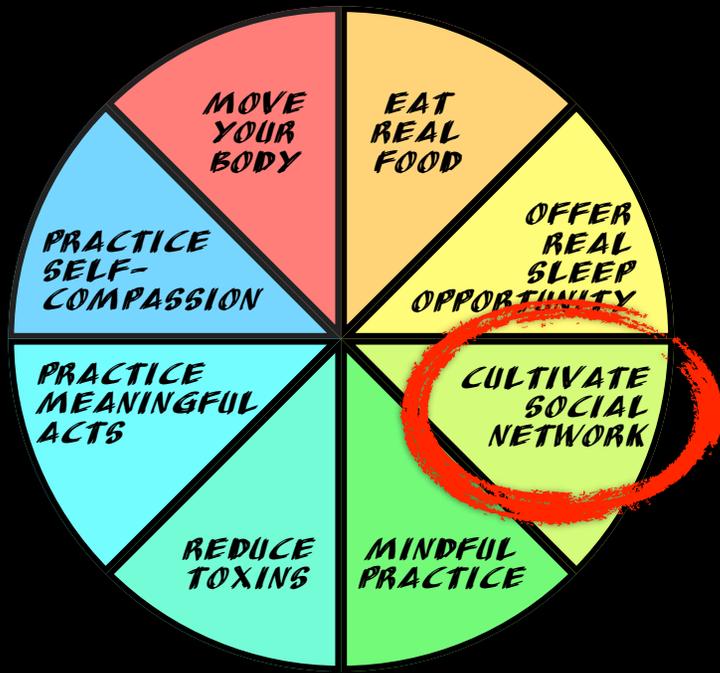


#SeekPatterns

#MakePatterns

Meeting Basic Human Needs





What changed?

Never in human history
so many lived alone.

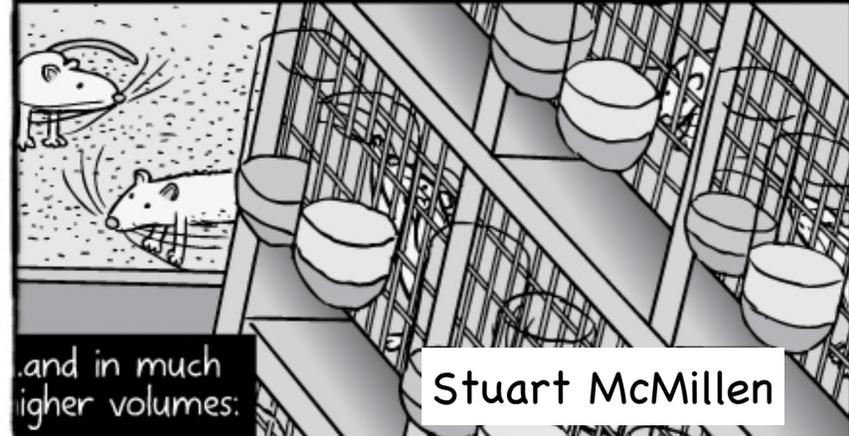
Never so much access
to social toxins.

Modeling Depression, Anxiety, Addiction

social stressors

- social isolation
- social hostility

The isolated cage rats began drinking the morphine
earlier than the Rat Park rats...



cage consumption
was up to 19x higher than
Rat Park at certain dosages.

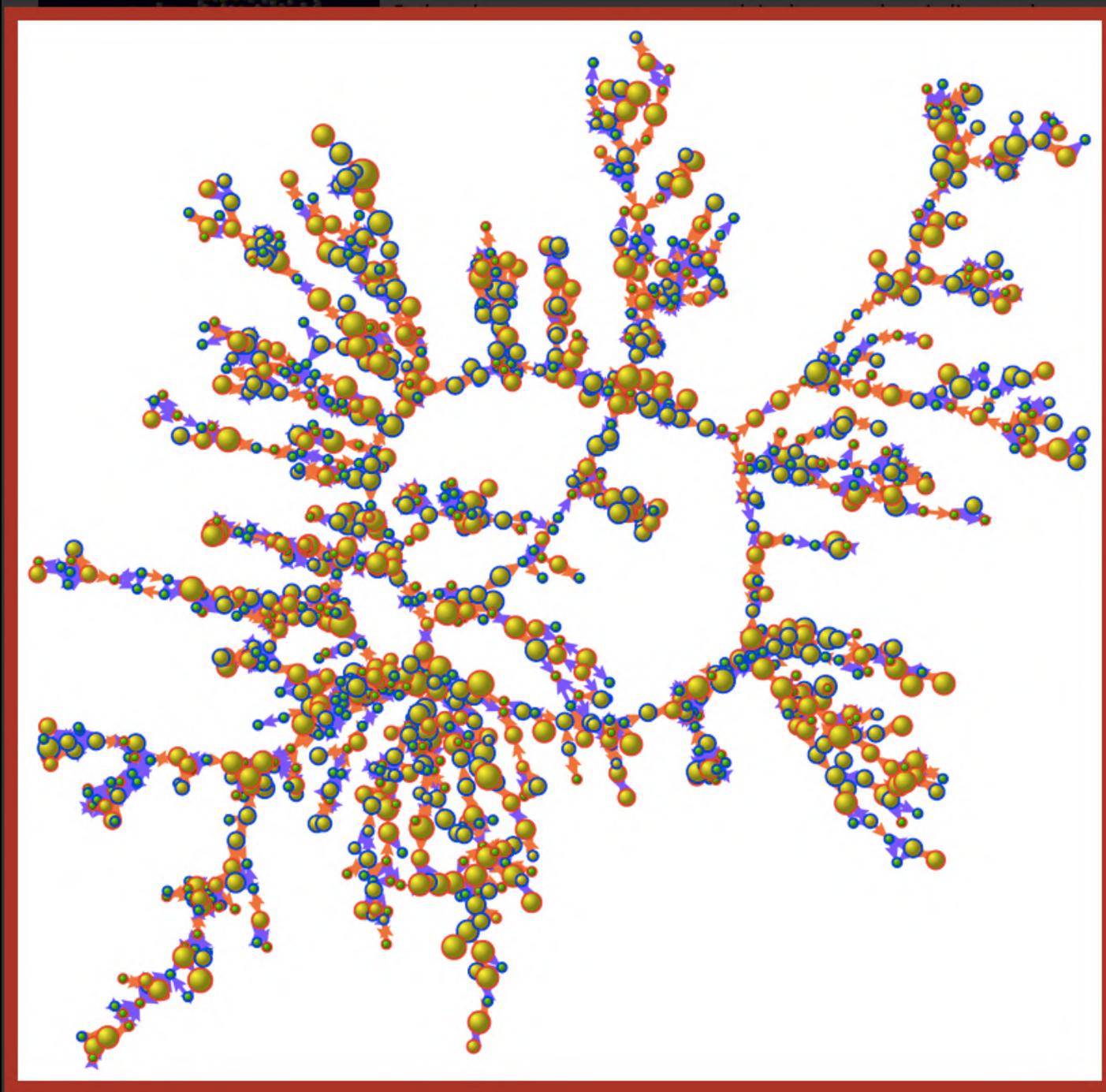


We are social mammals too!

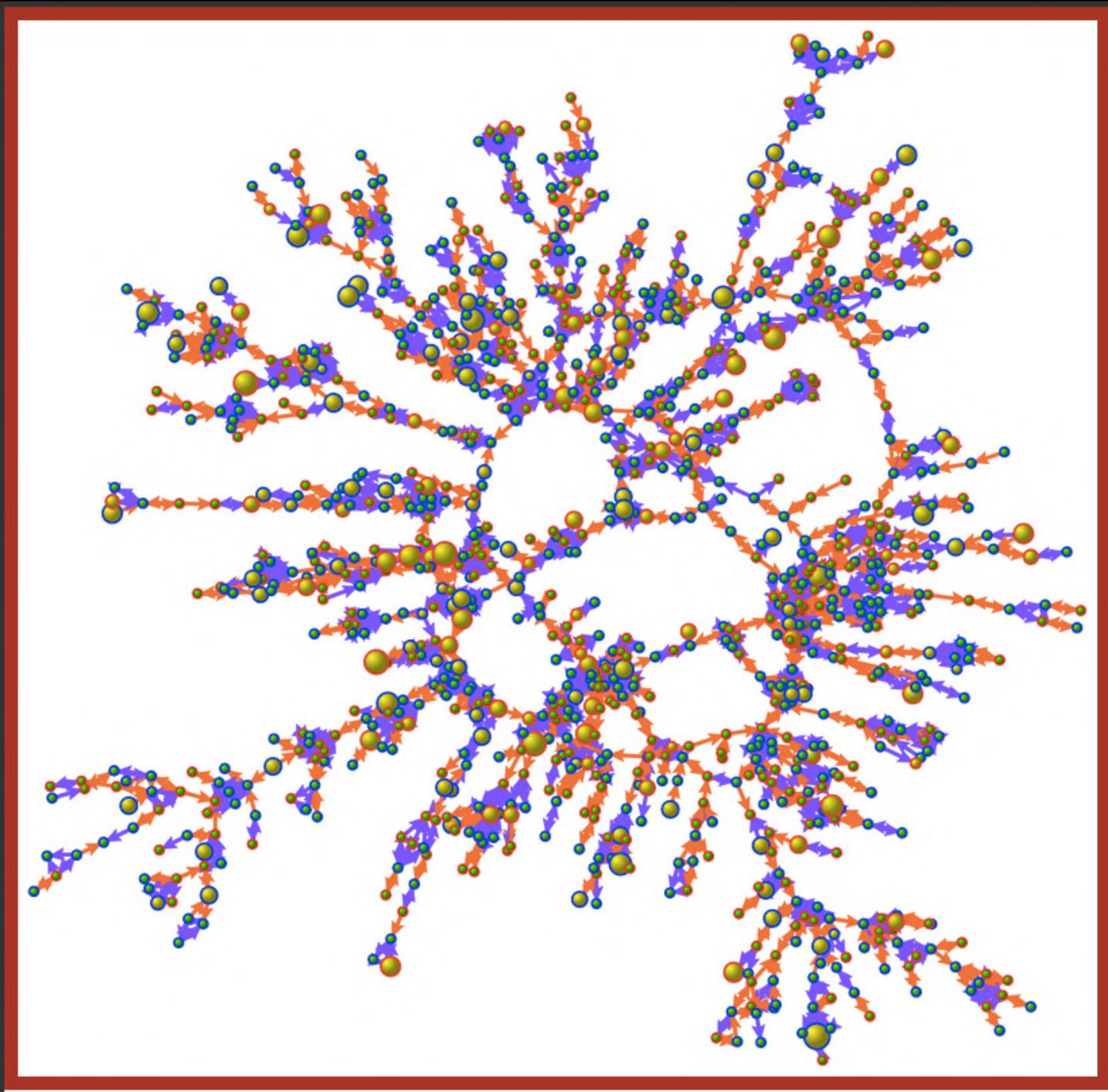
*inclusion is
a basic human
need*







Christakis smoking network in 1971



Christakis smoking network in 2000



Journey

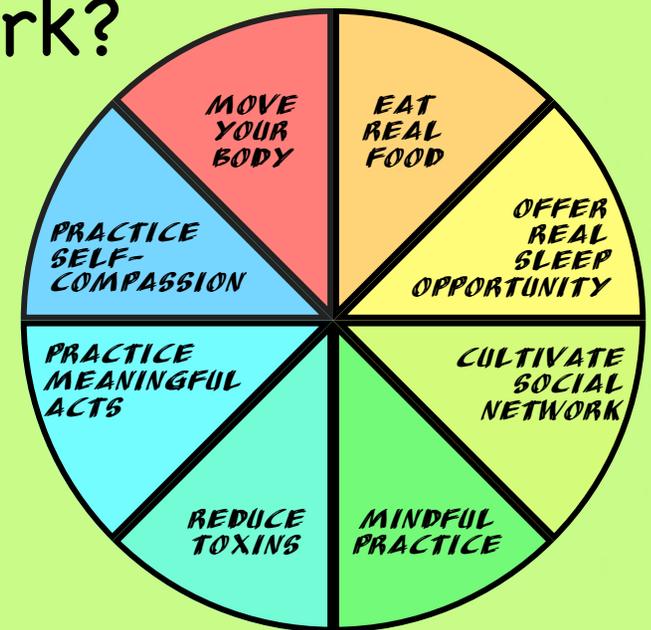


A top-down view of a group of people sitting in a circle on a brown, textured carpet. In the center of the circle lies a white rectangular sign with red handwritten text. The sign reads "QUI, NOI, ORA" on the top line and "HERE, WE, NOW" on the bottom line. The people's legs and feet are visible around the perimeter of the circle, with various clothing items like jeans, floral leggings, and striped pants. Some people have red nail polish on their toenails. The lighting is soft and even, highlighting the texture of the carpet and the details of the clothing and feet.

QUI, NOI, ORA
HERE, WE, NOW

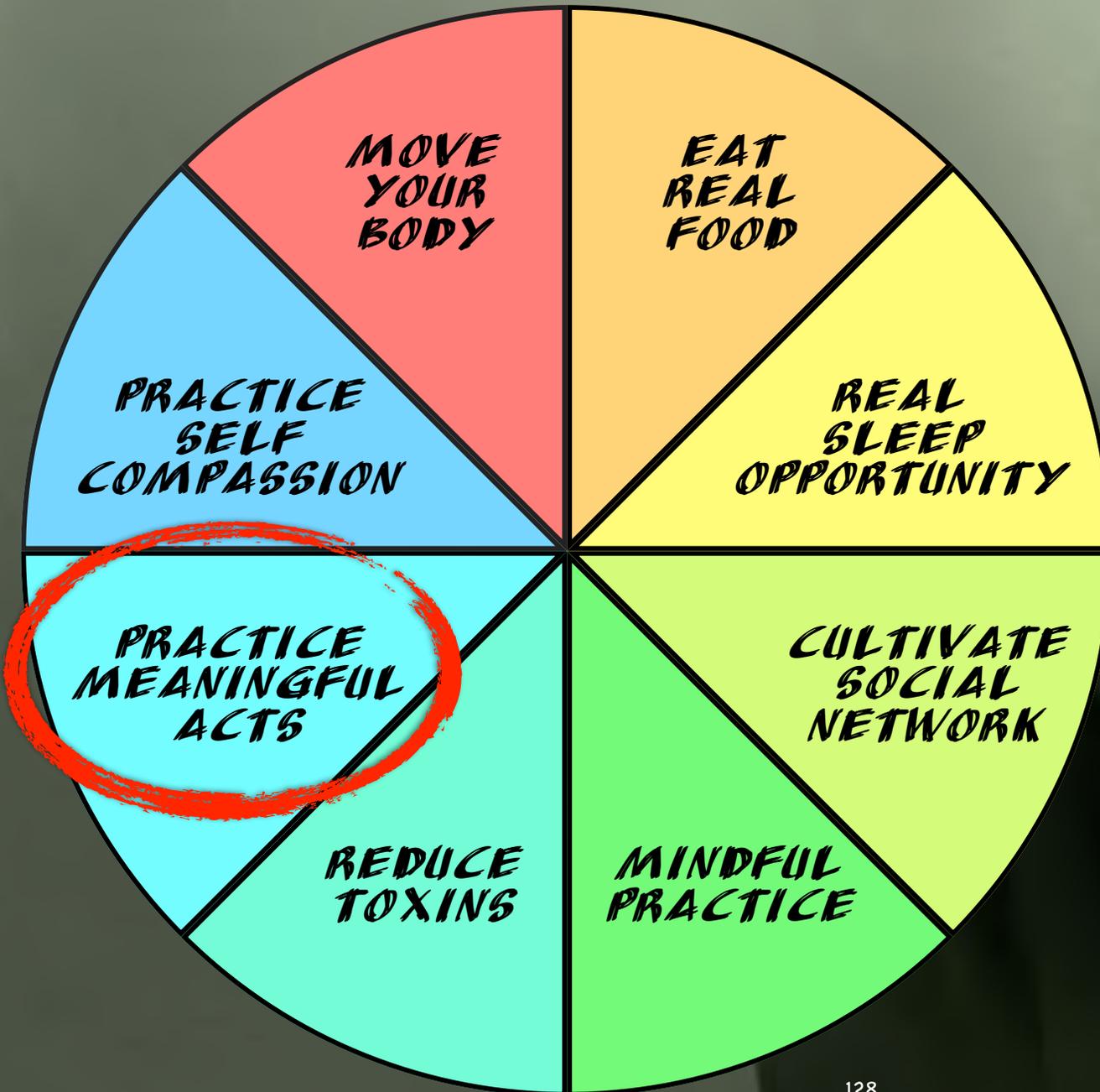
#SocialNetMatters

1. begin your day with 2 questions:
have I cultivated my network?
what did I add into the network?
2. offer small appreciations
3. reach out to someone left out
4. reach out to an old friend
5. forgive someone
6. add kindness to daily encounters
7. if today were your last chance?
8. sit on your hands



#SeekPatterns #MakePatterns

Meeting Basic Human Needs



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MAN'S SEARCH FOR MEANING VIKTOR E. FRANKL

WITH A NEW FOREWORD BY
HAROLD S. KUSHNER



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IN PRINT
WORLDWIDE

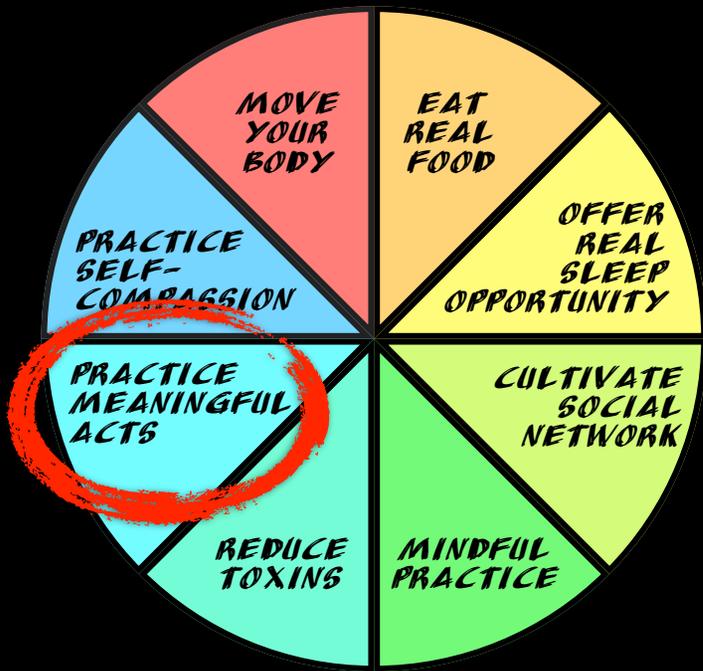
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Viktor Emil Frankl



Born	26 March 1905 Leopoldstadt, Vienna
Died	2 September 1997 (aged 92) Vienna
Resting place	Zentralfriedhof
Nationality	Austrian
Known for	Logotherapy, Existential Analysis
Religion	Jewish (Judaism)



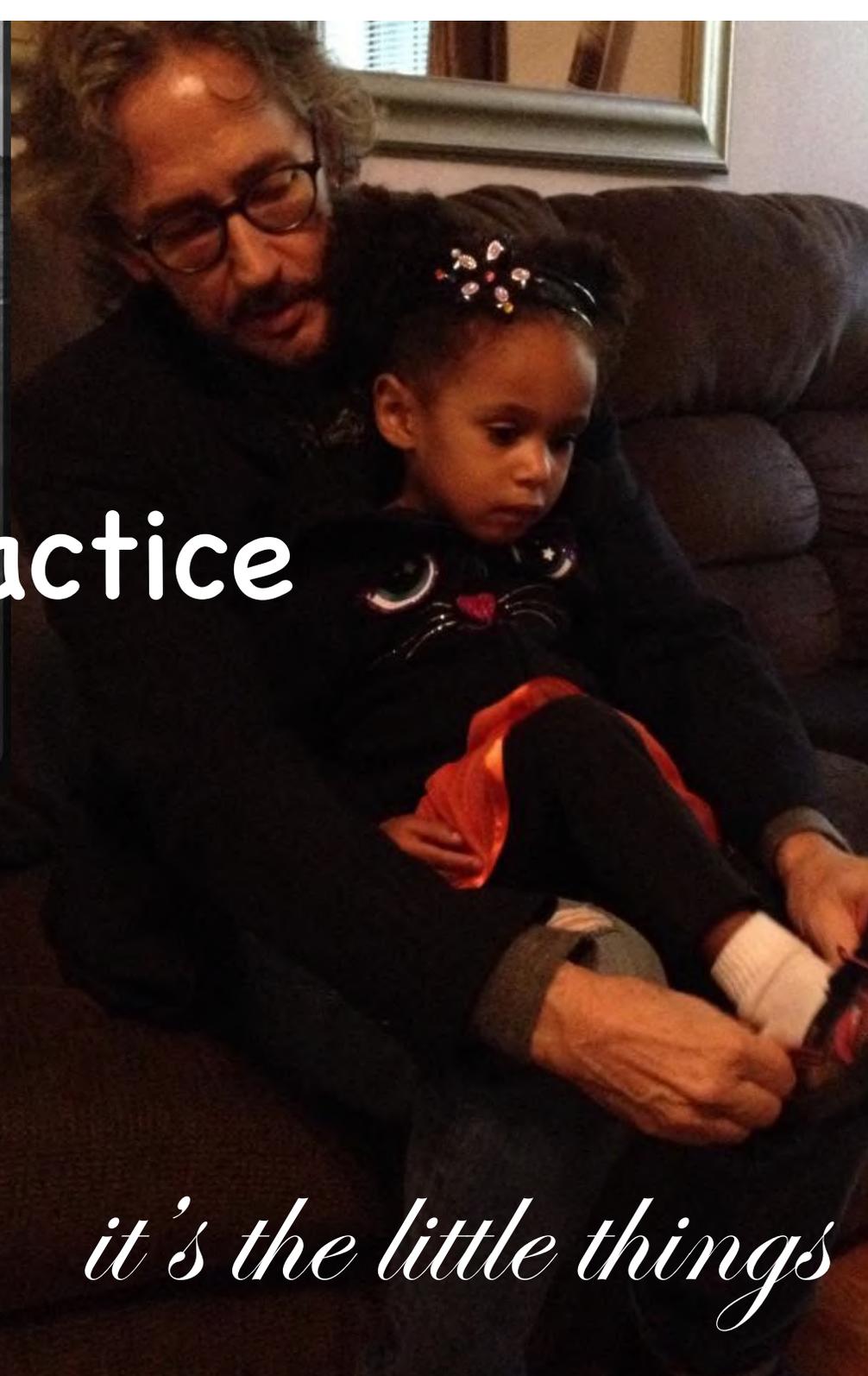


What changed?

*Meaning occurs,
is made, in an
enormously
social context.*



Find Your Practice



it's the little things

I love you to
the moon and back

Dad,
I don't ever
want you to
forget how much
I love and admire
you. I love you
to the moon & back.
— Jane Wilson



**SMALL THINGS
MATTER**



love,
Sarah Rose Peapod Wilson!
♡ Believe in your baby! ♡

~ when you are feeling down & questioning
yourself, try to see in yourself all the
wonders and knowledge that others
have, and continue to see!

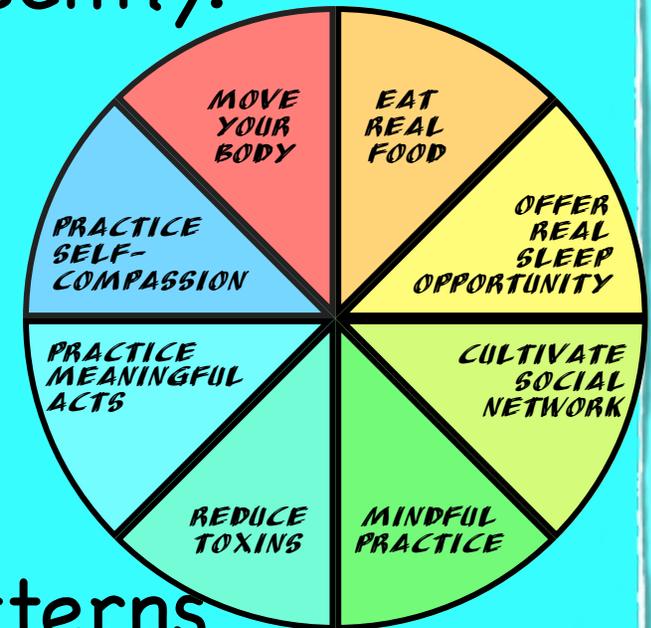
~ Return to your breath, always.

#DailyMeaningfulActs

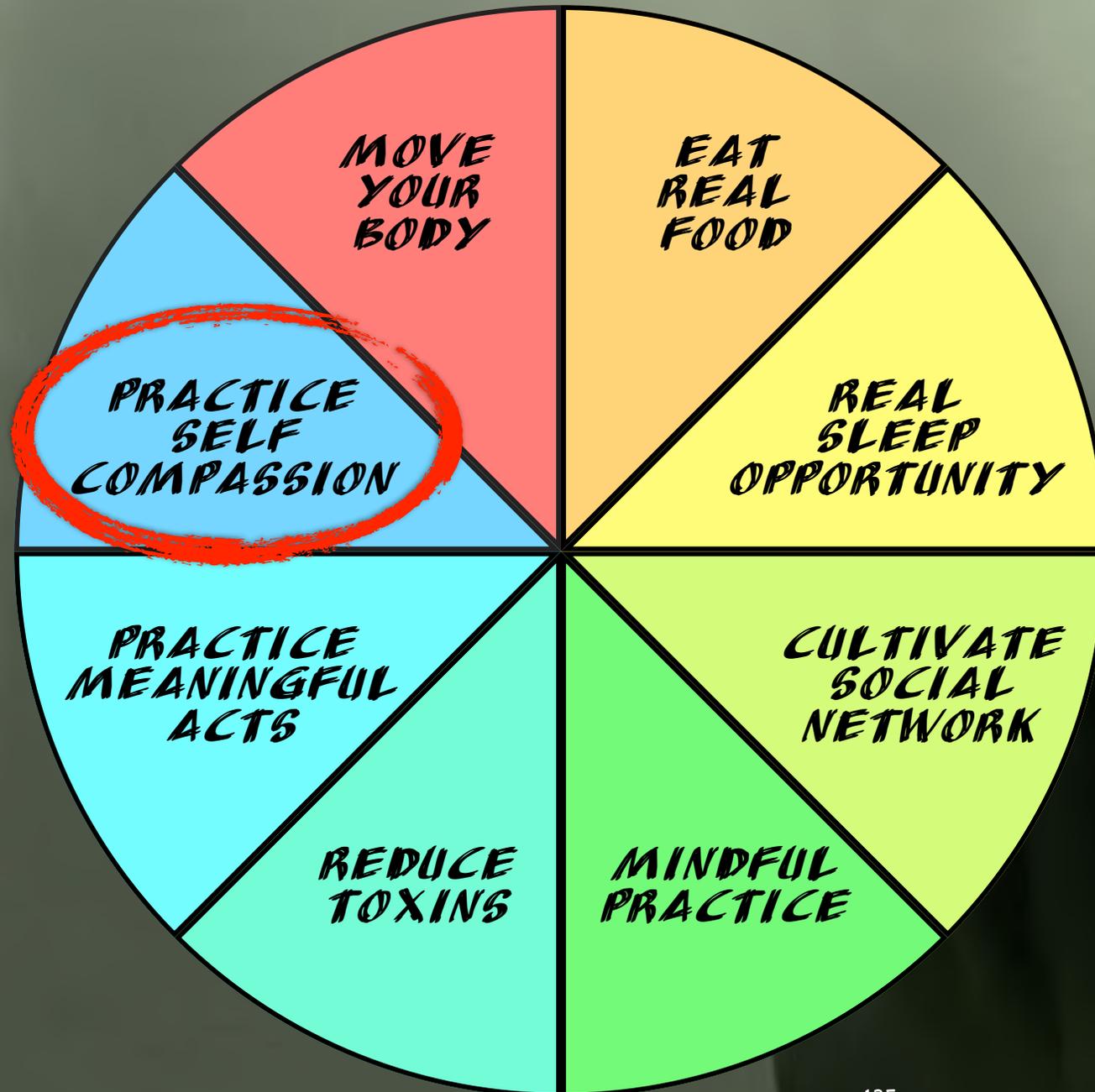
1. do what matters most
2. transmit what matters most
3. remember a specific moment of being loved, held, known, witnessed, admired maybe when you were little, maybe more recently.
4. PAUSE: see that moment
5. what was in that moment?
6. is there a way to offer that?
7. meaning breaks
8. above all, think small, think patterns

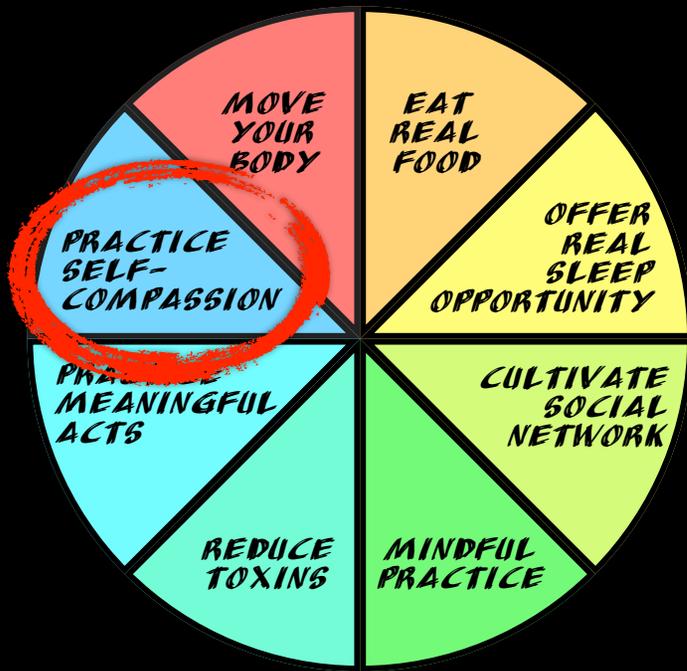
#SeekPatterns

#MakePatterns



Meeting Basic Human Needs





What changed?

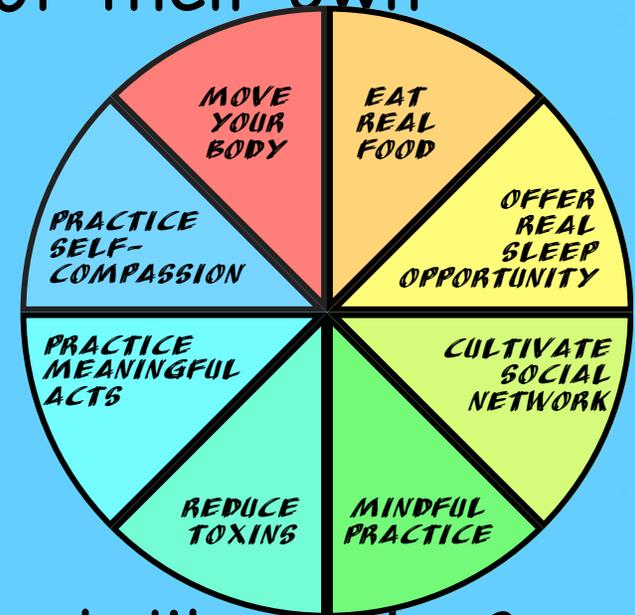
*We have taught people
to make an enemy of
their suffering*

Of their differences

Of their complexity

#PracticeSelfCompassion

1. think of someone you love with all your heart, beyond all measure and reason
2. PAUSE: close eyes and see their face: let them catch that look of love in your eyes?
3. now imagine them in deepest knowing of their own mistakes, flaws, and shortcomings
4. would you give them another chance?
5. and a harder thing—imagine:
you were someone you loved like that
6. PAUSE: see that moment
7. what would an act of self-compassion look like today?



#SeekPatterns #MakePatterns

WHEN DID IT BECOME OK TO NEGLECT YOU?



When did your schedule, TV, boss, tired, busy, & the approval of others become more important than kindness?

Medical Breakthrough!

Transmitting Kindness © to someone you love

**Ask your doctor if transmitting kindness
might be right for you.¹**

1. Warning: kindness may be contagious, habit forming, mood improving, life altering, will-to-live may increase in some patients

2015, Kelly G. Wilson, www.onelifellc.com, contact kwilson@onelifellc.com

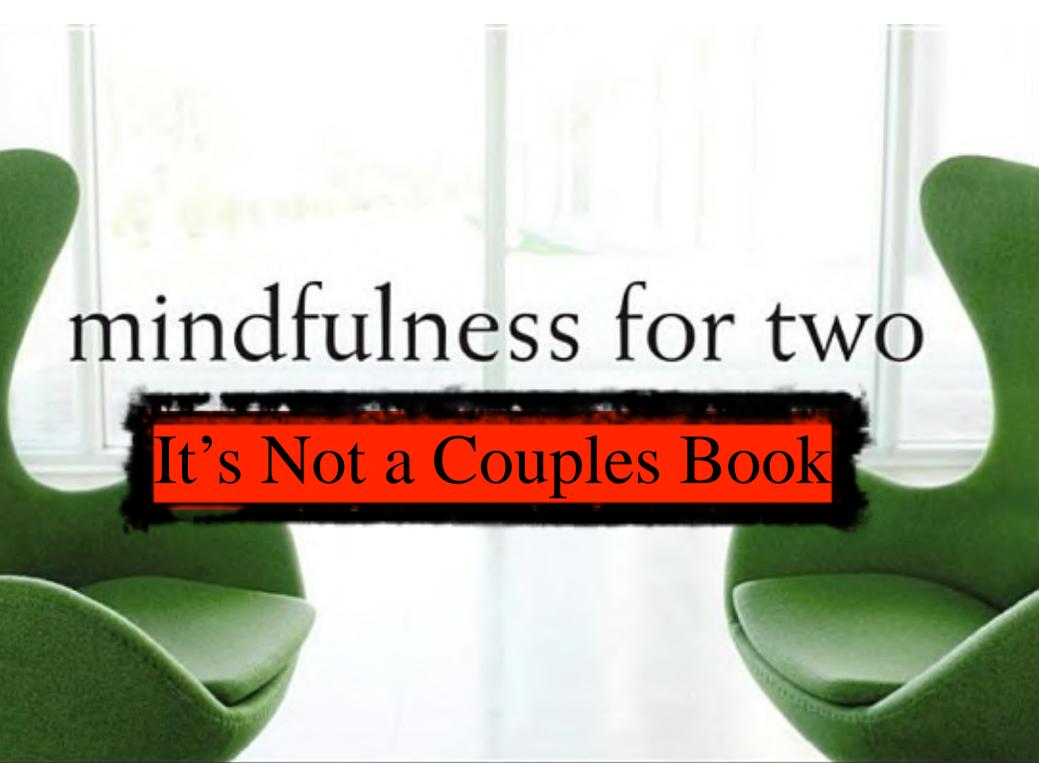
we do not have
to wait!



"We can do something about it...we don't have to wait for a genetic mutation!"

#EvaJablonka

#ACBS2013 Sydney



mindfulness for two

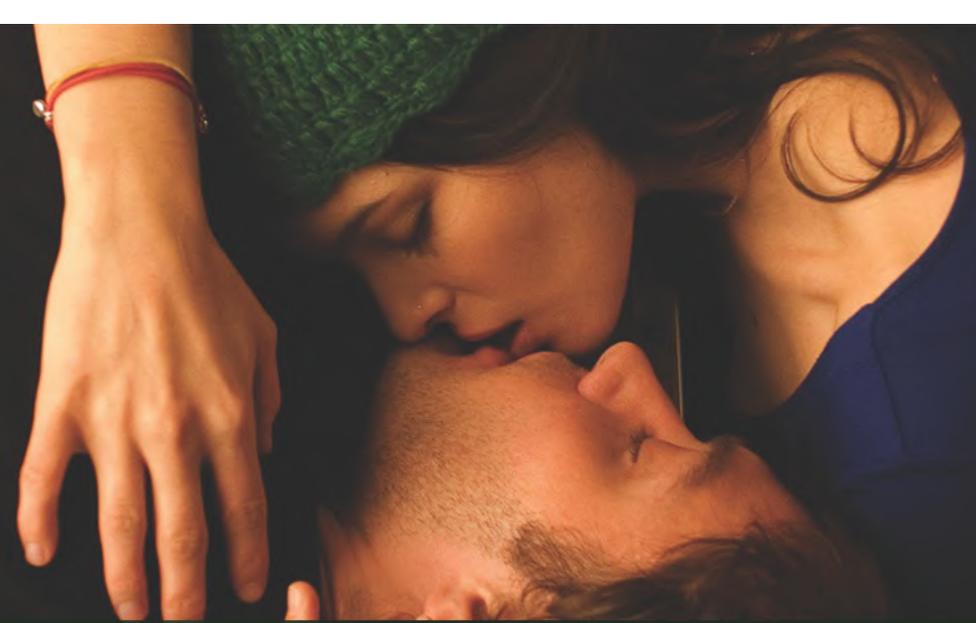
It's Not a Couples Book

An Acceptance and Commitment
Therapy Approach to Mindfulness
in Psychotherapy

Includes a
DVD-ROM
with more
than six hours
of structured
therapist-client
interaction

KELLY G. WILSON, PH.D.
WITH TROY DUFRENE

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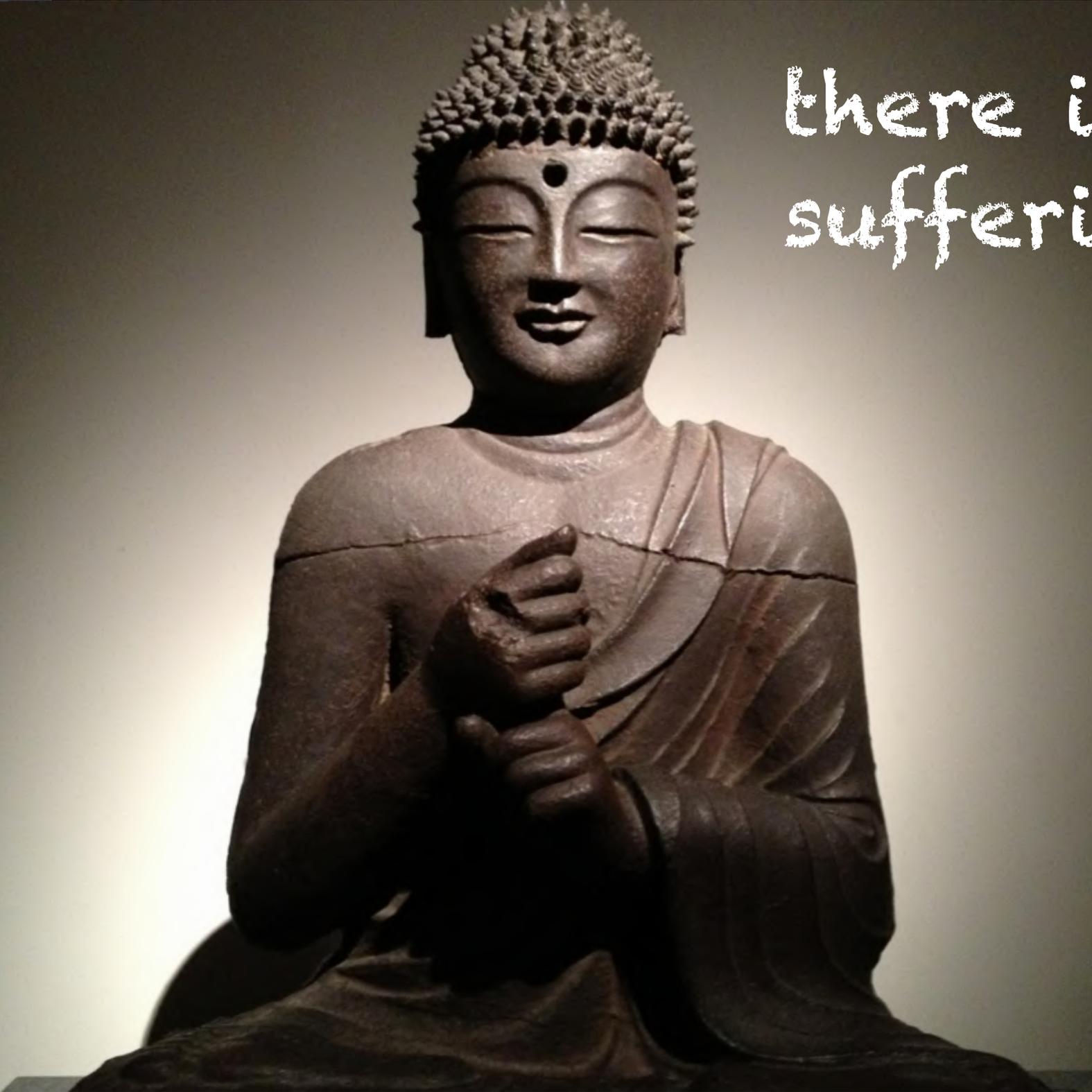
Mindfulness for Two

**A Totally Hot ACT
Couples Book**

Includes a
weblink
with more
than six hours
of structured
therapist-client
interaction

KELLY G. WILSON, PH.D.
WITH TROY DUFRENE

there is
suffering



What if there is a common core...
a common vulnerability

That every one of us meets
suffering

and then context takes over

**ROUGH
SECTION
NEXT
km**

NEWCASTLE
WB 10



A person is shown in a dark, low-key photograph. They are wearing a dark t-shirt and have their right hand raised towards their face, with fingers slightly curled. The lighting is very low, creating a moody and intimate atmosphere. The background is dark and indistinct.

an
invitation
to
allow
suffering
to draw
near...

the thing
about
you...



the thing
about
you...

unbalanced boring
not enough awkward damaged fraud
unstable unlovable

mean
jealous

insignificant
dull

needy
insecure

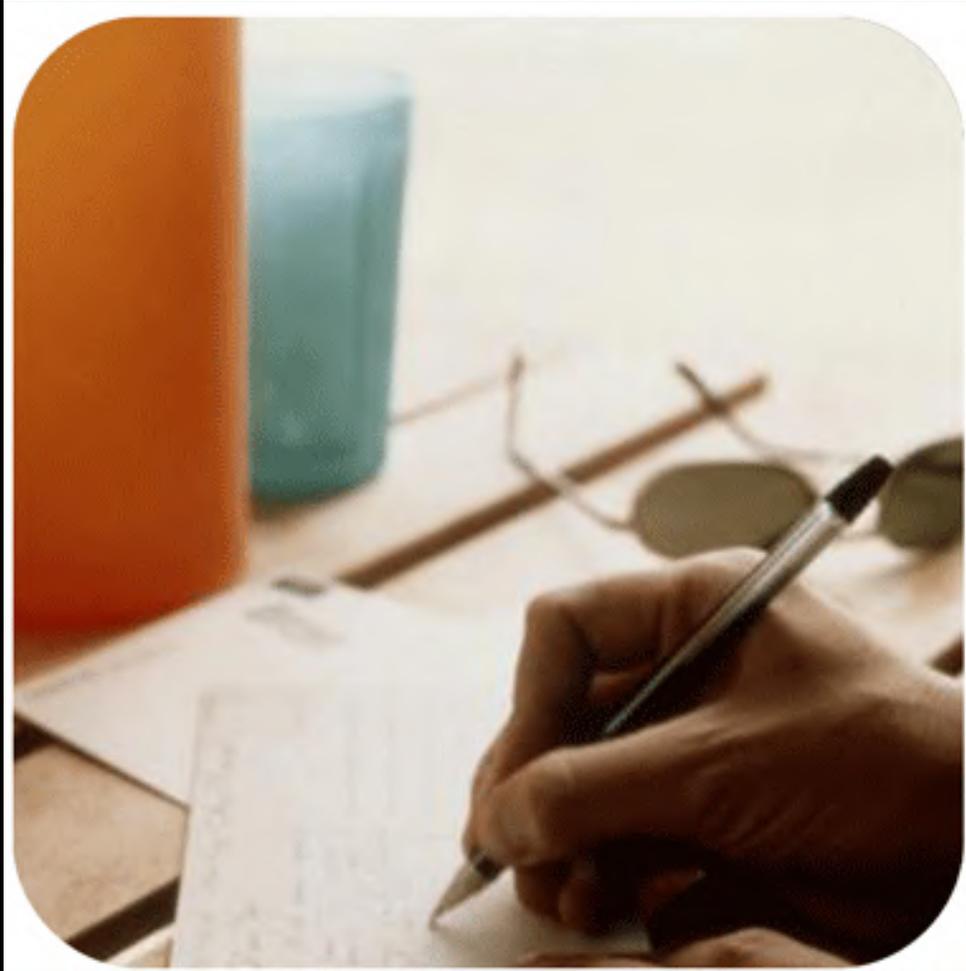
weak empty insensitive coward
broken



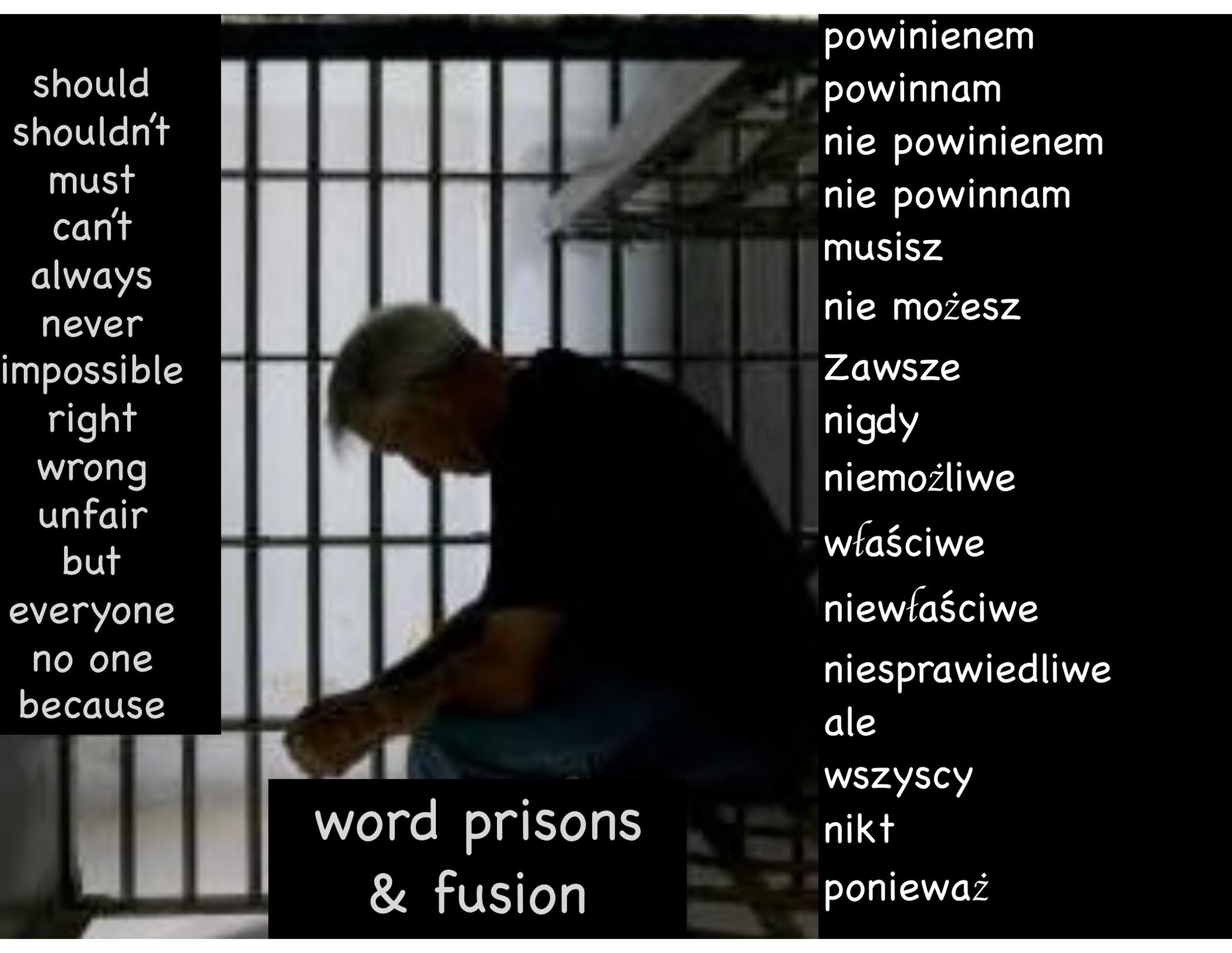
petty
afraid
bad
ugly
dumb

👁️ How long have you known?





the thing about
you...



should
shouldn't
must
can't
always
never
impossible
right
wrong
unfair
but
everyone
no one
because

word prisons
& fusion

powiniennem
powinnam
nie powiniennem
nie powinnam
musisz
nie możesz
Zawsze
nigdy
niemożliwe
właściwe
niewłaściwe
niesprawiedliwe
ale
wszyscy
nikt
ponieważ



the thing about
you...

another perspective

...and an invitation to suffer

#DeepestKindness
#AsAGift
#FindYourPractice



the rejection of our common fate
makes us strangers to each other.
the election of that fate,
in love, reveals us as one body.
Sebastian Moore



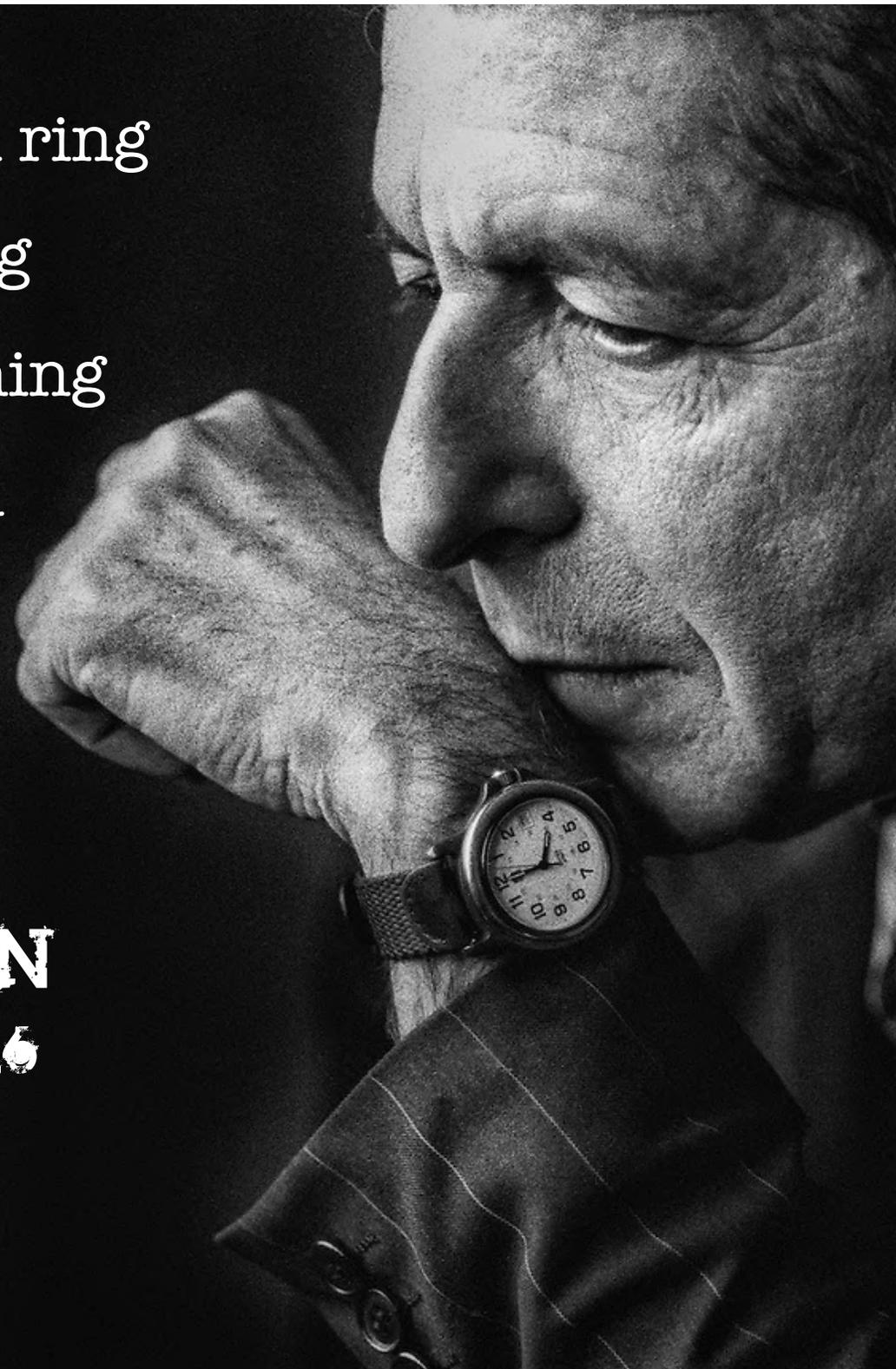
Says Farid,
I thought I was alone who suffered.
I went on top of the house,
And found every house on fire.

Baba Sheikh Farid



Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in

— **LEONARD COHEN**
1934–2016





What if nothing
needs to be
removed?

What if your own
hardest thoughts
and emotions
need not be the
enemy?

In what context does
suffering occur?

How do we treat ourselves when
suffering visits?



UNLOVABLE



Can we teach people to carry
their suffering in kindness?

UNLOVEABLE

◉ she shouldn't
have to do it
alone

◉ we can
choose



Practice Kindness

#DeepestKindness
#AsAGift
#FindYourPractice
#HandSitting
#PracticePatterns
#Ahimsa
#Practice
#PracticeFalling
#FallingIsPartOfPractice
#SmallThingsMatter
#EverythingInteracts

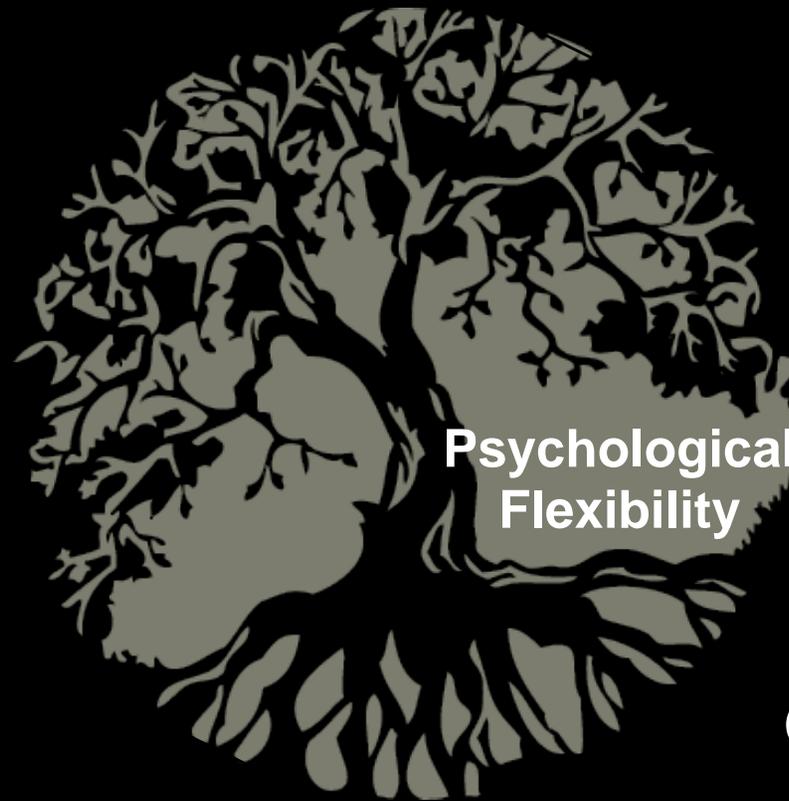
#NajgłębszaŻyczliwość
#JakoDar
#OdnajdźSwąPraktykę
#SiedzenieNaRękach
#SchematyPraktykowania
#Ahimsa
#Praktyka
#PraktykaUpadania
#UpadanieJestCzęściąPraktyki
#MałeRzeczyMająZnaczenie
#WszystkoWpływaNaSiebie

The Psychological Flexibility Model

PRESENT MOMENT

ACCEPTANCE

VALUES



DEFUSION

COMMITMENT

SELF

Practices for Abundant Living

PRACTICE contact with the
richness of this moment

PRACTICE an open
heart

open

PRACTICE HOLDING
LIGHTLY judgements,
evaluations, and
limitations

present

Psychological
Flexibility

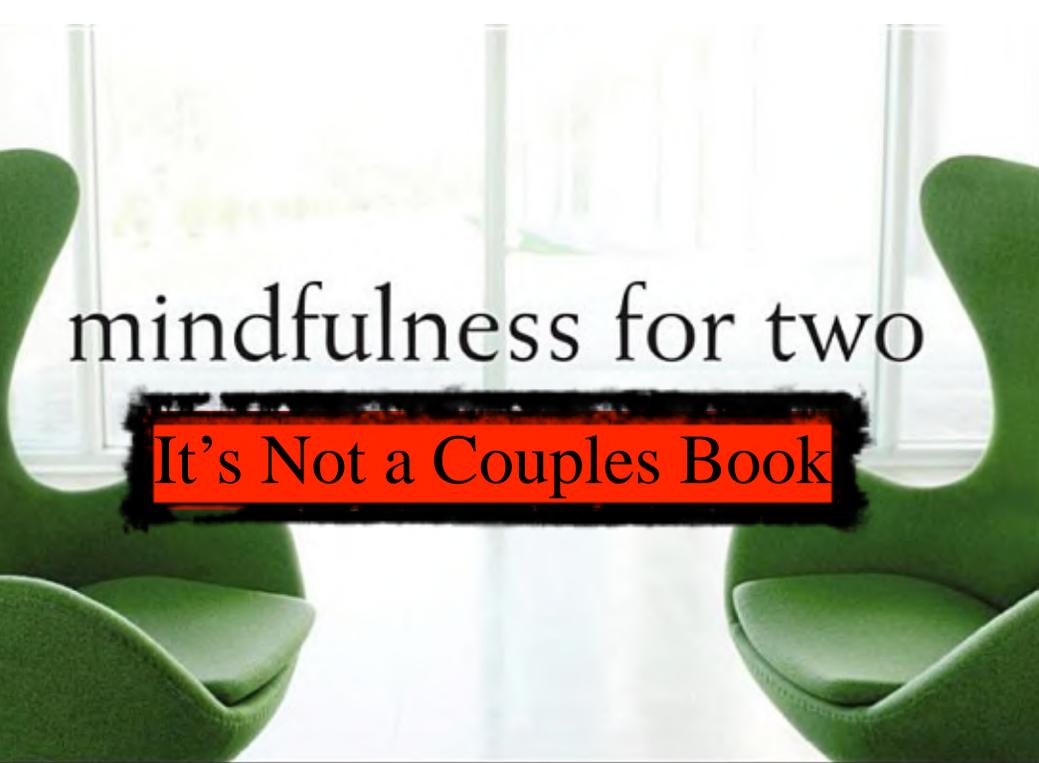
PRACTICE HOLDING LIGHTLY stories
of your limits

PRACTICE MANY perspectives

PRACTICE growing
valued patterns

engaged

PRACTICE
noticing and
returning to
valued patterns



mindfulness for two

It's Not a Couples Book

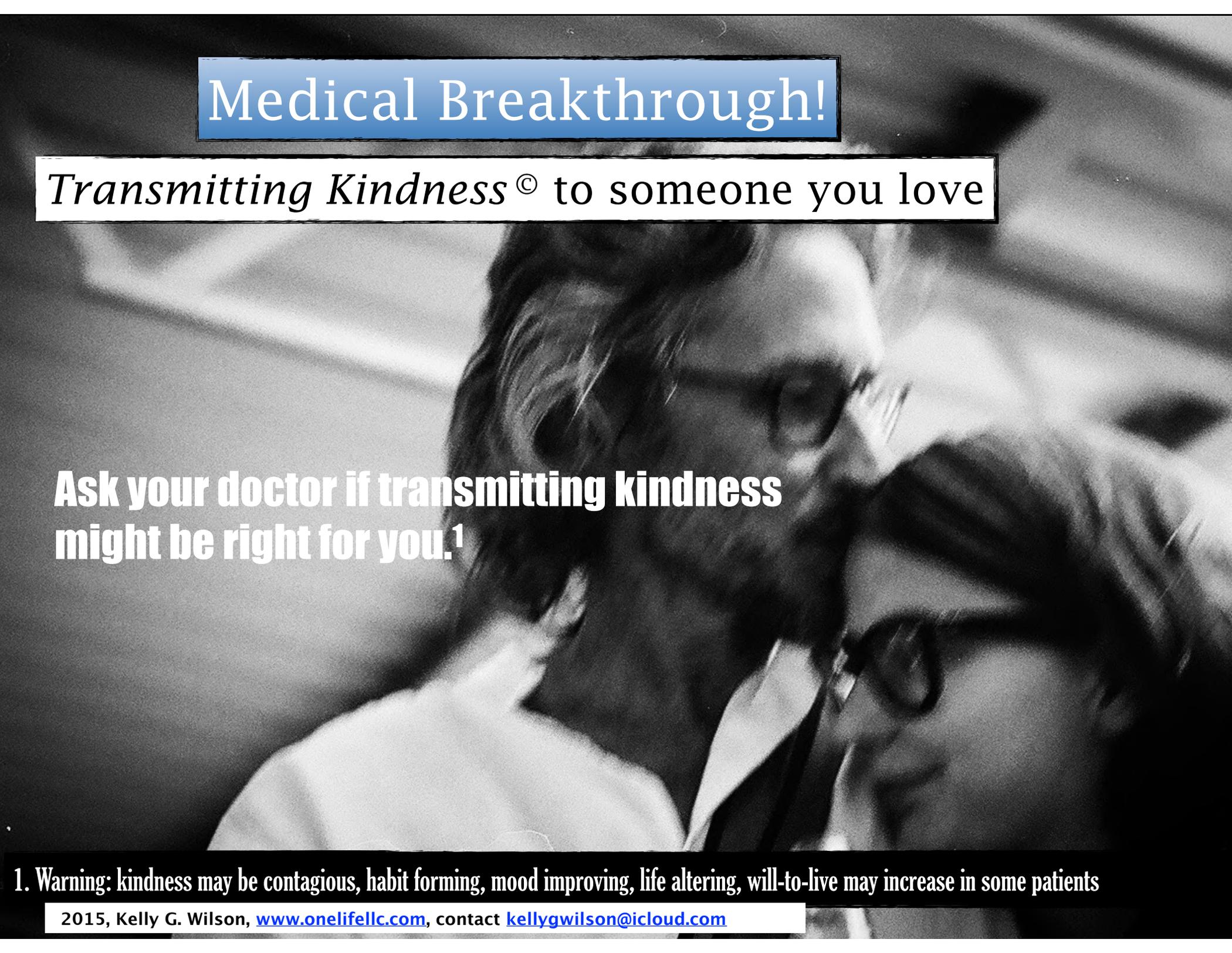
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creating
a kinder
context
with
mindfulness



Medical Breakthrough!

Transmitting Kindness © to someone you love

**Ask your doctor if transmitting kindness
might be right for you.¹**

1. Warning: kindness may be contagious, habit forming, mood improving, life altering, will-to-live may increase in some patients

2015, Kelly G. Wilson, www.onelifellc.com, contact kellygwilson@icloud.com

WITAMY NA STRONIE ACBS POLSKA

Witamy na oficjalnej stronie Stowarzyszenia Association for Contextual Behavior Science Polska, które jest polskim chapterem światowej organizacji Association for Contextual Behavior Science. Zajmujemy się promocją i rozwojem Terapii Akceptacji i Zaangażowania, nauk kontekstualnych o zachowaniu, Teorii Ram Relacyjnych.

DOWIEDZ SIĘ O NAS WIĘCEJ

Światowa Konferencja
2021



Professor Kelly G. Wilson

email

kellygwilson@icloud.com

facebook

facebook.com/kellygwilson

twitter [@kellygwilson](https://twitter.com/kellygwilson)

www.onelifellc.com

o Imagine the face
of someone you
love with all
your heart...



Public World

things done (and not done) to ease unwanted experience?



something bold



coming back



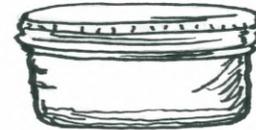
patterns of valued acts

the smallest steps



assume possibility

something kind



including stillness



preparing for success



something brave



another chance



Away ←

→ Towards

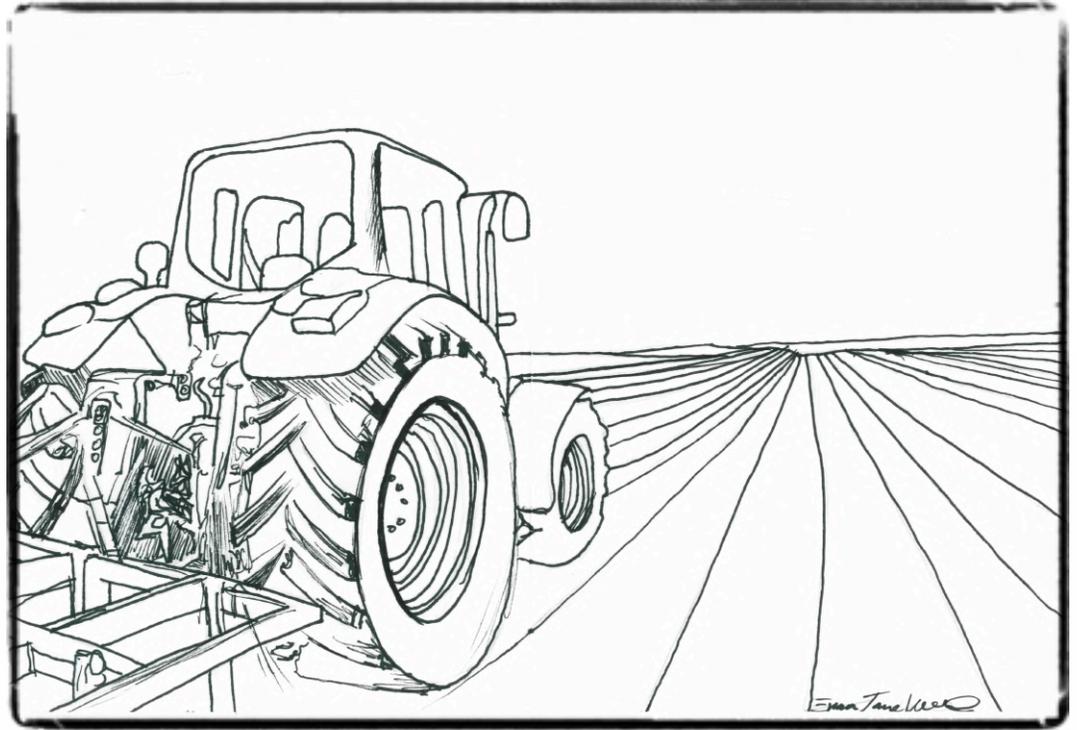
unwanted inner experience?

what is most important to you?

Emma Jane Wilson

World Within

How does
your
garden
grow?

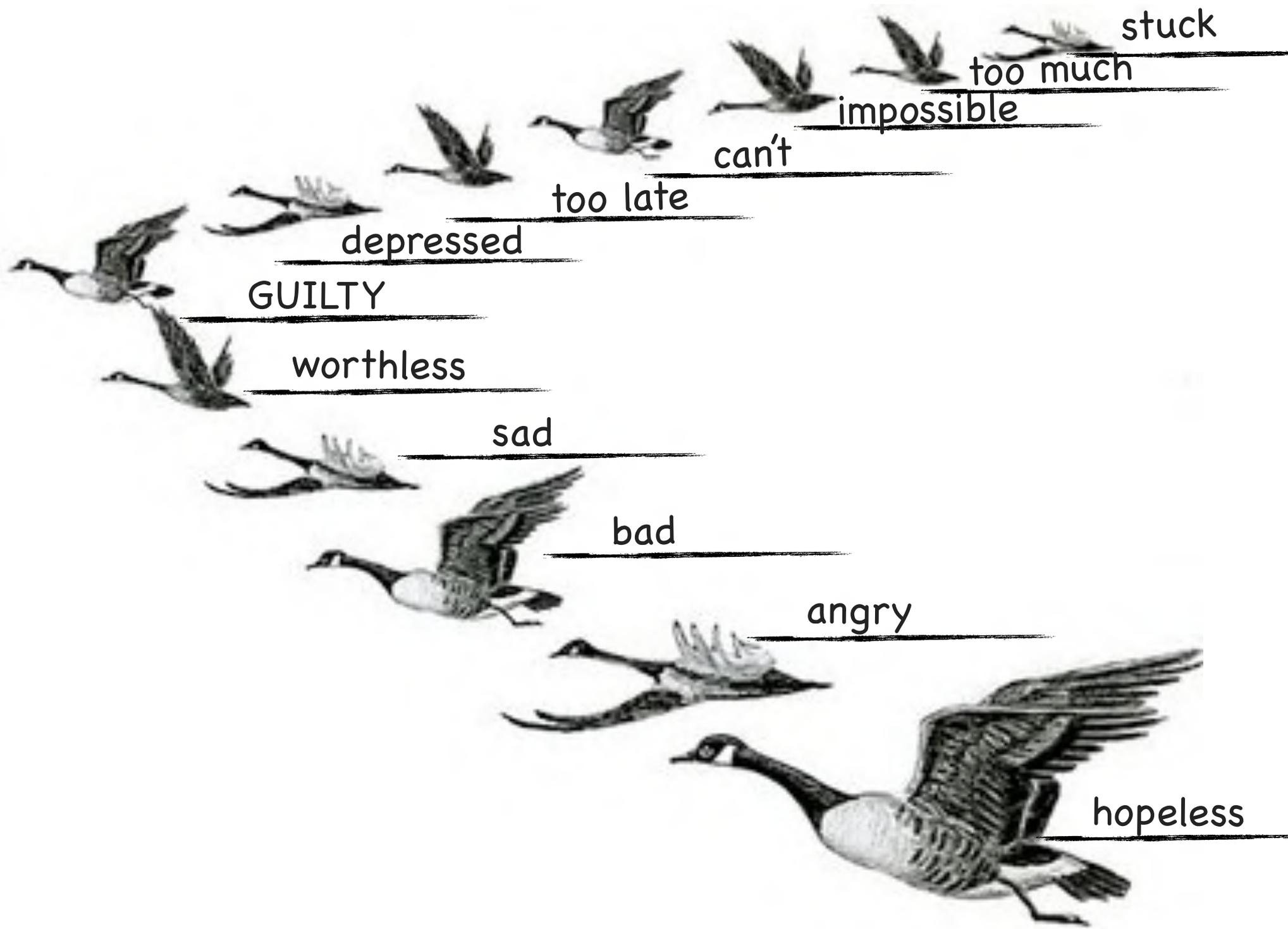


Value: Self-care

Value: father-Chelsea, Emma, Sarah
husband-Dianna
teacher, friend, community

Patterns: kind, patient, fun,
ask questions, persistent,
steadfast





stuck

too much

impossible

can't

too late

depressed

GUILTY

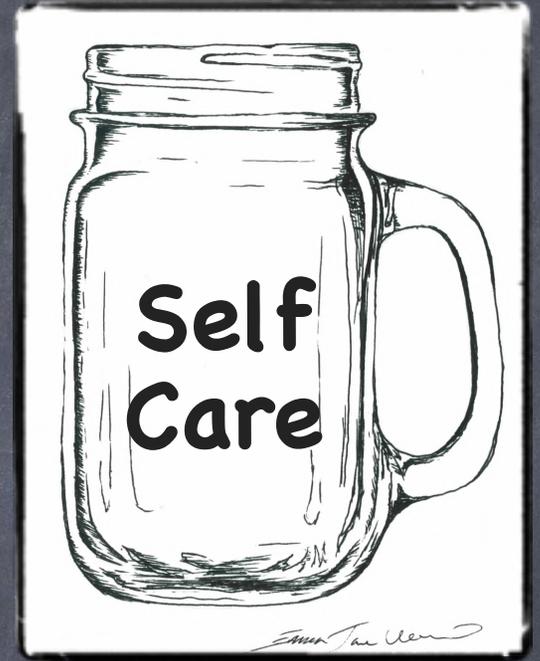
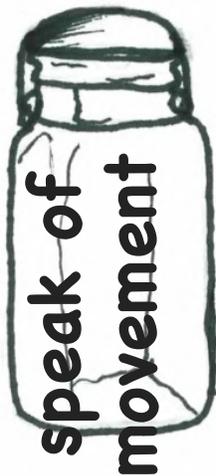
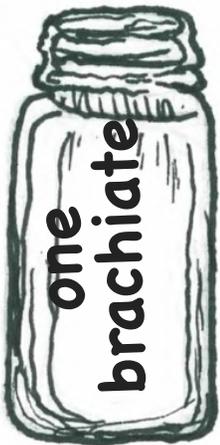
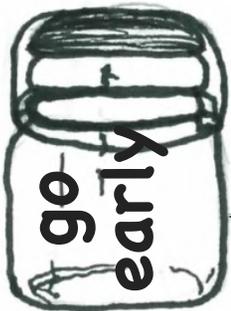
worthless

sad

bad

angry

hopeless



The Pantry of Life

WHEN DID IT BECOME OK TO NEGLECT YOU?



When did your schedule, TV, boss, tired, busy, & the approval of others become more important than kindness?

KINDNESS

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.

You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.

You must wake up with sorrow.

You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense
anymore,
only kindness that ties your shoes
and sends you out into the day
to mail letters and purchase bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

Naomi Shihab Nye, *Words Under the Words*, 1995