

## FACT Pillar Intervention Guide (PIG)

When intervening with patients, use the suggested guides to explore moment-to-moment interventions that move the patient toward greater psychological flexibility.

<b>Open</b>	<b>Aware</b>	<b>Engaged</b>
<p>When “stuck”, be curious, model acceptance, notice the “mind”</p> <p>Support openness and curiosity about previously avoided thoughts/ feelings/ sensations</p> <p>Attend to thinking as an ongoing process, rather than the world structured by it</p>	<p>If confused, go to the present, look at different perspectives</p> <p>Promote flexible, voluntary and purposeful attention to the present moment</p> <p>Support mindfulness and noticing of the continuity of consciousness</p>	<p>Whenever possible, promote connection between values and action</p> <p>Identify qualities of meaningful action in the here and now</p> <p>Collaboratively create SMART behavioral experiments</p>

