

**Flow 2.0: Vital engagement and optimal development across the lifespan. In A. Delle Fave (Convenor), Flow as a key resource for individual and societal development.**

Author Note:

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### **Workshop Abstract**

Values-Flow and Creativity Dialectics arise from the combination of Flow practice and Dialectical behavior and Acceptance and Commitment therapies, which together impact upon the feelings and behaviors of people living with mental illness. Expanding upon flow theory, this workshop makes flow practically accessible to support individuals' happiness and values-based behaviors and practices in everyday situations. We first integrate 'Happiness practice' via the lens of 'Values-Flow' and 'Creativity Dialectics' and describe how they may benefit psychotherapy and coaching skills practice in everyday life. We then provide practical strategies through the Values Flow diary cards and an exploration of creativity dialectics. We conclude by providing case-examples of how the use of Values-Flow Diary Cards can build commitment and sustainable engagement in homework completion in both coaching and psychotherapy.

## **Learning Objectives of Workshop**

In this workshop, each part builds on the previous ones and has the following objectives;

### **Part 1: Introduction**

The first part will introduce 'Happiness in practice', provide key definitions of 'Values-Flow' and 'Creativity Dialectics', theoretical underpinnings and research evidence. This part aims to differentiate clearly between Flow experiences and Flow activities and to provide insights on happiness practices from a bio-cultural and dialectical perspective of coaching and psychotherapy

### **Part 2: Values-Flow Cards**

The second part will review and introduce the values flow diary cards and explore creative dialectics. This part aims to provide participants with an understanding of the creativity dialectics skills underpinning the Values-Flow Cards, and to guide participants through observing and understanding how to monitor creativity skills practice as part of the Values-Flow cards

### **Part 3: Experimenting with the Values Flow Cards & Conclusion**

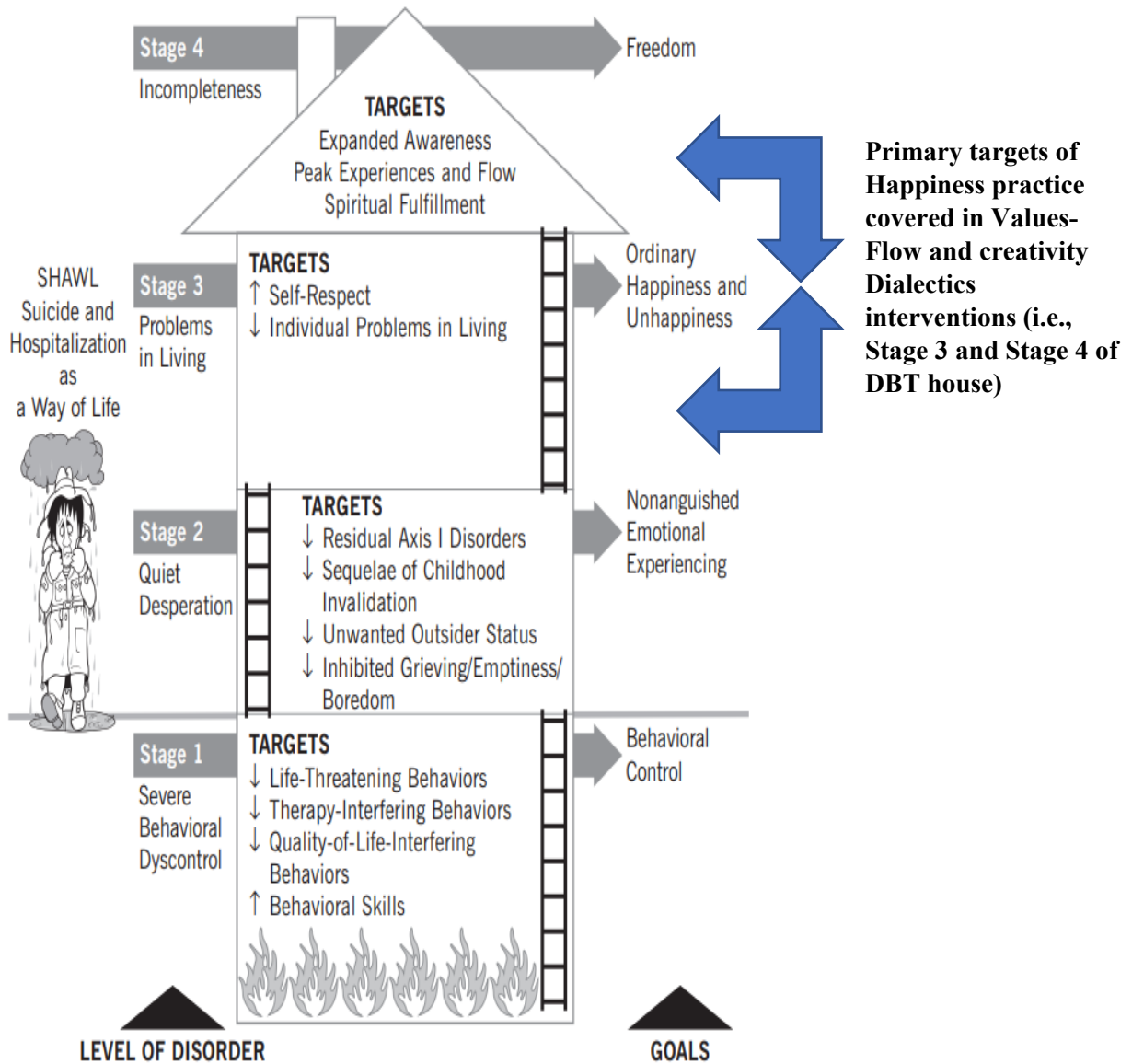
The third part aims to provide experiential opportunities for participants to use the Values-Flow cards. This part aims to simulate working with clients through Values-Flow and Creativity Dialectics perspectives, and to bring the workshop to a close.

## Values-Flow and Creativity Dialectics in Happiness Practice

Workshop Part	Description
<p>Part 1: Introduction and scope, definitions of key concepts, theoretical underpinnings and research evidence for Creativity Dialectics and Values-Flow</p>	<p><b>1) Introduction and overview</b></p> <ul style="list-style-type: none"> <li>• Distinguish happiness experiences from happiness actions</li> <li>• Highlight difference between Flow theory and Flow activity, with this workshop focussing on the latter</li> <li>• The combination of flow and creativity can bring about positive, sustainable, and meaningful changes for people struggling with poor mental health.</li> </ul> <p><b>2) Definition of key concepts:</b></p> <ul style="list-style-type: none"> <li>• Creativity Dialectics = the ‘vision and techniques of sustainable happiness practice via the overriding goal of increasing creative pattern of dialectical behavior among coaching and therapy clients’</li> <li>• Values- Flow = ‘the what, why and how of sustainable values-based and creative patterns of dialectical behavior’</li> </ul> <p><b>3) Bio-cultural and dialectical underpinnings of Happiness Practice</b></p> <ul style="list-style-type: none"> <li>• Dialectics and dialectical impasse of ill-health behaviors</li> <li>• Happiness in practice in coaching and psychotherapy: A creativity dialectics, acceptance and mindfulness approach example in an applied setting</li> <li>• Bio-cultural theory: A dialectical theory of happiness practice and optimal development across the lifespan</li> <li>• Implications of the Bio-cultural theory for psychotherapy and coaching</li> </ul> <p><b>4) Exploring flow experiences</b></p> <ul style="list-style-type: none"> <li>• Connections between short lasting flow experiences and longer-term life and developmental trajectories</li> <li>• Difference between flow experiences and peak experiences.</li> <li>• Partner chat: personal experiences with flow</li> </ul>
<p>Part 2: Types of intervention, the values flow diary cards, and exploring creative dialectics</p>	<p><b>1) Psychotherapy and/or coaching interventions have at least 4 basic stages</b> (shown in <b>Figure 1</b>, see Appendix):</p> <ul style="list-style-type: none"> <li>• Stage 1 and Stage 2 are focused on managing clinical symptoms and minimizing ‘deficits’ and ‘weaknesses’</li> <li>• Stage 3 and Stage 4 incorporate happiness practices, maximizing strengths and psychosocial resources</li> </ul> <p><b>2) Partner chat:</b> examples of coaching or psychotherapy at different stages</p>

Workshop Part	Description
	<p><b>3) Introduction and Explanation of Values Flow Cards</b> (shown in Appendix <b>Figures 2 and 3</b>)</p> <p><b>4) Exploring Creative Dialectics</b> Introduce Dialectical behavioral therapy</p> <ul style="list-style-type: none"> <li>• Describe key dialectics <ul style="list-style-type: none"> <li>○ Agency versus Communion</li> <li>○ Iconoclastic versus traditional</li> <li>○ Challenge Finding versus Skill building</li> <li>○ Playfulness versus Discipline</li> <li>○ Energy versus Quietude</li> <li>○ Extraversion versus Introversion</li> <li>○ Divergent thinking versus Convergent thinking</li> <li>○ Passionate investment versus Detached Objectivity</li> </ul> </li> <li>• <b>Partner share:</b> which dialectics are you drawn towards? Why? What impact does that have?</li> </ul>
Part 3: Experimenting with the Values Flow Cards & Conclusion	<ul style="list-style-type: none"> <li>• Have participants play with the Values Flow cards in small groups:</li> <li>• Question and answer time</li> <li>• Conclude Workshop with Justin Timberlake’s ‘Can’t stop the Feeling’</li> </ul>

## Appendix



**Figure 1.** Targets of intervention for Values-Flow and Creativity Dialectics. The ‘House of Dialectical Behavior Therapy’ picture is sourced from Swenson, C. R. (2016). *DBT® principles in action: Acceptance, change, and dialectics*. Guilford Press.

# Values-Flow Card

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please circle the days on which you practiced each Values-Flow Skill

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Virtue skills</b>							
1. Life theme	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2. Character use	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Involve Skills</b>							
3. <b>A</b> ttending	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4. <b>R</b> eflecting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5. <b>I</b> nforming	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6. <b>A</b> cting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Vital skills</b>							
7. Serious Play	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8. Workability	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Accept Skills</b>							
9. Optimal relating	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10. Optimal regulation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Please describe how Values-Flow skills were put to play in your daily life on personal, social, and/or cultural level:

<p><b>Individual Values- Flow skills</b> notes: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Social Values-Flow skills</b> notes: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Cultural Values-Flow skills</b> notes: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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**Figure 2.** Values-Flow Diary Card part one- Creativity Dialectics skills. This document is the work of the first and third authors first published in Ignjatovic, C., Kern, M. L., & Oades, L. G. (2022), Values-Flow in Contextual Psychotherapy: The ‘What’, ‘Why’, and ‘How’ of Sustainable Values-Based Behaviour. In F. Irtelli, & F. Gabrielli (Eds.), *Happiness and Wellness- Biopsychosocial and Anthropological Perspectives* [Working Title]. IntechOpen; 2022. <https://doi.org/10.5772/intechopen.106594>

# Values-Flow Card

Name:

Date:

Please briefly describe and rate the process of practicing various aspects of the Values-Flow Skills in your daily life

	VIRTUE	INVOLVE	VITAL	ACCEPT	CHALLENGES	OPPORTUNITIES	Skills Practice Rating*
Mon							
Tues							
Wed							
Thurs							
Friday							
Sat							
Sun							

0 = Value-Flow skills not thought about or practiced	3 = Values-Flow Skills thought about, practice attempted, and focus was labored but also caring
1 = Value-Flow Skills thought about, practice thought about but not attempted	4 = Values-Flow Skills thought about, attempted, and experienced caring focus
2 = Values -Flow Skills thought about, practice attempted but felt labored	5 = Values-Flow Skills thought about, attempted, and focus was in flow (experienced flows)

**Figure 3.** Values-Flow Diary Card part two - Skills/Homework practice. This document is the work of the first and third authors first published in Ignjatovic, C., Kern, M. L., & Oades, L. G. (2022), Values-Flow in Contextual Psychotherapy: The ‘What’, ‘Why’, and ‘How’ of Sustainable Values-Based Behaviour. In F. Irtelli, & F. Gabrielli (Eds.), *Happiness and Wellness- Biopsychosocial and Anthropological Perspectives* [Working Title]. IntechOpen; 2022. <https://doi.org/10.5772/intechopen.106594>