PhD Research- Monthly Seminar

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FACT intervention for Anger dysregulation in Adolescents

A Conceptual framework & Research updates.

Abstract.

Anger is a common but complex and often misunderstood emotion experienced by adolescents, with significant implications for their psychological well-being and interpersonal relationships. Anger dysregulation is prevalent among adolescents and can lead to significant psychosocial difficulties. Effective intervention strategies for managing adolescent anger aims to enhance emotional regulation skills and promote adaptive coping strategies.Culturally sensitive approaches tailored to the unique needs and experiences of adolescents in diverse cultural contexts, such as the Indian context, are essential for optimizing treatment outcomes.From the “third generation” of behavior therapies, Acceptance and Commitment Therapy (ACT) approach is a contextual approach challenging clients to accept their thoughts and feelings and still commit to change. FACT, derived from the Acceptance and Commitment Therapy (ACT) approach, provides a targeted intervention strategy emphasizing mindfulness, acceptance, and committed action. This presentation outlines a conceptual framework on how Focused Acceptance and Commitment Therapy (FACT) intervention sustains changes in anger management among adolescents, specifically focusing on the significance of brief interventions and psychological flexibility in this context. Central to the framework is the focus on enhancing psychological flexibility through mindful acceptance of emotions and committed action towards valued goals.The framework elucidates various techniques within FACT, including mindfulness exercises to increase awareness of anger triggers and sensations, defusion techniques, to

reduce the impact of negative thoughts,experiential exercises, values clarification to align behavior with personal values, and committed action to promote behavior change consistent with valued directions. These techniques empower adolescents to develop awareness of anger triggers, learn to be flexible in thinking, open to experiences and thereby effectively cope with anger-provoking situations, and align their behavior with personal values. FACT's brief and focused nature allows for efficient intervention delivery, making it accessible and practical for adolescents with limited attention spans and time constraints. By integrating the principles and techniques of FACT, this conceptual framework provides a roadmap for clinicians and researchers to implement brief and effective interventions for anger management in adolescents, ultimately enhancing their well-being and adaptive functioning.The researcher will be introducing the Conceptual Framework on Focused Acceptance and Commitment Therapy (FACT) for Anger Management in Adolescents, the current study, research and treatment gap, research aims and the current research progress in this presentation.