

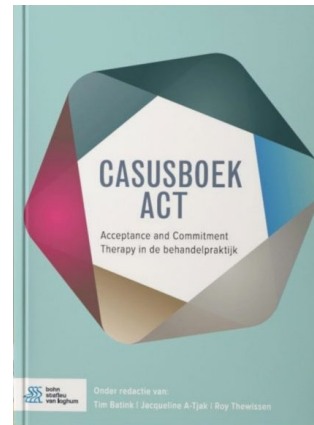
Onzeker zijn op je werk: niets om je voor te schamen!

VGCT najaarscongres 2024
Lieve Bruyninx en Jacqueline A-Tjak



Belangenverstrengeling

- Lieve Bruyninx en Jacqueline A-Tjak zijn mede-auteurs van **boeken** over ACT en marketing



- Lieve en Jacqueline geven **cursussen** in ACT: FactorPsy en ACT Cursus

A small brown frog with dark spots and a white stripe along its side is perched on a weathered wooden plank. The plank is positioned over a body of water, which is visible in the background. The frog is facing left, and its large, dark eye is prominent. The background is a soft, out-of-focus blue-grey, suggesting a calm body of water under a hazy sky. The overall mood is contemplative and serene.

We twijfelen allemaal wel eens

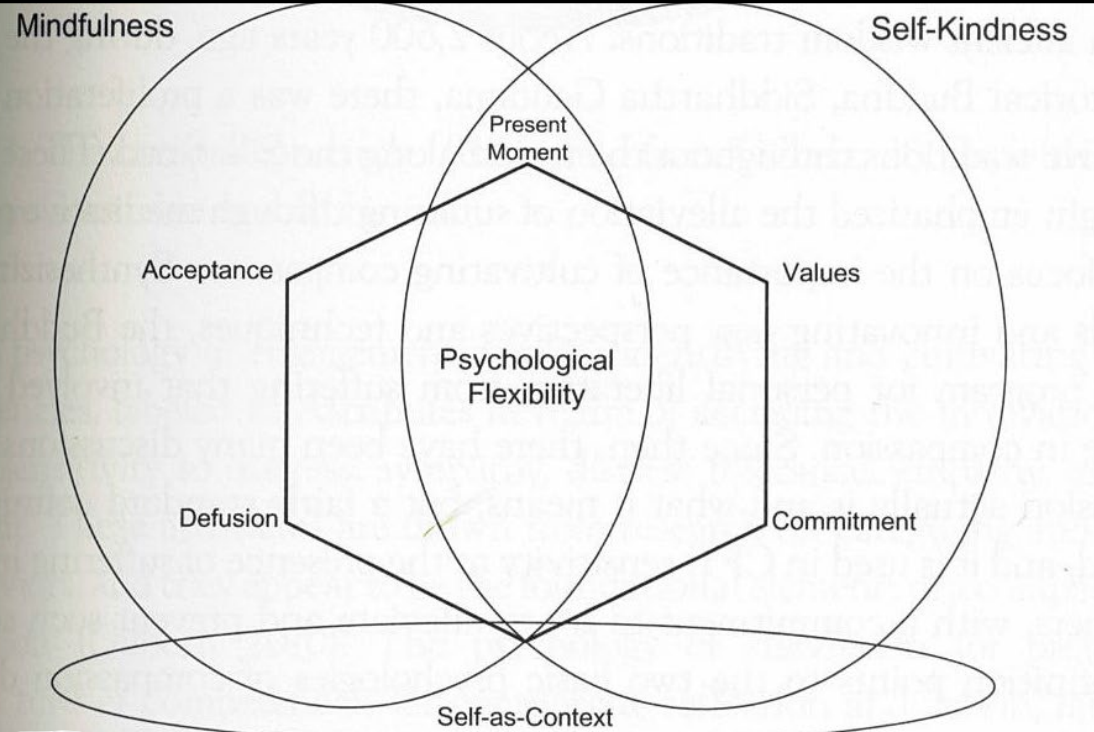
We hebben de neiging om onzekerheid en twijfel
geheim te houden.

Herkenbaar?



Hoe werkt dat
en hoe werkt dat niet?





Zelfcompassie

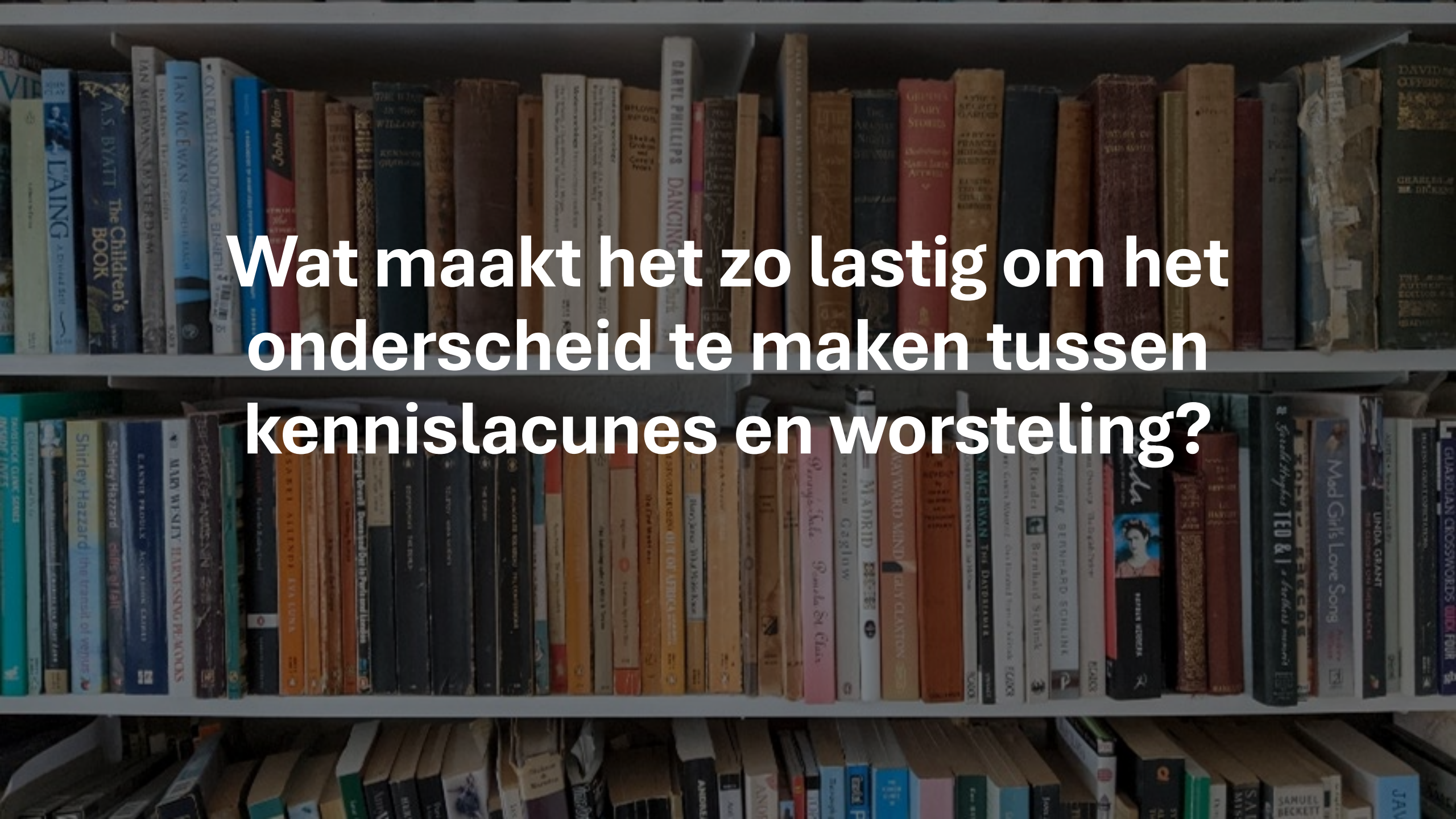
• © Dennis Tirch

Values and vulnerabilities are poured from the same vessel*



Foto van Sporlab op Unsplash

* Wilson, K. G., & Sandoz, E. K. (2008). Mindfulness, values, and the therapeutic relationship in Acceptance and Commitment Therapy. In S. F. Hick & T. Bein (Eds.), *Mindfulness and the therapeutic relationship*. New York: Guilford Press.

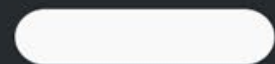


**Wat maakt het zo lastig om het
onderscheid te maken tussen
kennislacunes en worsteling?**

A person with long blonde hair, wearing a beige trench coat, is holding a large, full brown paper grocery bag. The bag is overflowing with fresh food items, including a long baguette, two ripe yellow bananas, several red cherry tomatoes, and some leafy green vegetables. The person's hands are visible, holding the bag. The background is a blurred indoor setting, possibly a grocery store or a public space, with other people and structures visible in the distance.

**Welke
boodschap
neem jij mee?**

Acceptance & Commitment Therapy



Theorie en praktijk

Jacqueline A-Tjak



Verder lezen?

Acceptance and Commitment Therapy in de behandelpraktijk

CASUSBOEK ACT

Tim Batink, Jacqueline A-Tjak en Roy Thewissen

