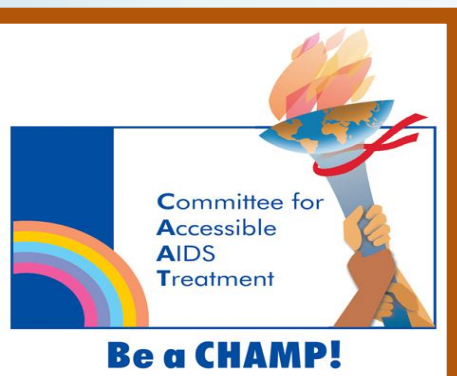


Acceptance and Commitment Training (ACT): The Experience of Adaptation and Application for HIV Stigma Reduction

Fung K, Zurowski M, Luyombya H, Li A, Maticka-Tyndale E,
Wong, J, Poon K, Ongoiba F, Cabarios C, Murray J

Monday, November 12, 2012
OHTN Research Conference



Acknowledgements

- Research participants, Project Advisory Committee & key informants
- Funding from: Canadian Institutes for Health Research (CIHR)
- Other partners: Ontario HIV Treatment Network (OHTN); Regent Park Community Health Centre
- **Research Team:**
 - Alan Li, Regent Park Community Health Centre
 - Alex Ciro Bisignano, Committee for Accessible AIDS Treatment
 - Amanuel Tesfamichael, Black Coalition for AIDS Prevention
 - Constantine Cabarios, Asian Community AIDS Services
 - Christian Hui, Committee for Accessible AIDS Treatment
 - Dale Maitland, Committee for Accessible AIDS Treatment
 - Eleanor Maticka-Tyndale – University of Windsor
 - Fanta Ongoiba, Africans in Partnership Against AIDS
 - Jack Kapac, University of Windsor
 - Josephine P. Wong, Ryerson University
 - Kenneth Fung, Toronto Western Hospital/University Health Network
 - Kenneth Poon, Committee for Accessible AIDS Treatment
 - Mateusz Zurowski, Toronto Western/University Health Network
 - Omer Abulghani, Alliance for South Asian AIDS Prevention
 - Rene Lopez, Centre for Spanish-Speaking Peoples

The CHAMP Study (2011-2014)

Community Champions HIV/AIDS Advocates Mobilization Project



Be a CHAMP!

Join us to raise awareness and reduce HIV stigma!

Learn new skills!
Help evaluate 2 innovative training programs:

- Acceptance Commitment Therapy
- Social Justice Capacity Building

The study is conducted by the CAAT Research Team, and funded by the Canadian Institutes of Health Research (CIHR)

Committee for Accessible AIDS Treatment

- To Engage ethno-racial PHA and Non-PHA leaders
 - Asian (East, SE & S. Asian)
 - Black (African & Caribbean)
 - Latin American (Hispanic)
- To develop community HIV champions to address stigma & other social justice issues
- To build research capacity through community-campus partnership
 - 6 Peer Research Associates hired, 2 from each community
 - multidisciplinary research team

CHAMPS: Pilot and Test Two Interventions

- Acceptance Commitment Training
- Social Justice Capacity Building

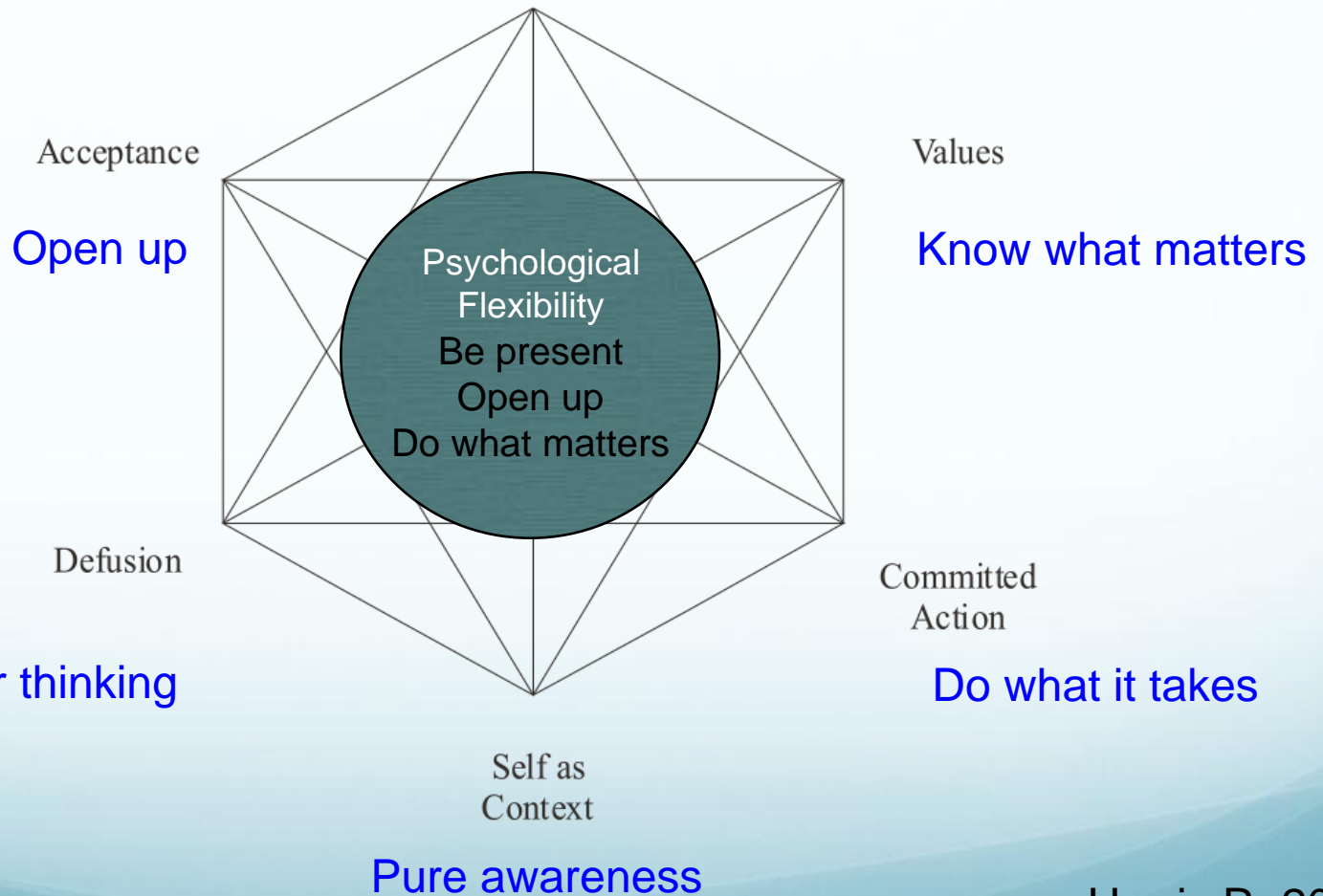


2 evenings + 1 full-day

ACT Core Processes

Be here now

Contact with the Present Moment



ACT Group Interventions

- Experiential Exercises & Metaphors
- Examples:
 - Acceptance – Chair Exercise
 - Defusion – Paired Singing
 - Present Moment – Leaves-on-a-stream
 - Self-as-context – Lego Exercise
 - Values – Reunion
 - Committed Action – Bus Driver

Modifications

- HIV Stories
- Reunion Exercise (vs RIP)
- Lego Exercise (vs Guided Imagery)

Challenges

- Time
- Group heterogeneity
 - Differences re: exposure to and skill in mindfulness
 - Trauma
 - Linguistic and cultural differences
 - Differences in learning styles – concrete vs abstract
- Group Dynamics
 - With facilitator
 - With each other
- Coping with external issues

Observations

- Individually - heterogeneous response
- Powerful affect can be stirred up
 - Crying
 - Dissociation
- Can become powerful, esp those who are able to work through these emotions
- Group cohesion in spite of heterogeneity
- Commonalities – PHA and CL groups

Thoughts about ACT

- *“Help me a lot to get out of the closet of HIV, give me a roadmap to reconstruct my values, hoping for positive living, new communities from here” – ACT Goodbye*
- *“I will think positively about myself and not be afraid to disclose my HIV status when I feel I want to.” – ACT Post Session Check Form*
- *“ACT group gave me strength and being able to speak out for myself and help me tell my family. Change: educate my kids and help them move along with their lives” – reflecting on ACT in SJCB Gp*



CHAMP Research Study
**Henry Luyombya, Project
Coordinator**

hluyombya@ohtn.on.ca

Tel. 416.642. 6486 ext 2265

www.hivimmigration.ca

Facebook.com/HIVimmigration

Twitter: @HIVimmigration