



## *Acceptance and Change*

### *What is Code Lotus Mindfulness Center?*

The “Code Lotus” project with the motto “Heal Yourself” was launched in 2018 pursuant to the investments on **integrative medicine** at American Hospital. As we can see examples in numerous pioneering hospitals, such as Cleveland Clinic and MD Anderson, Code Lotus Mindfulness Center offers programs and workshops that are tailored to our patients, who work under heavy stress, our patients and everybody, who do not feel good due to pace and stress of modern life.

### *About Acceptance and Change Program*

Protective mental health is an approach that aims to support our mental health in order to overcome stressful and brittle periods of our life without any psychological problem. We may try to reduce odds of such problems in advance by improving and strengthening our well-being rather than looking for a health to manage depression, anxiety, anger and failure to control ourselves or to find a solution for a recent problem. Well-being is the state when we have strong insight, mental flexibility, endurance and coping capacity and we proceed to realize ourselves by lending power from such capabilities without facing any obstacle.



Our childhood, attachment lives and our brain structure and chemistry – our humor – leaves marks that cannot be easily left behind. Acceptance and change dialectic makes going beyond imperatives of our past and biology possible.

Acceptance- and Change-focused Skills Training is based on Dialectic Behavioral Therapy (DBT) Skills Training that combines evidence-based approaches with acceptance-based teaching in an eclectic fashion. It is a protective mental health approach that aims to help participants gain endurance and improve their well-being through strategy of coping with negativities of life, such as stress, anxiety, uncertainty and mourning. Participants will learn which skills of such as wide spectrum they can integrate to their daily life and which skills they need to use in which conditions throughout their Acceptance- and Change-focused Training.

- ***Mindfulness:*** Skills to help living without judging or refusing the moment or attaching to the past or the future to live the moment in a mindful way and being an active participant in your own life.
- ***Efficiency in interpersonal relations:*** Effective communications skills for making new contacts, boosting the existing ones, coping with disagreements, making a request and to say “No”.
- ***Emotion regulation:*** Skills for being aware of emotions, modifying emotions, if required, and reducing the temperature, minimizing emotional sensitivity and increasing emotional endurance.
- ***Distress tolerance:*** Skills for accepting and tolerating grieves and distress that are unpreventable part of the live and for tolerating and managing the crisis without worsening the affairs during crisis.

### ***Who is A. Meltem Üstündağ, PhD?***



She was awarded the doctorate degree of Developmental Psychology by Birmingham University in 2014. She was given the title “Adult Attachment Interview Coder” by Berkeley University, California in 2010. She was graduated from School of Psychological Counseling and Guidance at Teachers College of Middle East Technical University in 1999. She is still a faculty member at Psychology School of Bahçeşehir University. She attended Dialectical Behavioral Therapy (BDT) that is involved in Third Wave therapies and contains the acceptance in Linehan Institute and she lectures courses on this therapy approach in relation with preventive psychological practices. She played an

active role in Linehan Institute and DDT Turkey Implementation. She organized applied training groups to help university students gain DBT skills and she is still organizing trainings to make psychologists gain such skills.

### ***Format of Training:***

It is a experience-focused personal development training. The training intends to boost mindfulness and also new skill gains. It is organized in groups in 2-hour sessions per week. Acceptance and change skills are offered in theoretical and practical sessions over 8-week cycle. Participants not only gain new skills, but they will also have personal experiences.

### ***Who may participate?***

All people who are interested in personal development, want to learn skills about an authentic life and especially seek to increase well-being and psychological endurance.

<i>Sessions</i>	<i>Modules</i>	<i>Content</i>
1.	Mindfulness	Basics of and overall information about mindfulness: What is mind? When is autopilot activated? Now and here; experiences in awareness and in line with bare fact without judgment
2.	Mindfulness	WHAT and HOW skills; Rational, Emotional and Wise Mind
3.	Mindfulness	Without judgment, Efficient, Single Tasking and FLOW
4.	Efficiency in interpersonal relationships	Clarifying priorities; making new contacts and ending devastating relations, Validation and Dialectics
5.	Efficiency in interpersonal relationships	DEAR MAN, FAST and GIVE skills
6.	Emotion regulation	Understanding and Denominating Emotions, Modifying Unwanted Emotions; Reducing Emotional Sensitivity
7.	Emotion regulation + Stress Tolerance	Observing, identifying and denominating emotions, Collecting positive emotions – Radical Acceptance
8.	Stress Tolerance	Skills of Accepting the Fact and Managing the Crisis STOP and TIP skills

***Views of past participants:***

***Which personal goals you have achieved in this group study?***

Being aware of the “moment” and catching the details we have missed in daily rush. I understood once more that the success is in details.”

I reduced frequency of unwanted emotions. My emotional vulnerability has decreased.”

“I realized importance of skills of efficient speaking/agreement in communication. I learnt how to express my feelings and how to avoid being a victim.”

“Staying in the moment, management of anger, getting rid of roles of victim-aggressor and type of behaviors against such people”.

“...I can express that I realized the fact I should start the change in myself.”

***Which aspects of Acceptance and Change Training were useful for you?***

“Especially example-oriented approach in group studies was very useful.”

“Having the knowledge how experiences and training of human are reflected in line is a good example for my life. ”

“I realized that I may act as cool as cucumber and maturely in numerous conditions of the life. ”

“What helped me actually was living in the moment and focusing. I started to take care of calming down with breathing exercises and being calmer while making a decision. I believe that I have improved the skill of my emotions with self language in my work and private relations. ”

“I was useful in terms of the inability to know behaviors of people that I could not recognized to date, understand them and determine my approach to such behaviors. ”

“First, I had no idea about what we were doing. Breathing exercises were somewhat weird. Next, my awareness on being in the moment, observing and identify my emotions has increased. I wish we would continue and exercise further... ”.

“It was important in terms of improving skills of expressing, observing and identifying my emotions. I felt happy, positive and quiet during training. ”



## ***Program:***

***General information:*** Monday, September 27, 20:00-21:00  
(information about question-answer and training)

***1<sup>st</sup> Session + Orientation:*** Monday, October 18, 20:00-22:00

***2<sup>nd</sup> Session:*** Monday, October 25, 20:00-21:30

***3<sup>rd</sup> Session:*** Monday, November 1<sup>st</sup>, 20:00-21:30

***4<sup>th</sup> Session:*** Monday, November 8<sup>th</sup>, 20:00-21:30

***5<sup>th</sup> Session:*** Monday, November 15<sup>th</sup>, 20:00-21:30

***6<sup>th</sup> Session:*** Monday, November 22<sup>nd</sup>, 20:00-21:30

***7<sup>th</sup> Session:*** Monday, November 29<sup>th</sup>, 20:00-21:30

***8<sup>th</sup> Session:*** Monday, December 6<sup>th</sup>, 20:00-21:30

### ***To register the program:***

**Location of Training:** Online Zoom Platform

**Fee:** 2950 TL (Incl. V.A.T.)  
(Min 5 - Max 25 people)

**Dates:** October 18-25- November 01-08-15-22-29, December 05

**Day & Hour:** Monday, 20:00-21:30

**Period:** 1.5 hoursx8 weeks

NAME OF BANK	IBAN NO*	CURRENCY
YAPI KREDİ BANK	TR 7600 0670 1000 0000 0016 9935	TL
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\* Please write "Code Lotus Kabul ve Değişim Programı" for the payer and "Moment Eğitim Araştırma Sağlık Hizmetleri ve Ticaret A.Ş." for the recipient and send the abstract of account and copy of your identity card.

For further detail & information: [codelotus@amerikanhastanesi.org](mailto:codelotus@amerikanhastanesi.org) or (0212) 311 34 80

Facebook: <https://bit.ly/2ZvWwJj> Instagram: <https://bit.ly/2yD7jph>

### ***Information for Registry:***

You will have voice recordings of 8 classes (each lasting for 90 minutes), supportive reading material + other materials to support home exercises.

### ***Participation Conditions and Considerations:***

- The program is extremely interactive and your full participation to online zoom meetings is expected.
- You need to use your computer (or tablet), not your cell phone, for online Zoom meetings.
- You will need smooth and strong Internet connection.
- Your camera and microphone should be "On" throughout the meeting.
- The program is a group study. Applied experiential studies form a large and substantial part of the program. Group sharing is strictly subject to confidentiality and it is a closed group study.
- Courses will be attended over Zoom. Materials will be available in a web portal.
- Full participation to at least 6 online meetings is required to have a participation certificate for "Code Lotus Acceptance and Change Program".
- "Code Lotus Acceptance and Change Program" participation certificate is issued for participants who complete the program.
- If you skip 3 classes, participation certificate is not delivered, but you may continue attending the program for your training.
- If you do not attend 4 classes, we will encourage you stop your participation and attend the next 8-week program regularly.
- Online meetings will be saved for your safety. These records shall be sent only to ones, who could not participate to the meeting.