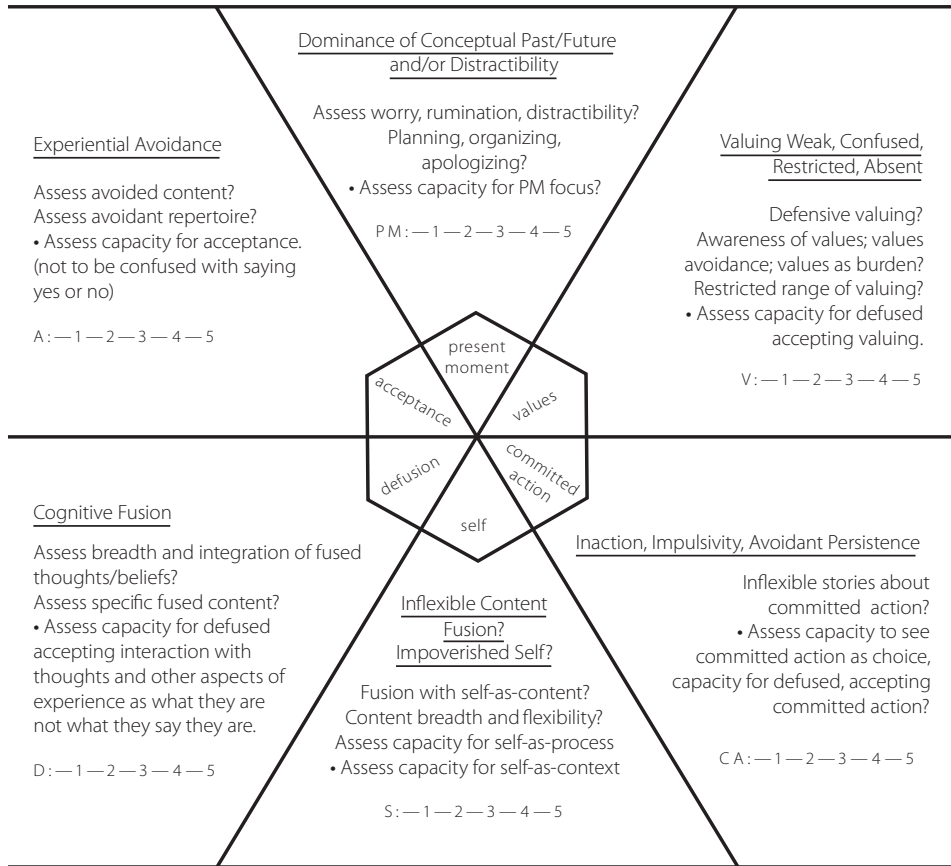


Hexaflex Diagnostic and Assessment



Hexaflex Diagnostic and Assessment Worksheets

The hexaflex diagnostic is a functional dimensional approach to case conceptualization, assessment, and "diagnosis." It is intended to link assessment of functioning on clinically relevant dimensions to interventions. The approach is explicitly tied to a ACT and behavior theory more generally. The diagram above provides some domain specific orientation to common clinical difficulties within the dimension. The rating scale for each domain is intended as a general estimate of functioning within the domain with 1 as low functioning and 5 as high functioning. The worksheets should not be approached as a mere gathering of information. Deliberate, present moment focused questioning will give the best estimate of both capacities and for areas for therapeutic focus.

Hexaflex diagnostic note pages can be used to conceptualize therapist and client functioning in a given session. High scores con note optimal functioning. Low scores connote poor functioning. Note sheets can also be used as case notes to describe focus of intervention in a session and functioning with each noteworthy domain

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Client Present?

Present Moment Processes

Circle only one number for the entire present-moment process dimension:

1 2 3 4 5

Speech stereotyped and insensitive to instruction for pace and content	1 ← → 5	Speech fluid and sensitive to instruction for pace and content
Physical presentation takes away from connection	1 ← → 5	Physical presentation adds to connection
Worry and rumination common	1 ← → 5	Worry and rumination rare
Perseverates and shifts abruptly	1 ← → 5	Shifts attention easily and gently
Categorical speech common, details difficult to elicit	1 ← → 5	Categorical speech uncommon, details readily elicited
Doesn't notice when not present	1 ← → 5	Notices when not present
No change or less present with direction	1 ← → 5	More present with direction

Self Processes

Circle only one number for the entire self process dimension:

1 2 3 4 5

Experience of self constrained and in only limited domains	1 ← → 5	Experience of self flexible and broad
Frequently gets stuck in content areas	1 ← → 5	Transitions easily among content areas
No experience of self apart from content	1 ← → 5	Experiences self apart from content
Rarely able to shift perspectives	1 ← → 5	Readily able to shift perspectives

Open?

Acceptance Processes

Circle only one number for the entire acceptance process dimension:

1 2 3 4 5

Attempts to change experience common	1 ← → 5	Attempts to change experience rare
Minimizes or rationalizes difficult events in session	1 ← → 5	Describes and experiences difficult events in session
Implicit requests for social exchange	1 ← → 5	No implicit requests for social exchange
Many avoided events	1 ← → 5	Few avoided events
Fights, tolerates, or resigns to difficult experience	1 ← → 5	Chooses difficult experiences in service of valued living
Does not notice when avoiding	1 ← → 5	Notices when avoiding
No change or more avoidant with direction	1 ← → 5	More open with direction

Defusion Processes

Circle only one number for the entire defusion process dimension:

1 2 3 4 5

Single aspect of experience dominates without choice	1 ← → 5	No single aspect of experience dominates, except by choice
Frequently judges, justifies, or explains	1 ← → 5	Rarely judges, justifies, or explains
Frequently uses must/can't, should/shouldn't, right/wrong, among others	1 ← → 5	Rarely uses must/can't, should/shouldn't, right/wrong, among others
Expectations and rules limit perspective	1 ← → 5	Expectations and rules held lightly
Stories repeated rigidly	1 ← → 5	Stories seldom repeated rigidly
Little or no sense of workability of thoughts	1 ← → 5	Chooses assumptions strategically, with a focus on workability

Engaged?

Values Processes

Circle only one number for the entire values process dimension:

1 2 3 4 5

Valued directions rarely chosen, and limited by perceived possibility and pain	1 ← → 5	Valued direction chosen freely, regardless of perceived possibility or pain
Valued directions chosen with defensiveness	1 ← → 5	Valued directions chosen without defensiveness
Valued directions held at the expense of other domains	1 ← → 5	Valued directions held in a way that doesn't interfere with other domains
Few behaviors described as values consistent	1 ← → 5	A variety of behaviors described as values consistent
Behavior restricted by expectations	1 ← → 5	Behavior consistent, even when outcome unknown or expected to be painful
Resists discussing values and valued living by judging, justifying, explaining, or apologizing	1 ← → 5	Discusses values and valued living openly
Experiences values as aversive and restrictive of experience	1 ← → 5	Experiences values as appetitive and facilitative of experience

Commitment Processes

Circle only one number for the entire committed action process dimension:

1 2 3 4 5

Behavior in valued domains characterized by avoidant inaction, impulsivity, or persistence	1 ← → 5	Flexible and creative in valued living
Difficulty generating goals, and goals limited and inflexible	1 ← → 5	Chooses values-consistent goals easily and freely
Rarely notices inconsistency of behavior with values	1 ← → 5	Notices inconsistency of behavior with values
No change or further from valued direction with instruction	1 ← → 5	Returns to valued direction with instruction
Much rumination and worry about commitments	1 ← → 5	Little or no rumination about commitments