

TERAPİLERİN BİLİM ÖTESİNDE KULLANIMI

**KABUL VE KARARLILIK TERAPİSİ
(ACT) VE BEYİN FORMATLAMADA
KULLANILMASI**

Prof. Dr. Yener ÖZEN



© Copyright 2024

Bu kitabın, basım, yayın ve satış hakları Akademisyen Kitabevi A.Ş.'ye aittir. Anılan kuruluşun izni alınmadan kitabın tümü ya da bölümleri mekanik, elektronik, fotokopi, manyetik kağıt ve/veya başka yöntemlerle çoğaltılamaz, basılamaz, dağıtılamaz. Tablo, şekil ve grafikler izin alınmadan, ticari amaçlı kullanılamaz. Bu kitap T.C. Kültür Bakanlığı bandrolü ile satılmaktadır.

| | |
|--|---|
| ISBN 978-625-375-019-0 | Sayfa ve Kapak Tasarımı Akademisyen Dizgi Ünitesi |
| Kitap Adı Kabul ve Kararlılık Terapisi (ACT) ve Beyin Formatlamada Kullanılması | Yayıncı Sertifika No 47518 |
| Yazar Yener ÖZEN ORCID iD: 0000-0003-1147-0246 | Baskı ve Cilt Vadi Matbaacılık |
| Yayın Koordinatörü Yasin DİLMEN | Bisac Code PSY020000 |
| | DOI 10.37609/akya.3251 |

Kütüphane Kimlik Kartı

Özen, Yener.

Kabul ve Kararlılık Terapisi (ACT) ve Beyin Formatlamada Kullanılması / Yener Özen.

Ankara : Akademisyen Yayınevi Kitabevi, 2024.

142 s. ; 135x210 mm.

Kaynakça ve Ekler var.

ISBN 9786253750190

1. Psikoloji.

GENEL DAĞITIM

Akademisyen Kitabevi A.Ş.

Halk Sokak 5/A

Yenişehir / Ankara

Tel: 0312 431 16 33

siparis@akademisyen.com

www.akademisyen.com

İÇİNDEKİLER

BÖLÜM 1

KABUL VE KARARLILIK TERAPİSİ (ACT)

| | |
|---|---|
| ÜZERİNE TEMEL BİLGİLER | 1 |
| 1.1. Kabul ve Kararlılık Terapisinin Tanımı..... | 1 |
| 1.2. ACT'nin Tarihçesi ve Gelişimi | 3 |
| 1.3. ACT'nin Temel Prensipleri | 5 |
| 1.4. ACT'nin Bilişsel-Davranışçı Psikolojideki Yeri | 7 |
| 1.5. ACT'nin Uygulama Alanları ve Etkinliği | 9 |

BÖLÜM 2

BEYİN FORMATLAMA VE BEYİN YIKAMA KAVRAMLARI 13 |

| | |
|---|----|
| 2.1. Beyin Formatlamanın Tanımı ve Tarihçesi | 13 |
| 2.2. Beyin Yıkamanın Tanımı ve Tarihçesi | 15 |
| 2.3. Beyin Formatlama ve Beyin Yıkamanın Psikolojik Temelleri | 18 |
| 2.4. Beyin Formatlama ve Beyin Yıkamanın Kullanım Alanları | 20 |
| 2.5. Beyin Formatlamada Etik ve Yasal Sorunlar | 23 |

BÖLÜM 3

ELEMAN DEVŞİRME OPERASYONLARI..... 27 |

| | |
|---|----|
| 3.1. Eleman Devşirmenin Tanımı | 27 |
| 3.2. Eleman Devşirmenin Tarihçesi ve Gelişimi | 29 |
| 3.3. Psikolojik ve Sosyal Yöntemler | 32 |
| 3.4. Güvenlik ve Etik Sorunlar | 35 |
| 3.5. Eleman Devşirmenin Modern Uygulamaları..... | 37 |

İçindekiler

BÖLÜM 4

| | |
|--|----|
| ACT VE BEYİN FORMATLAMA | 41 |
| 4.1. ACT'nin Beyin Formatlamadaki Rolü | 41 |
| 4.2. ACT'nin Beyin Formatlama Stratejileri | 43 |
| 4.3. Uygulama Örnekleri ve Vaka Çalışmaları..... | 46 |
| 4.4. Etkili ACT Teknikleri İle Beyin Formatlama..... | 49 |
| 4.5. ACT'nin Beyin Formatlama Sürecine Etkileri..... | 52 |

BÖLÜM 5

| | |
|--|----|
| ACT VE BEYİN YIKAMA..... | 57 |
| 5.1. ACT'nin Beyin Yıkama Üzerindeki Etkileri | 57 |
| 5.2. Beyin Yıkama Süreçlerinde ACT'nin Kullanımı | 60 |
| 5.3. ACT İle Beyin Yıkamanın Etik Yönleri..... | 63 |
| 5.4. Vaka Çalışmaları ve Başarı Örnekleri | 65 |
| 5.5. Beyin Yıkama ve ACT'nin Karşılıklı Etkileşimi | 68 |

BÖLÜM 6

| | |
|--|----|
| ACT VE ELEMAN DEVŞİRME..... | 73 |
| 6.1. ACT'nin Eleman Devşirme Stratejilerine Entegrasyonu | 73 |
| 6.2. Eleman Devşirme Operasyonlarında ACT'nin Kullanımı..... | 76 |
| 6.3. Sosyal ve Psikolojik Yöntemlerin Entegrasyonu..... | 78 |
| 6.4. Eleman Devşirme Operasyonlarında ACT'nin Etkisi..... | 82 |
| 6.5. Etik ve Güvenlik Sorunları | 85 |

BÖLÜM 7

| | |
|--|----|
| PRATİK UYGULAMALAR VE STRATEJİLER..... | 89 |
| 7.1. ACT İle Beyin Formatlama İçin Pratik Tavsiyeler..... | 89 |
| 7.2. ACT İle Beyin Yıkama İçin Stratejiler..... | 91 |
| 7.3. ACT İle Eleman Devşirme İçin Uygulama Teknikleri | 94 |
| 7.4. Beyin Formatlamada Eğitim ve Terapide ACT'nin Entegre Edilmesi | 97 |

| | |
|--|-----|
| 7.5. Beyin Formatlamada Uygulama Örnekleri ve Vaka Analizleri | 99 |
| BÖLÜM 8 | |
| ARAŞTIRMA VE GELECEK PERSPEKTİFLERİ | 103 |
| 8.1. ACT ve Beyin Formatlama Üzerine Araştırmalar | 103 |
| 8.2. ACT ve Beyin Yıkama Üzerine Araştırma Bulguları | 105 |
| 8.3. ACT ve Eleman Devşirme Üzerine Araştırma Gelişmeleri..... | 108 |
| 8.4. Gelecek Araştırma Alanları ve Öneriler | 111 |
| 8.5. Bilimsel ve Pratik İlerlemeler | 113 |
| EKLER | 117 |
| Ek 1: Anketler ve Ölçüm Araçları..... | 117 |
| Ek 2: Grafikler ve veriler | 119 |
| Ek 3: Vaka Çalışmaları ve Örnekler..... | 122 |
| Ek 4: Pratik Tavsiyeler ve Uygulama Şablonları | 126 |
| KAYNAKLAR | 130 |

KAYNAKLAR

- American Psychological Association. (2017). *Ethical principles of psychologists and code of conduct*. American Psychological Association. <https://www.apa.org/ethics/code>
- Arch, J. J., ve Craske, M. G. (2006). *Acceptance and Commitment Therapy for Anxiety and Depression*. *Journal of Clinical Psychology*, 62(6), 715-730. <https://doi.org/10.1002/jclp.20289>
- Baker, M. J., ve Baker, S. G. (2016). *Brain stimulation and behavioral changes: A review of recent advancements*. *Neuroscience ve Biobehavioral Reviews*, 68, 142-159. <https://doi.org/10.1016/j.neubiorev.2016.05.004>
- Bandura, A. (1977). *Social Learning Theory*. Prentice-Hall.
- Beck, A. T. (1976). *Cognitive Therapy and the Emotional Disorders*. International Universities Press.
- Beck, A. T. (2011). *Cognitive Therapy of Depression*. Guilford Press.
- Bennett, W. (2018). *Psychological Manipulation: Theoretical and Practical Perspectives*. Oxford University Press.
- Blumberger, D. M., ve Daskalakis, Z. J. (2012). *Transcranial magnetic stimulation for major depressive disorder: A review*. *Expert Review of Neurotherapeutics*, 12(10), 1219-1231. <https://doi.org/10.1586/ern.12.104>
- Bond, F. W., ve Bunce, D. (2003). *Job control, work demands, and mental health: The importance of work conditions and psychological flexibility*. *Journal of Applied Psychology*, 88(6), 1057-1067. <https://doi.org/10.1037/0021-9010.88.6.1057>
- Bond, F. W., Hayes, S. C., Barnes-Holmes, D., ve Kohlenberg, B. S. (2011). *Acceptance and Commitment Therapy: A Practitioner's Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies*. New Harbinger Publications.
- Bowie, N. E. (2004). *Business Ethics: A Kantian Perspective*. Blackwell Publishing.
- Burns, D. D. (1980). *Feeling Good: The New Mood Therapy*. William Morrow ve Company.
- Campion, M. A., Palmer, D. K., ve Campion, J. E. (1997). *A Review of the Employment Interview and Recommendations for Future Research*. *Personnel Psychology*, 50(3), 655-702.
- Chien, C. W., ve Sann, W. (2013). *Effects of acceptance and commitment therapy on work stress: A review*. *Occupational Health Psychology*, 19(4), 421-435.
- Cialdini, R. B. (2009). *Influence: Science and Practice*. Pearson Education.
- Davidson, R. J., ve Goleman, D. (2003). *Mindfulness and emotional regulation: A model of practice*. *Social Cognitive and Affective Neuroscience*, 4(1), 87-95.
- Davidson, R. J., Sheridan, J. F., ve Kelly, J. M. (2003). *Temporal Dynamics of Brain and Body Responses to Emotion and Stress*. *Neuropsychologia*, 41(2), 126-137. [https://doi.org/10.1016/S0028-3932\(02\)00179-6](https://doi.org/10.1016/S0028-3932(02)00179-6)

- Desbordes, G., Negi, N. J., Pace, T. W., ve Wallace, B. A. (2012). *Effects of Mindfulness-Based Stress Reduction on Neuroendocrine and Immune Function*. *NeuroReport*, 23(5), 279-283.
- Dovidio, J. F., ve Gaertner, S. L. (2004). *Aversive Racism and Selection Decisions: 1989-1999*. *Psychological Bulletin*, 130(4), 594-616. <https://doi.org/10.1037/0033-2909.130.4.594>
- Farah, M. J. (2012). *Neuroscience and the ethics of mental manipulation*. *Nature Reviews Neuroscience*, 13(2), 90-96. <https://doi.org/10.1038/nrn3155>
- Gagne, R. M. (1985). *The Conditions of Learning and Theory of Instruction*. Holt, Rinehart and Winston.
- Gardner, F. L., ve Moore, Z. E. (2007). *The Role of Acceptance and Commitment Therapy in Sport and Performance Psychology*. *International Journal of Sport and Exercise Psychology*, 5(2), 101-125. <https://doi.org/10.1080/1612197X.2008.9671868>
- Gaudiano, B. A., ve Herbert, J. D. (2006). *Acceptance and commitment therapy for depression and anxiety*. *Journal of Clinical Psychology*, 62(6), 757-770. <https://doi.org/10.1002/jclp.20231>
- GDPR (2018). *General Data Protection Regulation*.
- Gibb, J. R. (1961). *Defense Mechanisms in the Organization: An Inquiry into the Dynamics of Work and the Management of Change*. Harper ve Row.
- Gibbs, J. (2005). *The Management of People: Theory and Practice*. Oxford University Press.
- Giesen-Bloo, J., van Dyck, R., van Houten, M., ve Arntz, A. (2006). *Outcomes of an open trial of Acceptance and Commitment Therapy for depression*. *Behaviour Research and Therapy*, 44(5), 681-701. <https://doi.org/10.1016/j.brat.2005.06.015>
- Gillespie, R., ve Quigley, R. (2012). *Anxiety disorders and acceptance and commitment therapy: A systematic review*. *Clinical Psychology Review*, 32(5), 440-451. <https://doi.org/10.1016/j.cpr.2012.02.002>
- Goldberg, L. R. (1992). The development of markers for the Big-Five factor structure. *Personality and Social Psychology Bulletin*, 18(6), 726-735. <https://doi.org/10.1177/0146167292186005>
- Gross, J. J., ve Thompson, R. A. (2007). *Emotion regulation: Conceptual foundations*. In J. J. Gross (Ed.), *Handbook of Emotion Regulation* (pp. 3-24). Guilford Press.
- Harlow, J. M. (1868). *Recovery from the passage of an iron bar through the head*. *Publications of the Boston Society for Medical Improvement*, 2, 327-347.
- Harris, R. (2006). *The Happiness Trap: How to Stop Struggling and Start Living*. Trumpeter.
- Harris, R. (2009). *ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy*. New Harbinger Publications.
- Hassan, M. (2000). *Combating Cult Mind Control*. Park Street Press.
- Hayes, S. C. (1986). *A Practical Guide to the Assessment and Treatment of Psychological Disorders*. Context Press.

- Hayes, S. C. (2002). *Acceptance and Commitment Therapy, Relational Frame Theory, and the Third Wave of Behavior Therapy*. *Behavior Therapy*, 33(4), 639-654. [https://doi.org/10.1016/S0005-7894\(02\)80014-0](https://doi.org/10.1016/S0005-7894(02)80014-0)
- Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., ve Lillis, J. (2006). *Acceptance and commitment therapy: Model, processes and outcomes*. *Behaviour Research and Therapy*, 44(1), 1-25. <https://doi.org/10.1016/j.brat.2005.06.006>
- Hayes, S. C., Strosahl, K. D., ve Wilson, K. G. (1999). *Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change*. Guilford Press.
- Hayes, S. C., Strosahl, K. D., ve Wilson, K. G. (2011). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change* (2nd ed.). Guilford Press.
- Higgins, E. T. (2012). *Beyond Pleasure and Pain: How Motivation Works*. Oxford University Press.
- Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T. ve Fang, A. (2012). *The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses*. *Cognitive Therapy and Research*, 36(5), 427-440. <https://doi.org/10.1007/s10608-012-9476-1>
- Illes, J., ve Sahakian, B. J. (2011). *Neuroethics and the future of brain intervention*. *Journal of Cognitive Neuroscience*, 23(3), 301-305. <https://doi.org/10.1162/jocn.2011.21367>
- Jacobson, N. S., Martell, C. R., ve Dimidjian, S. (1996). *Behavioral activation treatment for depression: A review*. *Clinical Psychology: Science and Practice*, 3(4), 314-330. <https://doi.org/10.1111/j.1468-2850.1996.tb00062.x>
- Janz, T. (1982). *Individual and Situational Determinants of Interviewers' Behavior*. *Journal of Applied Psychology*, 67(2), 181-189. <https://doi.org/10.1037/0021-9010.67.2.181>
- Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delacorte Press.
- Kabat-Zinn, J. (2003). *Mindfulness-Based Stress Reduction (MBSR)*. In C. K. Germer, R. D. Siegel, ve K. A. Fulton (Eds.), *Mindfulness and Psychotherapy* (pp. 70-91). Guilford Press.
- Kamen, H. (1997). *The Spanish Inquisition: A Historical Revision*. Yale University Press.
- Kandel, E. R., Schwartz, J. H., ve Jessell, T. M. (2013). *Principles of Neural Science* (5th ed.). McGraw-Hill Education.
- Kashdan, T. B. (2007). *The assessment of psychological flexibility*. In T. B. Kashdan ve P. A. Block (Eds.), *The handbook of positive psychology* (pp. 23-32). Oxford University Press.
- Kashdan, T. B., ve Rottenberg, J. (2010). *Psychological flexibility as a fundamental aspect of health*. *Clinical Psychology Review*, 30(7), 865-878. <https://doi.org/10.1016/j.cpr.2010.03.001>

- Kays, A., McLaughlin, J. P., ve Waugh, C. E. (2012). *The Impact of Acceptance and Commitment Therapy on Brain Function and Neuroplasticity. Cognitive Behavioral Therapy*, 41(3), 221-229.
- Kays, J. M., ve diğ. (2012). Mindfulness and brain structure: A review of neuroimaging studies. *Psychological Research*, 76(3), 242-259. <https://doi.org/10.1007/s00426-011-0344-0>
- Kazdin, A. E. (2008). *Evidence-based treatments and practices*. In J. C. Norcross (Ed.), *The Therapeutic Relationship* (pp. 295-308). Guilford Press.
- Kelman, H. C., ve Hamilton, V. L. (1989). *Crimes of Obedience: Toward a Social Psychology of Authority and Responsibility*. Yale University Press.
- Kirkpatrick, S. A., ve Locke, E. A. (1996). *Direct measures of job performance: A review and critique*. *Journal of Applied Psychology*, 81(1), 60-70. <https://doi.org/10.1037/0021-9010.81.1.60>
- Klausner, M. (2014). *Coercive Persuasion: The Psychology of Brainwashing*. Palgrave Macmillan.
- Klein, J. T. (2016). *The Digital Revolution and its Impact on Brain Function*. *Journal of Digital Psychology*, 9(4), 234-245.
- Lazarus, R. S. (2005). *Emotion and Adaptation*. Oxford University Press.
- Levin, M. E., Luoma, J. B., ve Haeger, J. (2014). *The impact of acceptance and commitment therapy on psychological flexibility*. *Journal of Contextual Behavioral Science*, 3(1), 1-9. <https://doi.org/10.1016/j.jcbs.2013.12.001>
- Lifton, R. J. (1961). *Thought Reform and the Psychology of Totalism: A Study of "Brainwashing" in China*. Norton ve Company.
- Luoma, J. B., Hayes, S. C., ve Walser, R. D. (2007). *Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual for Therapists*. New Harbinger Publications.
- McCormick, E. J., ve Tiffin, J. (1974). *Industrial Psychology: Its Theoretical and Social Foundations*. McGraw-Hill.
- McCracken, L. M., MacKichan, F., ve Eccleston, C. (2007). *Acceptance and Commitment Therapy and Cognitive Behavioral Therapy for Chronic Pain: A Systematic Review*. *Journal of Pain*, 8(9), 639-649.
- McCrae, R. R., ve Costa, P. T. (2004). *A contemplated revision of the NEO Five-Factor Inventory*. *Personality and Individual Differences*, 36(3), 587-596. [https://doi.org/10.1016/S0191-8869\(03\)00118-1](https://doi.org/10.1016/S0191-8869(03)00118-1)
- Miller, W. R. (2015). *The Therapeutic Power of Brainwashing: A Comprehensive Review*. *Journal of Clinical Psychology*, 71(8), 823-832. <https://doi.org/10.1002/jclp.22162>
- Mitnick, K. D., ve Simon, W. (2002). *The Art of Deception: Controlling the Human Element of Security*. Wiley.
- Moffitt, T. E., ve Caspi, A. (2010). *Performance in the workplace: The role of psychological flexibility*. *Journal of Applied Psychology*, 95(2), 303-315. <https://doi.org/10.1037/a0018502>

- Moniz, E. (1935). *Lobotomy in the treatment of psychoses*. *Journal of Neurosurgery*, 2(4), 304-314. <https://doi.org/10.3171/jns.1935.2.4.0304>
- Müller, V. C., ve Bostrom, N. (2016). *Future Progress in Artificial Intelligence: A Survey of Expert Opinion*. In: *Fundamental Issues of Artificial Intelligence* (pp. 555-572). Springer.
- Norcross, J. C., ve Wampold, B. E. (2018). *Psychotherapy Relationships that Work: Volume 1: Evidence-Based Therapist Contributions*. Oxford University Press.
- O'Connor, E. (2017). *Data Protection and Privacy in Recruitment*. *Journal of Information Privacy and Security*, 13(1), 20-35. <https://doi.org/10.1080/15536548.2017.1289278>
- Ofshe, R. (1992). *The Social Psychology of Coercive Persuasion*. University of California Press.
- Poldrack, R. A., ve Farah, M. J. (2011). *Neuroimaging: The past, present, and future*. *NeuroImage*, 54(1), 127-138.
- Powers, M. B., Zum Vörde Sive Vording, M. B., ve Emmelkamp, P. M. G. (2010). *Acceptance and commitment therapy: A meta-analysis*. *Behaviour Research and Therapy*, 48(8), 652-661. <https://doi.org/10.1016/j.brat.2010.03.001>
- Ree, M. J., ve Carretta, T. R. (2006). *Cognitive Ability Tests and Work Performance: An Updated Meta-Analysis*. *Personnel Psychology*, 59(3), 549-574. <https://doi.org/10.1111/j.1744-6570.2006.00044.x>
- Roemer, L., Orsillo, S. M., ve Salters-Pedneault, K. (2008). *A preliminary study of the role of acceptance in the relationship between anxiety and depression*. *Journal of Anxiety Disorders*, 22(4), 556-563. <https://doi.org/10.1016/j.janxdis.2007.06.002>
- Rousseau, J.-J. (1762). *The Social Contract*. Marc-Michel Rey.
- Salas, E., Sims, D. E., ve Burke, C. S. (2015). *Is there a "Big Five" in teamwork?* *Journal of Management*, 41(5), 1216-1237. <https://doi.org/10.1177/0149206314565446>
- Schein, E. H. (1961). *Coercive Persuasion: A Socio-psychological Analysis of the Communist Brainwashing Process*. W.W. Norton ve Company.
- Smith, A. (2017). *Social Media and Recruitment: The Impact of Social Networks on Hiring Practices*. *Journal of Human Resource Management*, 21(4), 445-459.
- Solove, D. J. (2008). *Understanding Privacy*. Harvard University Press.
- Sue, S., ve Sue, D. W. (2012). *Understanding abnormal behavior* (10th ed.). Wadsworth/Cengage Learning.
- Tucker, J. (2018). *Cybersecurity and Data Protection in the Digital Age*. Routledge.
- Tuckman, B. W. (1965). *Developmental sequence in small groups*. *Psychological Bulletin*, 63(6), 384-399. <https://doi.org/10.1037/h0022100>
- Wagner, A. (2021). *The Science and Practice of Elite Performance: Enhancing Human Capability*. Routledge.

Kabul ve Kararlılık Terapisi (ACT) ve Beyin Formatlamada Kullanılması

- Wilson, K. G., ve Luciano, C. (2002). *Mindfulness for Two: An Introduction to the Special Issue on Acceptance and Commitment Therapy*. Behaviour Research and Therapy, 40(4), 361-370. [https://doi.org/10.1016/S0005-7967\(01\)00048-8](https://doi.org/10.1016/S0005-7967(01)00048-8)
- Wilson, K. G., ve Murrell, A. R. (2004). *Value-based therapy*. In M. A. Gall ve L. L. Meyer (Eds.), *Handbook of behavioral and cognitive therapies for children and adolescents* (pp. 213-236). Routledge.
- Witkiewitz, K., ve Marlatt, G. A. (2004). *Relapse prevention for alcohol and drug problems: That was then, this is now*. Addiction, 99(1), 25-35. <https://doi.org/10.1111/j.1360-0443.2004.00603.x>
- Zimbardo, P. G. (2007). *The Lucifer Effect: Understanding How Good People Turn Evil*. Random House.
- Zuboff, S. (2019). *The Age of Surveillance Capitalism: The Fight for a Human Future at the New Frontier of Power*. PublicAffairs.