

Outline

The ACT Model
The nature of human suffering
“Healthy normality” is a myth
Language: The double-edged sword
Undermine unhelpful thoughts
Aiming for psychological flexibility and why
The ACT hexagon model

Limitations of the Research and Potential Risks
Children and adolescents
Acute, florid hallucinations
Catatonic depression
Individuals with an adverse reaction to mindfulness exercises

Acceptance
Strengthening a willingness to have emotions
The opposite of acceptance is experiential avoidance
Experiential avoidance throughout the lifespan
Why acceptance is important
Case example: Teenage shyness & hoarding

Defusion
Look at thoughts rather than from thoughts
Deal with automatic thoughts
The power of words
The problem with cognitive fusion
Address CBT-based disputation techniques with defusion
“Taking your mind for a walk” exercise
Case example: Eating disorders & social phobia

Perspective-Taking
Understand the “Self” in ACT
Self-as-content, self-as-perspective, self-as-context
Observer self-exercise
Deal with identity issues
Case examples related to PTSD & childhood sexual trauma

Mindfulness
Contacting the present moment
Why being in the here-and-now is critical for mental health

Relationship between mindlessness and psychopathology
Meditation, mindfulness and mindful action
Exercises for mindful action
Case example: Anger, personality disorders, alcoholism

Values Work
The positive side of language
Identifying core values
Differentiate values and goals
Writing values-based treatment goals
The ethics of values clarification
Establishing the life line
Case example: Heroin addiction, bipolar disorder

Committed Action
Define “commitment” objectively
Integrate evidence-based therapy with ACT
Develop ACT-based behavior therapy treatment plans
Improve behavioral activation with ACT
Accelerate exposure therapy with ACT
Case example: Depression, agoraphobia

Pulling It All Together
Hexaflex model for psychological flexibility
Ask the “ACT Question” for self-help and case conceptualization
Inflexahex model: Diagnosis from an ACT approach
Case example: Obsessive-compulsive disorder

Incorporate ACT into Your Own Approach
Social skills training
Applied Behavior Analysis
Inpatient treatment programs systems
Exposure and ritual prevention
Behavioral activation
Parent management training
Executive coaching

The Mindful Action Plan
ACT simplified
Passengers on the bus: The classic ACT group exercise
How ACT can make you a better therapist

Objectives

1. Develop a deep understanding of the six core processes of Acceptance and Commitment Therapy (ACT) to help clients advance psychological flexibility.
2. Incorporate the role of psychological flexibility in ACT and list clinical techniques for increasing it.
3. Utilize acceptance approaches with avoidance problems to strengthen a client’s willingness to have emotions.
4. Implement clinical skills for helping clients to defuse from language obstacles.
5. Utilize exercises in therapy with clients, like contacting the present moment, to aid clients with developing the flexibility to engage in the present moment and let go of their struggles.
6. Detect how a client’s unclarified values can lead to clinical problems in relation to assessment and treatment planning.
7. Integrate ACT into different therapeutic styles and methods as an approach to managing symptoms.
8. Create committed action plans for clients with anxiety disorders to improve level of functioning.
9. Use metaphors to undermine language-based avoidance repertoires to improve client engagement.
10. Implement emotional and behavioral willingness techniques with clients to reduce experiential avoidance.
11. Integrate ACT techniques into treatment for specific disorders including depression, anxiety, trauma and personality disorders.
12. Demonstrate how ACT incorporates elements of exposure therapy to reduce experiential avoidance.

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Featuring Experienced ACT Clinician,
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Melissa Farrell, PsyD

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Looking to improve your therapy approach?

How often do you review your appointment calendar and start wondering how you’re going to, finally, help a regular client who seems to progress for a while – and then regress?

Each time he/she arrives, you use the same tools and techniques you’ve used for so long – and mostly successfully – but this one client is testing your skills. Now, you can begin to integrate **Acceptance and Commitment Therapy (ACT)** into your practice – and see improved outcomes.

Researched and developed by world-renowned researcher, speaker and author **Steven Hayes, Ph.D.**, ACT is fast becoming the treatment approach that gets to the heart of therapeutic relationship.

Join ACT expert, trainer **Melissa Farrell, PsyD**, for this workshop where you will develop highly practical, evidence-based skills, case conceptualization techniques and powerful strategies that will improve outcomes for the following:

- Anxiety Issues
 - Post-Traumatic Stress Disorder
 - Mood Disorders
 - Substance Abuse
- Anger Management
 - Eating Disorders
 - Trauma
 - Personality Disorders

Attend this intensive, engaging and transformative workshop and start a new path for healing you can use with your most difficult clients.

Free Mindfulness exercises are included!
You will also receive copies of ACT-based psychological assessment tools and case conceptualization forms.

Speaker

Melissa Farrell, PsyD, is a psychologist, ACT trainer and international presenter. She is a former co-chair for the gender and sexual minorities special interest group for the Association for Contextual Behavioral Science (ACBS).

Melissa is a passionate clinician and educator with more than 10 years’ experience using evidence-based practices to help individuals and families grow and thrive. She specializes in working with gender and sexual minorities, particularly youth and their families and has presented multiple workshops on ACT, including *Whose Therapy is it Anyway?: Working with Gender and Sexual Minority Youth and Their Families*. She also provides supervision and consultation on the use of ACT to professionals.

Speaker Disclosure:

Financial: Melissa Farrell maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Melissa Farrell is a member of the Association for Contextual Behavioral Science; and the American Psychological Association.

Live Seminar Schedule - both days

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

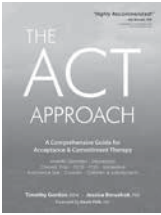
11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



The ACT Approach: A Comprehensive Guide for Acceptance and Commitment Therapy

By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.

The ACT Approach is the ultimate Acceptance and Commitment Therapy (ACT) resource all clinicians need to move their clients and therapy forward. Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won’t find anywhere else.



The ACT Deck

55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress

By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D

The ACT Deck offers 55 practices based on Acceptance and Commitment Therapy for use in therapy, classrooms or at home. These cards ask tough questions, encourage meaningful action and provide new perspectives to help you let go of negative thoughts and live in the present moment.

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OREGON PSYCHOLOGISTS: This live activity consists of 760 minutes of continuing education instruction and is designed to meet the requirements of the Oregon Board of Psychology. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

WASHINGTON PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/73136.

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WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

OTHER PROFESSIONISTS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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