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

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 power of words

The problem with cognitive fusion
Address CBT-based disputation techniques with

"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. Demonstrate effective use of the six core processes of Acceptance and Commitment Therapy (ACT) to help clients advance psychological flexibility.
- 2. Illustrate clinical techniques for increasing psychological flexibility in clients using ACT.
- 3. Utilize acceptance approaches with avoidance problems to strengthen a client's willingness to have emotions.
- 4. Implement clinical skills to help clients effectively handle automatic cognitions.
- 5. Utilize effective ACT exercises in therapy to aid clients with developing new skills to engage in the present moment and move past struggles.
- Assess and clarify a client's values in order to develop an effective treatment plan and avoid potential clinical problems.
- 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. Utilize clinical strategies to develop an ACT-based behavior therapy plan as it relates to treatment outcomes.
- 11. Implement emotional, behavioral willingness and exposure techniques with clients to reduce experiential avoidance.
- 12. Apply ACT techniques to the treatment of specific disorders including depression, anxiety, trauma and personality disorders.



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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.

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- · Substance Abuse

- · Anger Management
- Eating Disorders
- · Trauma
- · Personality Disorders

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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.

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8:00 Program begins

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

4:00 Program ends

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