

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 with defusing from language obstacles.
5. Utilize exercises in therapy with clients, such as, contacting the present moment, to aid clients to develop 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 the personality disorders.
12. Demonstrate how ACT incorporates elements of exposure therapy to reduce experiential avoidance.

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Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

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Featuring, Experienced ACT Trainer, International Speaker, Author and Past-President of the Association for Contextual Behavioral Science,  
**Daniel J. Moran, Ph.D., BCBA-D**

*"Dr. D.J. made it all come together for me!"*  
- Carla, St. Louis, MO

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- ACT techniques for mood disorders, anxiety, trauma, anger and more
- Experiential exercises, case studies and video examples
- Practical & transformative for you and your clients!

*"I was lucky enough to take workshops with some famous ACT trainers in the past and those experiences changed my life, but not the way I did therapy. D.J. did change the way I do therapy and my patients are better for it."*  
- Rosemarie, London, UK

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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 and co-author with Steven Hayes of *ACT in Practice*, **Daniel J. Moran, Ph.D., BCBA-D**, 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



**Daniel J. Moran, Ph.D., BCBA-D**, is the past-president of the Association for Contextual Behavioral Science (ACBS), the international ACT organization with over 8,000 members worldwide. He co-authored the first case conceptualization manual for Acceptance and Commitment Therapy entitled *ACT in Practice* (New Harbinger), and served on the first ACT training committee.

As a recognized ACT Trainer in the ACBS community, Dr. Moran has an engaging training style that has led him to be an invited keynote speaker for many events in the last decade.

He has also been featured on The Oprah Winfrey Network, TLC, and The Discovery Channel discussing the treatment of many clinical disorders, and has published several articles and book chapters including publications with CBT pioneer Albert Ellis, and ACT pioneer Steven Hayes.

Dr. Moran founded the MidAmerican Psychological Institute, a clinic in Chicagoland, and continues to supervise therapists and treat patients in that organization. His passion is for applying ACT principles in important areas outside of the clinic, such as the boardroom or construction sites. He established Pickslyde Consulting in order to bring mindfulness and value-directed commitment skills to the workplace in order to improve safety, innovation, and leadership. Dr. Moran has utilized ACT in work implementations and clinical training sites on six continents and in all 50 of the United States.

Speaker Disclosure:  
Financial: Daniel Moran is the Executive Director for MidAmerican Psychological Institute. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Daniel Moran has no relevant non-financial relationship to disclose.

Live Seminar Schedule (Both Days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

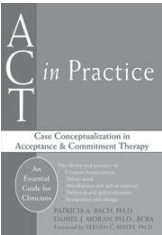
11:50-1:00 Lunch (on your own)

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.

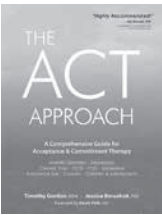
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**By Daniel J. Moran, Ph.D., BCBA-D. - Your presenter! & Patricia Bach, Ph.D.**

Acceptance and commitment therapy (ACT) is more than just a set of techniques for structuring psychotherapeutic treatment; it also offers a new, insightful, transdiagnostic approach to case conceptualization and to mental health in general. Learn to put this popular new psychotherapeutic model to work in your practice with this book, the first guide that explains how to do case conceptualization within an ACT framework.



**The ACT Approach:** *A Comprehensive Guide for Acceptance and Commitment Therapy*  
**By Timothy Gordon, MSW, RSW, Jessica Borushok, Ph.D. & Kevin Polk, 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.

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

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