

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

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, like 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 personality disorders.
12. Demonstrate how ACT incorporates elements of exposure therapy to reduce experiential avoidance.

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

Speaker

Adria Pearson-Mauro, PhD, is a licensed clinical psychologist in private practice in Denver, CO and Instructor at the University of Colorado, Denver. She holds a PhD in clinical psychology from the University of Nevada, Reno, where she was trained in ACT by Dr. Steven Hayes, co-founder of ACT. Through national and international ACT workshops, Dr. Pearson-Mauro has trained clinicians in beginning, intermediate and advanced levels of ACT.

Dr. Pearson-Mauro is co-author of the book, *ACT for Body Image Dissatisfaction* (2010). She has also published in peer-reviewed journals and books on the topic of Acceptance and Commitment Therapy. Between 2014-2017 she was president of the Rocky Mountain Association for Contextual and Behavioral Sciences (ACBS).

Speaker Disclosures:
Financial: Adria Pearson-Mauro is an assistant professor at the University of Colorado. She receives a speaking honorarium from PESI, Inc.
Non-financial: Adria Pearson-Mauro is a member of the Association for Contextual and Behavioral Sciences (ACBS). She is the president of the Rocky Mountain Association for Contextual and Behavioral Sciences.

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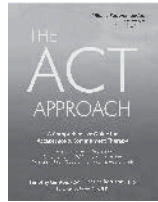
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By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D

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

By Timothy Gordon, MSW, RSW, Jessica Borushok, PhD and Kevin Polk, PhD

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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