

Acceptance & Commitment Therapy (ACT)

3-Day Master Class

We've all had clients stuck in a state of paralyzing emotional pain and fear. You've tried everything, and you're frustrated because nothing is working to help your clients begin to improve or reach their therapeutic goals. Sometimes you see success, but the next session, you and your client are back to where you started. You dread your next session because all your suggestions are met with resistance, or "what if I try, but get worse?"

Acceptance and Commitment Therapy (ACT) is a transdiagnostic, evidence-based approach that offers a unique and effective way for you to achieve positive therapeutic outcomes with your most difficult-to-treat clients. You'll leave this master class confident in your ability to integrate ACT skills into your practice.

Dr. Jennifer Patterson, Psy.D., LCPC, will teach you the ACT skills you need to help your clients who are struggling to make difficult behavior changes due to the presence of painful thoughts, feelings and memories. You'll learn how ACT weaves mindfulness strategies with cognitive-behavioral change strategies to revolutionize client outcomes.

You'll learn how to apply ACT skills such as acceptance, mindfulness and values clarification to the treatment of clients suffering from PTSD, anxiety, trauma and personality disorders, as well as how to use a variety of ACT extension models in multiple other clinical situations.

Full of thought-provoking lecture, engaging case studies, video examples and guided instruction, the ACT Master Class will teach you the essential ACT skills that you need to help your clients move forward in living meaningful and fulfilling lives. You will leave this course armed with tools you can use in your very next session.

Live Seminar Schedule (All three 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.

Enroll now to revolutionize your client outcomes with Acceptance and Commitment Therapy!

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers
 Addiction Counselors • Therapists • Marriage & Family Therapists
 Nurses • Other Mental Health Professionals

Objectives

- 1 Summarize the theoretical and philosophical foundation of the ACT model to help clients increase psychological flexibility.
- 2 Articulate how ACT is a contextual behavioral science and how it differs from cognitive behavioral therapies as related to clinical treatment.
- 3 Communicate to clients why the acceptance of painful thoughts and feelings is more beneficial for symptom management than trying to eliminate them.
- 4 Formulate ACT-consistent case conceptualizations to understand avoidance in individual clients and how it relates to encouraging and maintaining values-inconsistent behaviors.
- 5 Utilize ACT case conceptualizations to prepare evidence-based treatment plans to assist with a cohesive treatment approach.
- 6 Utilize the six processes of psychological flexibility in ACT to facilitate emotional openness and increase values-consistent behaviors in clients.
- 7 Analyze how ACT attempts to undermine problematic language obstacles and implement clinical skills to assist clients with becoming defused, or "unhooked," from their thoughts.
- 8 Use metaphors, analogies and experiential exercises to improve clients' understanding of self and increase value-based behaviors.
- 9 Implement evidence-based ACT protocols and processes into treatment for specific disorders including depression, anxiety, PTSD and personality disorders.
- 10 Analyze the efficacy of the 12-week protocol for depression and anxiety as it relates to treatment planning.
- 11 Utilize ACT interventions, like contacting the present moment, to assist with developing observation and awareness skills for your client.
- 12 Explore the role of self-compassion in the ACT model and utilize exercises to help clients build self-acceptance.
- 13 Establish an effective and valued therapeutic relationship through the use of compassion-focused therapy processes.
- 14 Develop an understanding of the ACT extension models and integrate core ACT techniques to use with trauma, children, adolescents, groups, couples and other dyads.
- 15 Incorporate awareness training from the Crosshairs model to reduce the likelihood of the development of PTSD in traumatized clients.
- 16 Implement the core skills from the DNA-V youth model, like mindfulness and action, to support personal growth and reduce problematic symptoms in child and adolescent clients.
- 17 Demonstrate to clients how to implement choice point skills in order to respond flexibly to the situations that occur outside of therapeutic sessions.
- 18 Integrate core self-compassion techniques and awareness training to assist your clients with effective interpersonal functioning and increased satisfaction in interpersonal relationships
- 19 Utilize the ACT Matrix in session with groups and individuals in order to improve client engagement and strengthen commitment to values-consistent behaviors.

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

pesi.com/CBTWorksheet

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit www.pesi.com/inhouse

NON-PROFIT ORG
 US POSTAGE PAID
 EAU CLAIRE WI
 PERMIT NO 32729

PESI, Inc.
 P.O. Box 1000
 Eau Claire, WI 54702-1000
 A Division of PESI, Inc.

Acceptance & Commitment Therapy (ACT)

3-Day Master Class

Fairfax, VA

Tuesday - Thursday, July 23-25, 2019

REGISTER NOW! pesi.com/express/71458



Acceptance & Commitment Therapy (ACT)

3-Day Master Class

- Master ACT skills to treat PTSD, anxiety, depression, personality disorders & more
- Aid your clients in ending suffering caused by the cycle of the elimination agenda
- Use evidence-based ACT skills to enhance psychological flexibility in clients

Fairfax, VA

Tuesday - Thursday
 July 23-25, 2019

REGISTER NOW! pesi.com/express/71458



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

The Core Skills & Competencies of ACT

The ACT Model

What is ACT?
The core focus of ACT
Why the myth of healthy normality is destructive
The ACT question
Limitations of the research & potential risks

ACT: The Foundation Philosophy & Theory

Language: The double-edged sword
Thoughts & actions: Functional or non-functional?
The importance of context
Don't believe everything you think
The happiness trap
Values vs. goals

ACT Treatment Model: Six Core Processes to Increase Psychological Flexibility

Acceptance
Mindful decision making
Values clarification
Value-based behaviors
Understanding sense-of-self
Defusion

Assessment: Intake Considerations when Using the ACT Model

Inflexahex diagnostic model
Suggestaflex: Determine the treatment starting point

The ACT Clinical Interview

Quality of life: What's getting in the way?
Experiential avoidance: The short-term solution
Unhealthy behaviors: What's the client hooked to?
Identify "attached-to-self" statements
Recognize a regretted past or feared future
Values assessments

ACT in Action

Trauma & PTSD: Mobilize Clients to Detach from Fear

Clinical concerns with experiential avoidance in PTSD
Creative Hopelessness

Assessment considerations: Reliving trauma, hyperarousal & client explanation of trauma
Assessment tools
Key ACT questions for trauma/PTSD
Teach defusion skills: Using imagery
Undermine reason giving as an avoidance method
Trauma-informed techniques
Grounding techniques for flashbacks & dissociation
Psychological flexibility as it relates to trauma

Anxiety Approach: Help Clients Learn to Experience Anxious Thoughts & Feelings in a Less Frightening Way

Assessment considerations: Rigidity in avoidance
Assessment tools
Foster willingness as an alternative to control

Help clients turn off the "struggle switch"

Anxiety-specific metaphors
12-week protocol for anxiety: Step-by-step
Exposure therapy in ACT: FEEL Exercises
Barriers to the 12-week protocol
Relapse prevention plan
Post-treatment plan

Personality Disorders: The Dynamics of Interpersonal Problems

Strategies to increase emotional tolerance
Assessment considerations: Unique coping behaviors

Tools for assessment
Integration with Schema Therapy
Homework for clients

The interpersonal experiences diary for mindfulness

Applications of imagery
Appropriate use of self-disclosure
Help develop committed action: Role play
How to manage countertransference

Depression: Cultivate Acceptance & Hope

Assessment considerations: Motivational analysis & the functional purpose of depression

Tools for assessment
Strategies to reduce rumination
The role of values in treating depression
Self-compassion & the damaged conceptualized self

12-week protocol for depression: Step-by-step
Defusion exercises for excessive literality & evaluations of depression
Barriers to the 12-week plan
Suicidality
Post-treatment plan: Continuing the process

ACT Extension Models: Utilize Simple Models with Specific Situations & Clinical Populations

Groups & Individuals: The ACT Matrix

Two formats for groups & individuals
Engage people in the ACT process
Key question: Is the behavior working for the life you want to remember?
Help clients develop awareness & insight
Mental vs. physical experiencing

Outside of Client Session: The Choice Point Model

In-session, intervention & outside of session
Help clients become aware of choice points
Develop clients' skills & strengths
Values consistent & values inconsistent behaviors
Integration of mindfulness & the Choice Point model
The role of the therapist with Choice Point

Children & Adolescents: The DNA-V Model

Special clinical considerations for youth clients
Integrate Positive Psychology & ACT
Guide youth clients with "trying on" values through experience & play
Help young clients develop mindfulness skills
Develop language skills & draw on previous experience
The influence of family context

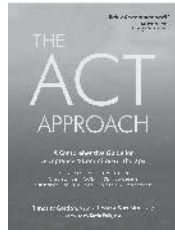
Couples & Other Dyads: The ID Model

Help clients with interpersonal relationship issues
Key questions for case conceptualization
Targets of treatment
The influence of self-compassion
Emotional avoidance & attachment to emotions
Awareness as essential to relationships
The critical self's impact on relationships

First Responders & Military: The Crosshairs Model

The importance of awareness training
Proactive care after trauma
Moving away from or toward pain
Develop acceptance & willingness

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

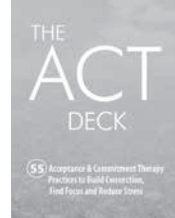


The ACT Approach

A Comprehensive Guide for Acceptance and Commitment Therapy

By Timothy Gordon, MSW, RSW, Jessica Borushok, PhD, 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.



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.



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 \$90 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and the post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Kay Friske at kfriske@pesi.com or call 715-855-6362.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 19.0 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or

state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1140 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This activity consists of 19.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 19.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DISTRICT OF COLUMBIA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/71458.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 19.0 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 1140 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.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advanced online registration required.*

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

ACCEPTANCE & COMMITMENT THERAPY (ACT): 3-DAY MASTER CLASS

ONLINE
pesi.com/express/71458

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI, Inc.
PO BOX 1000
Eau Claire, WI
54702-1000

2 Check location: (make copy of locations)

FAIRFAX, VA
July 23-25, 2019
Hilton Garden Inn Fairfax
3950 Fair Ridge Dr • 22033
(703) 385-7774

3 Check tuition:
Tuition with seminar manual

\$549.99 per person for both days (postmarked 3 wks prior to event) -or- for two or more people registering together

\$599.99 per person for both days (standard)

Add-On Product
Distributed at seminar—FREE SHIPPING!

\$29.99* *The ACT Approach* book

\$16.99* *The ACT Deck* card deck

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:
ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____
Card Exp. _____ Code #*: _____
Signature _____
(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

REGISTER NOW!
pesi.com/express/71458

ADA NEEDS
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advanced online registration required.*
- \$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more:** Call 800-844-8260 for discounts.
- Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.
Go to www.pesi.com/students or call 800-844-8260 for details. *Advanced registration required. Cannot be combined with other discounts.*

FOR OFFICE USE ONLY
Fed ID # 26-3896894
© 2019 PESI, Inc.

ACE
Approved Continuing Education

CAN'T ATTEND THE SEMINAR?
See below for individual product orders

Acceptance & Commitment Therapy (ACT): 3-Day Master Class

___ Seminar on DVD* (video) \$499.99 (RNV053645)	Product total \$ _____
___ Seminar on CD* (audio) \$469.99 (RNA053645)	*Shipping _____
___ The ACT Approach book* \$29.99 (PUB085130)	Subtotal _____
___ The ACT Deck card deck* \$16.99 (PUB085185)	**Tax _____
	TOTAL _____

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Speaker

Jennifer Patterson, Psy.D., LCPC,

has a mission to offer evidence-based psychotherapy to help others live full and abundant lives. She is the founder of JPI Psychological Solutions in Mokena, Illinois and specializes in treating obsessive compulsive behaviors, anxiety and depression. At JPI she uses ACT and other third-wave models to assist clients with increasing quality of life.

Dr. Patterson is an ACT trainer and has lead over 500 ACT workshops across the US and internationally. She has served as vice-president of the Chicago Chapter for the Association for Contextual Behavioral Sciences. Dr. Patterson was a featured psychologist on The Learning Channel (TLC) and former co-author for *Psychology Today's* blog When More Isn't Enough. Dr. Patterson received both her master's and doctoral degrees from the Illinois School of Professional Psychology. She is a formally trained ACT clinician and is very skilled in mindful-based therapies and empirically-supported treatments.

Speaker Disclosures:
Financial: Jennifer Patterson has an employment relationship with MidAmerican Psychological Institute. She receives a speaking honorarium from PESI, Inc.
Non-financial: Jennifer Patterson is a member of the American Psychological Association; and Illinois Psychological Association.

PLEASE RETURN ENTIRE REGISTRATION FORM