

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 defuse from language obstacles.
5. Utilize exercises in therapy with clients, like contacting the present moment, to aid clients with developing 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 the therapeutic relationship.

Join **Michael C. May, MA, LCPC**, 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

Michael C. May, MA, LCPC, is a psychotherapist in private practice and an ACT Trainer. He is a founding partner of Compassionate Psychological Care, LLP, a clinic that provides a wide-range of psychological services with offices in Chicago and Highland Park, IL. Within his private practice, his clinical work is focused on anxiety-related presenting concerns, primarily Panic Disorder and Obsessive-Compulsive Disorder. Michael is also co-founder of Enriched Couples LLC, a company focused on utilizing applied behavioral science in conjunction with financial literacy training to aid young couples in undermining toxic experiential avoidance and building vital and valued relationships.

Michael has received advanced training in various contextual behavioral approaches to psychotherapy including Acceptance & Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT) and regularly provides workshops and professional trainings on Acceptance & Commitment Therapy. Michael is a Licensed Clinical Professional Counselor in the State of Illinois. He is a member of the Association for Contextual Behavioral Science and the Association for Behavior Analysis International.

Speaker Disclosure:

Financial: Michael May maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Michael May 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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ACT in Practice: *Case Conceptualization in Acceptance & Commitment Therapy*
By Daniel J. Moran, Ph.D., BCBA-D. & 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.

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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