

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. 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 client 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.
6. 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.

— FREE —
Worksheets

FREE
Gratitude, Mindfulness & Optimism Worksheets

the Happiness toolbox

Practical and engaging printable tools to use with your clients

Free Gratitude, Mindfulness & Optimism Worksheets

pesi.com/worksheetshappiness

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.

2-Day Intensive ACT Training

ACCEPTANCE
& COMMITMENT
THERAPY

Featuring
M. Joann Wright, Ph.D.

PESI®

Knoxville, TN

October 22-23, 2019

Asheville, NC

October 24-25, 2019

REGISTER NOW! pesi.com/express/73853

2-Day Intensive ACT Training

ACCEPTANCE
& COMMITMENT
THERAPY

Featuring
M. Joann Wright, Ph.D.

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

Knoxville, TN

Tuesday & Wednesday
October 22-23, 2019

Asheville, NC

Thursday & Friday
October 24-25, 2019

PESI® www.pesi.com

A Non-Profit Organization Connecting
Knowledge with Need Since 1979

REGISTER NOW!
pesi.com/express/73853

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 **M. Joann Wright, Ph.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

M. Joann Wright, Ph.D., is the founder of ACT One, an online presence dedicated to offering supervision, consultation, presentations, training and therapy utilizing the Acceptance and Commitment Therapy (ACT) model. She is a peer-reviewed ACT trainer and an Association of Contextual and Behavioral Sciences (ACBS) Fellow.

Dr. Wright is the co-author of *Learning ACT for Group Treatment: An Acceptance and Commitment Therapy Skills Training Manual for Therapists* (Context Press; 2017) and *Experiencing ACT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists* (The Guilford Press; 2019). Both books are aimed at assisting other therapists with their ACT work.

Dr. Wright has created both an ACT-based intensive anxiety outpatient program and a doctoral training program which focused on contextual behavioral sciences. A sought-after instructor, she has served as the director of a university counseling center and has taught graduate courses at several universities. Joann is dedicated to teaching and delivering ACT in order to help people reduce the suffering in their lives.

Speaker Disclosures:

Financial: M. Joann Wright is the founder of ACT One. She has a working relationship with Linden Oaks Medical Group and is an Adjunct Assistant Professor at Midwestern University. Dr. Wright is an author for New Harbinger Publications, Inc. and The Guilford Press. She also receives a speaking honorarium from PESI, Inc.

Non-financial: M. Joann Wright is a fellow of the Association of Contextual and Behavioral Sciences (ACBS).

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.

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. *Limited seats available; advance online registration required.*



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.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and 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.

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 \$60 cancel fee. Substitutions are permitted at any time.



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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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 12.5 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.

NORTH CAROLINA COUNSELORS: This intermediate activity consists of 12.5 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.

TENNESSEE COUNSELORS: This intermediate activity consists of 12.5 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 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline and certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES, NURSE PRACTITIONERS, AND 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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.



PSYCHIATRISTS: PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.



PSYCHOLOGISTS: 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. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



NORTH CAROLINA PSYCHOLOGISTS: This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 760 minutes of continuing education instruction.

TENNESSEE PSYCHOLOGISTS: This course is designed to meet Type II CE of the Tennessee Board of Examiners of Psychology. The Board accepts approvals by any recognized national credentialing body. Please retain all documents to provide to your board should this be requested of you. This activity consists of 12.5 clock hours of continuing education instruction.

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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



OTHER PROFESSIONS: This activity qualifies for 760 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.

PLEASE RETURN ENTIRE REGISTRATION FORM

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

How to Register:

ACCEPTANCE AND COMMITMENT THERAPY
2-DAY INTENSIVE ACT TRAINING

ONLINE

pesi.com/express/73853

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

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

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check location: *(make copy of locations)*

☐ **KNOXVILLE, TN** 73853KNO
October 22-23, 2019
Holiday Inn Knoxville West - Cedar Bluff Rd
9134 Executive Park Dr • 37923
(865) 693-1011

☐ **ASHEVILLE, NC** 73853ASH
October 24-25, 2019
Crowne Plaza Resort Asheville
1 Resort Dr • 28806
(828) 254-3211

REGISTER NOW!
pesi.com/express/73853

3 Check tuition:

TUITION with seminar manual

- ☐ **\$439.99** per person for **both days** (postmarked 3 wks prior to event) -or- for two or more people registering together
- ☐ **\$499.99** per person for **both days** (standard)

ADD-ON PRODUCT

Distributed at seminar—FREE SHIPPING!

☐ **\$59.95* ACT in Practice** book

*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 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 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.)

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

Acceptance and Commitment Therapy:
2-Day Intensive ACT Training

- ___ Seminar on DVD* (video) \$439.99 (RNV048690)
- ___ Seminar on CD* (audio) \$439.99 (RNA048690)
- ___ **ACT in Practice** book* \$59.95 (SAM042275)

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

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____