

Outline

ACT Foundations: What You Need to Know

Context: Why it is Fundamental to ACT
How to determine the functional purpose of behavior
What is language? Relational Frame Theory
The source of psychological suffering
The ACT model of psychopathology
Experiential avoidance, cognitive fusion & the toxic cycle
Psychological Flexibility: What it is & why it's important
The Inflexahex diagnostic model
Limitations of the research & potential risks

The Core Concepts of ACT

Acceptance: Combat Experiential Avoidance

What is "acceptance" in ACT?
Experiential avoidance: The "Control Agenda"
Client control over unwanted thoughts & feelings
How to confront the control agenda
Interventions for fostering acceptance
Acceptance Exercises: The "Unwanted Party Guest,"
"Barriers to Writing"

Defusion: Break Down Thoughts as Barriers

The problem with cognitive fusion
Weaken unworkable language functions
Should thoughts always control behavior?
Build an environment of defusion within session
Strategies for building defusion skills
Defusion Exercise: "Having vs. Believing" our thoughts

Self-As-Context: Aid Clients in Distancing Themselves from Their Thoughts

What is self-as-context?
Self-as-content vs. self-as-context
Mitigate attachment to the conceptualized self
Help clients understand self-as-context
Interventions to foster self-as-context
Self-As-Context Exercise: The "observer self"

Objectives

1. Perform a clinical assessment using the Inflexahex diagnostic model to inform clinical treatment interventions.
2. Utilize acceptance exercises in session to increase client willingness to engage in values-consistent behaviors.
3. Analyze the efficacy of mindfulness meditation for clients on a case-by-case basis, and demonstrate alternative mindfulness interventions for clients who find meditation aversive or unhelpful.
4. Utilize clinical strategies to assist clients in clarifying their values as it relates to case conceptualization.
5. Implement clinical treatment interventions, such as behavioral activation strategies or social skills training interventions, to improve client engagement in values-consistent behaviors as an approach to managing symptoms of PTSD, anxiety, personality disorders or depression.
6. Utilize metaphors and exercises to explain self-as-context in session for purposes of client psychoeducation.

Target Audience:

Social Workers	Psychotherapists
Counselors	Case Managers
Psychologists	Nurses
Marriage and Family Therapists	Mental Health Professionals
Addiction Counselors	Therapists

Contact with the Present Moment:

Mindfulness Strategies to Reduce Worry about the Past & Future
Mindlessness: A core feature of all human psychopathology
What "mindfulness" means in ACT
The goal of mindfulness practice in ACT
How to train mindfulness with flexibility
Overcome obstacles in teaching mindfulness
Address relaxation-induced panic
Formal & informal mindfulness interventions
Contact with the Present Moment Exercise:
Mindfulness without Meditation

Values: Guide Clients in Identifying & Clarifying What Matters

The importance of values in ACT
How values can be transformative in human behavior
Values & goals
How to evoke values from clients
From instant gratification to pursuit of values
Values Clarification Exercise: The Eulogy

Committed Action: Establish Values-Consistent Patterns of Behavior

The relationship between values & committed action
What's considered committed action?
Address persistent inaction, impulsivity or avoidance
Interventions

- Exposure-based approaches
- Behavioral activation strategies
- Social-skills training interventions
- Problem-solving barriers to committed action
- Behavioral homework

Case Study: Engaging in committed action with depression

ACT in Action: Utilize ACT with Specific Clinical Populations

PTSD
Anxiety
Personality disorders
Depression

Live Seminar and Webcast Schedule (Times in Central)

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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Experienced ACT Trainer & ACT Clinician Michael C. May, MA, LCPC

St. Cloud, MN December 9, 2019	Maple Grove, MN December 10, 2019	Bloomington, MN December 11, 2019	Live Webcast December 11, 2019
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Master the Core Components & Skills of ACT Across Diagnoses

Experienced ACT Trainer & ACT Clinician
Michael C. May, MA, LCPC

- Master the core competencies of Acceptance & Commitment Therapy for immediate use in your practice
- Step-by-step instruction & demonstrations of versatile ACT interventions
- Targeted experiential exercises for practical skills development

AN
**ESSENTIAL
COURSE**
for clinicians with
difficult-to-treat
clients!

St. Cloud, MN Monday, December 9, 2019	Maple Grove, MN Tuesday, December 10, 2019
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ACT PROFICIENCY COURSE

Master the Core Components & Skills of ACT Across Diagnoses

This one-day Acceptance and Commitment Therapy (ACT) Proficiency Course is essential for any clinician with a difficult-to-treat client on their caseload!

ACT has long been established as effective in treating clients with a variety of clinical diagnoses.

Now, you can **master the core competencies and skills** used by ACT clinicians!

Join ACT expert and clinician, Michael C. May, MA, LCPC, and he'll walk you step-by-step through using the six core processes of Acceptance and Commitment Therapy in session. For each of the six components, you'll learn interventions and strategies that you can use in your practice immediately.

Throughout the day, you'll have plenty of opportunities for practice through in-depth case studies and targeted experiential exercises—allowing you to really hone your skills.

Clinicians new to ACT will find this seminar transparent and easy to understand, while experienced ACT clinicians will discover new, in-depth insights that will solidify comprehension of ACT concepts and expand your repertoire of ACT interventions.

Register today, and leave this seminar proficient in the core competencies of Acceptance and Commitment therapy!

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 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. He is a Licensed Clinical Professional Counselor in the State of Illinois. Michael is a member of the Association for Contextual Behavioral Science and the Association for Behavior Analysis International.

Speaker Disclosures:

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.

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 \$30 cancel fee. Substitutions are permitted at any time.

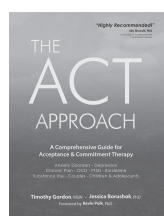


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The ACT Approach

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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 11, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75906

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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.

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COUNSELORS: This intermediate activity consists of 6.25 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.

MINNESOTA COUNSELORS: Application for MN B8HT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity consists of 6.25 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 380 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.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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OTHER PROFESSIONS: This activity qualifies for 380 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.



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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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