

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.

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

Live Seminar & Webcast Schedule (All three days) Times listed 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.

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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 3-5, 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 \$99.99 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/75908

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Dallas, TX Live Video Webcast
December 3-5, 2019 December 3-5, 2019

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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

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Tuesday-Thursday Tuesday-Thursday
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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

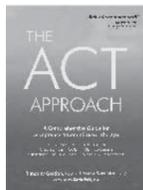
Couples & Other Dyads: The ID Model

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.



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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 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.

Texas Counselors: This activity consists of 19.0 clock hours of continuing education instruction. Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

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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 19.0 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.

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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.

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- 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. *Limited seats available; advance 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.
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