Outline

The ACT Model
Pain vs. suffering
Language as a double-edged sword
Goal: Psychological flexibility
Limitations of the research & potential risks

Components of the ACT Model

Acceptance: *Foster Client Acceptance of Emotions to Increase Values-Based Action*
What should be accepted?
The problem with controlling thoughts
How to sidestep the happiness trap
Spot common phrases of non-acceptance
Experiential avoidance
How to help clients understand acceptance
Experiential exercise: The finger trap

Defusion: *Change the Way Clients Interact with Their Thoughts*
Relational frame theory & mental health
Undermine unhelpful language processes
Give clients skills to notice their thoughts
How to decrease believability of unhelpful thoughts
Aid clients in changing the functions of their thoughts
Experiential Exercise: Notice the meaning of language

Self-As-Context: *Aid Clients in Establishing Their Identities*
The three different versions of the self
How to describe the "observer self" to clients
How to distance the self from thoughts & emotions
The chess board metaphor
Experiential Exercise: "I am" exercise

Contact with the Present Moment: *Strategies to Build Attention to the Here & Now*
How language affects mindfulness
Goals of mindfulness
ThoughtFit exercises
How do we teach clients to be mindful?
How to build focus on values
Obstacles in teaching mindfulness
Experiential Exercise: Mindfulness meditation

Values: *Aid Clients in Deciding What Gives Life Meaning*
What are values?
How to help clients author their values
Values vs. goals
When clients are "stuck"
Values assessment
- Batteries exercise
- Epitaph exercise

Committed Action: *Assist Clients in Behaving in the Service of Chosen Values*
Persistent inaction, impulsivity or avoidance
Address rule-governed behavior
Exposure & ritual prevention strategies
The Mindful Action Plan

ACT in Action

PTSD
Function of trauma symptoms
Experiential avoidance in PTSD
Increase psychological safety
Dominating concepts of the past & future
Trauma-informed mindfulness exercises

Anxiety
Client avoidance & escape strategies
Assessment tools
Address reason-giving as a barrier
Strategies to increase willingness
Anxiety Detector exercise

Depression
Values contradiction
How experiential avoidance impacts depression
Fusion to the damaged conceptualized self
Behavioral activation strategies

Personality Disorders
Coping strategies
Increase emotional tolerance
Target the client's story
Experiential avoidance from the therapist

Objectives

1. Appraise ACT concepts such as experiential avoidance and cognitive fusion in session.
2. Assess clients' fusion with thoughts about the past or future and illustrate mindfulness exercises to clients in a clinical setting.
3. Evaluate the role of psychological flexibility in ACT and devise interventions for increasing it to improve treatment outcomes.
4. Determine how to reduce experiential avoidance by implementing emotional and behavioral willingness exercises with clients.
5. Analyze the efficacy of exercises in values clarification as it relates to treatment outcomes.
6. Integrate the ACT approach into treatment to address clinically-relevant issues for specific disorders including depression, anxiety, trauma and personality disorders.

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

Live Webcast Schedule
(Times listed in Mountain)
8:00 Program begins
11:50-1:00 Lunch Break
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Acceptance & Commitment Therapy Made Simple

ACT for PTSD, Anxiety, Depression & Personality Disorders

Are your current techniques just not working?

You've experienced the frustration; you have a client who seems to just not break through. You've tried your best, but the outcome is the same: he or she progresses for a while, then regresses again.

Acceptance and Commitment Therapy is the popular transdiagnostic approach that you can integrate into your practice to achieve positive therapeutic outcomes with difficult-to-treat clients.

Join ACT expert and presenter Daniel J. Moran, as he delivers an exercise- and intervention-heavy course that will give you **the tools you need to more effectively treat clients** with PTSD, anxiety, depression or personality disorders.

You'll learn how ACT weaves mindfulness strategies with cognitive-behavioral change strategies to revolutionize client outcomes, as well as discover a variety of ACT techniques for helping clients who are struggling to make difficult behavior changes due to the presence of painful thoughts, feelings and memories.

By shifting client focus to their own values, ACT sets clients up to **embrace behavior change that is meaningful** to them while simultaneously fostering skills that allow clients to more effectively handle impulsive actions based on current thoughts or emotions.

Sign up today, and Dr. Moran will guide you step-by-step through highly practical, evidence-based ACT skills that you can apply in your practice immediately!

"One of the best seminars I've been to in years!"
- Jeanette, Counselor

"I have worked with ACT for a number of years in my practice. This seminar really enhanced my understanding of how I will apply it in my practice."
-Deborah, Psychiatric Nurse Practitioner

"Dr. Moran is a passionate, dynamic presenter. I very much enjoyed this class!"
- Amanda, Psychologist

Speaker

Daniel J. Moran, Ph.D., BCBA-D, is the former president of the Association for Contextual Behavioral Science (ACBS), the international ACT organization with over 8,000 members worldwide. He co-authored the first case conceptualization manual for Acceptance and Commitment Therapy entitled *ACT in Practice* (New Harbinger) and served on the first ACT training committee. He also recently published *Committed Action in Practice* (New Harbinger) and will be bringing the topic of that book to this workshop.

As a recognized ACT Trainer in the ACBS community, Dr. Moran has an engaging training style that has led him to be an invited keynote speaker for many events in the last decade. He has also been featured on The Oprah Winfrey Network, TLC and The Discovery Channel discussing the treatment of many clinical disorders. He has published several articles and book chapters, including publications with CBT pioneer Albert Ellis and ACT pioneer Steven Hayes.

Dr. Moran supervises therapists around the world to help them treat patients in their clinics. His passion is for applying the ACT principles in important areas outside of the clinic, such as the boardroom or construction sites. He established Pickslyde Consulting in order to bring mindfulness and value-directed commitment skills to the workplace to improve safety, innovation and leadership. Dr. Moran has utilized ACT in work implementations and clinical training sites on six continents and in all 50 of the United States.

Speaker Disclosures:
Financial: Daniel Moran founded Pickslyde Consulting. He is an author for New Harbinger and receives royalties. Dr. Moran receives a speaking honorarium from PESI, Inc.
Non-financial: Daniel Moran is a member of the Association for Contextual Behavioral Sciences.

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