

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

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  
Physicians • Marriage and Family Therapists  
Addiction Counselors • Psychotherapists • Case Managers • Nurses  
Mental Health Professionals • Therapists

**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



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# Acceptance & Commitment Therapy Made Simple

## ACT for PTSD, Anxiety, Depression & Personality Disorders

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# Acceptance & Commitment Therapy Made Simple

## ACT for PTSD, Anxiety, Depression & Personality Disorders

- ACT interventions for difficult-to-treat clients
- Transform your practice with step-by-step, practical skills you can apply immediately
- Master the integration of mindfulness and cognitive-behavioral change strategies

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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!

## 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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