# **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

"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

# 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

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

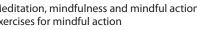
How ACT can make you a better therapist

# **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
- 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
- 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.

## **Target Audience**

Counselors • Psychologists • Psychiatrists • Psychotherapists • Social Workers • Addiction Counselors Therapists • Marriage & Family Therapists • Case Managers • Mental Health Professionals • Nurses



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"I was lucky enough to take workshops with some famous ACT trainers in the past and those experiences changed my life, but not the way I did therapy. D.J. did change the way I do therapy and my patients are better for it." - Rosemarie, London, UK

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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



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.

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 and has published several articles and book chapters, including publications with CBT pioneer Albert Ellis and ACT pioneer Steven Hayes.

Dr. Moran founded the MidAmerican Psychological Institute, a clinic in Chicagoland, and continues to supervise therapists and treat patients in that organization. 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 in order

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 Disclosure

Financial: Daniel Moran founded Pickslyde Consulting. He is an author for New Harbinger and receives royalties. Dr. Moran receives a speaking honorarium from

Non-financial: Daniel Moran is a member of the Association for Contextual **Behavioral Sciences** 

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**8:00** Program begins

**11:50-1:00** Lunch Break

**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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