

2-DAY Advanced Acceptance & Commitment Therapy (ACT)

Your Essential Guide to Clinical Application & Integration of ACT Across Diagnoses

This program is the essential guide to *actually* using ACT with your clients.

Acceptance & Commitment Therapy (ACT) has long been established as effective in treating clients with a variety of clinical diagnoses.

But learning about the six core processes of ACT and applying those concepts in session are two very different things.

Register today for this two-day experiential ACT training course, and instead of relearning the basic ACT processes, **you'll leave able to skillfully use ACT to treat your clients.**

ACT expert and clinician, Michael C. May, MA, LCPC, will teach you how to overcome common issues clinicians have when using ACT, and he'll address the most frequently asked questions he receives from other clinicians about implementing ACT in session.

Attend this two-day skills-training course, and **you'll leave able to:**

- Use ACT to treat your clients, regardless of diagnosis
- Seamlessly integrate ACT with other modalities
- Troubleshoot & resolve in-session issues
- Create your own ACT metaphors & exercises to individualize treatment
- Boost client engagement & reduce resistance

Throughout the course, you'll have plenty of opportunities for **practice and immediate feedback from the instructor**—allowing you to really hone your skills.

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. He 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.

Live Webinar Schedule - both days

(Times listed in Eastern)

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.

Target Audience:

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

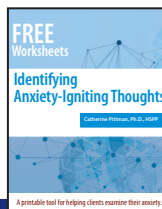
FREE

Materials for Your Clinical Toolbox!

- ✓ Psychological flexibility assessment
- ✓ Go-to defusion exercises handout
- ✓ Case conceptualization form
- ✓ "Undermine the Control Agenda" worksheet

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2-DAY Advanced Acceptance & Commitment Therapy (ACT)

Your Essential Guide to Clinical Application & Integration of ACT Across Diagnoses

Go beyond relearning the basic ACT processes--guaranteed!

LIVE Interactive Webinar Thursday & Friday, July 15 & 16, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
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Join us online for this live training!

Experiential Skills Training Course

2-DAY Advanced Acceptance & Commitment Therapy (ACT)

Your Essential Guide to Clinical Application & Integration of ACT Across Diagnoses

Actually use ACT in your practice!

Master skills to
troubleshoot & resolve
in-session issues

Apply ACT skills
regardless of
diagnosis

**Effective & powerful
treatment for
your clients!**

Integrate ACT
seamlessly with
other modalities

Get practical
interventions you
can use immediately

Live Interactive Webinar Thursday & Friday, July 15 & 16, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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REGISTER NOW:
pesi.com/webcast/85263

✓ Get practical interventions ✓ Use ACT with ANY diagnosis ✓ Practice & get immediate feedback ✓ Integrate with other modalities

Your Takeaways

THE ACT MODEL: A BRIEF REVIEW

Functional Contextualism
Hexaflex & Inflexahex
Relational Frame Theory (RFT)
Empirical support for ACT
Limitations of the research & potential risks

FAQ 1: “How would I use ACT for....?”

Convert the DSM® into psychological inflexibility
Differentiate topography & function of behavior
Attend to the ABCs of behavior
Spot the toxic twins: Fusion & avoidance
Which ACT process are you targeting in session?

Exercises & Demonstrations

Exercise: Functional analysis as mindfulness
Video demo: PTSD
Skills Training:
Spot experiential avoidance

FAQ 2: “Does ACT have any metaphors or exercises for...?”

How metaphor functions in ACT
Experiential learning vs. psychoeducation
Key components of ACT metaphors
Create your own metaphors

Exercises & Demonstrations

Exercise: Confront the control agenda
Exercise: Use of embodied metaphors
Exercise: Flexible perspective-taking
Video Demonstration: MDD
Skills Training: Create an ACT Tool-Box

FAQ 3: “Can I use ACT with CBT?”

Cognitive restructuring vs. defusion
How to bring restructuring & defusion together
Create experiential learning for your client
Recognize rule-governed behavior
Foster behaviors that are in line with values
Pick go-to defusion exercises & metaphors

Exercises & Demonstrations

Exercise: What your words evoke for clients
Exercise: Having vs. wrestling with thoughts
Video Demonstration: OCD
Skills Training: Spotting cognitive fusion

FAQ 4: “Can I integrate ACT with other modalities?”

Exposure Therapy

Should you use the SUDs scale?
Alternatives to SUDs scale
Integrate ACT & exposure for trauma
Merge distress tolerance with exposure

Behavioral Activation

Make behavioral activation experiential
Utilize values to inform activity scheduling
Use defusion to undermine motivation issues
Apply acceptance to erode emotional reasoning

Other Approaches

Skills training for social anxiety
Habit reversal training for compulsive behaviors
Contingency management for substance abuse

Exercises & Demonstrations

Video Demonstration: Panic Disorder
Skills Training: Integrate ACT into your practice

FAQ 5: “The client’s progress has stopped. What should I do?”

Spot avoidance in your own responses
Undermine the “only one right way” agenda
Address the clinical “crisis of the week”

Exercises

Exercise: Spot aversive control in your behavior
Exercise: “Nothing is working”

FAQ 6: “How can ACT increase client engagement & reduce resistance?”

Model ACT processes for the client
Utilize ACT to boost engagement
Acceptance of the client’s truth as it is
Create a relationship that is non-hierarchical
Acceptance & defusion to address resistance
When you shouldn’t try to persuade your client

Learning Objectives can be viewed at pesi.com/webcast/85263

Earn up to 12.5 CE Hours for one low price!


CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Psychologists, Physicians, Social Workers, Marriage & Family Therapists, Addiction Counselors, and Nurses.**


For specific credit approvals and details, visit pesi.com/webcast/85263


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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

 This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

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\$439.99 tuition

8am Eastern time

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 - Enjoy lifetime on-demand access
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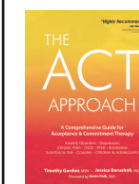
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Recommended Reading:



PUB085130

The ACT Approach
A Comprehensive Guide for Acceptance and Commitment Therapy

Timothy Gordon, MSW, RSW, Jessica Borushok, PhD, Kevin Polk, PhD

~~\$29.99~~ **\$22.99***



PUB085185

The ACT Deck
55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress

Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D

~~\$16.99~~ **\$12.99***

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

Phone: 800-844-8260

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