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

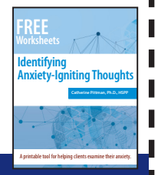
Personality Disorders
Coping strategies
Increase emotional tolerance
Target the client's story
Experiential avoidance from the therapist

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.

Live Webinar Schedule
(Times listed in Central)
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.

FREE WORKSHEETS!
Identifying Anxiety-Igniting Thoughts



Get yours today at www.pesi.com/ccatpworksheets

Group Training Solutions Made Easy!
- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Acceptance & Commitment
Therapy Made Easy

ACT for PTSD, Anxiety, Depression & Personality Disorders

LIVE Interactive Webinar
Wednesday, August 4, 2021

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

PESI® www.pesi.com
REGISTER NOW:
pesi.com/webcast/85381

Join us online for this live training!

Acceptance & Commitment
Therapy Made Easy

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

Live Interactive Webinar
Wednesday, August 4, 2021

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

PESI® www.pesi.com
A Non-Profit Organization Connecting Knowledge with Need Since 1979
REGISTER NOW:
pesi.com/webcast/85381

Acceptance & Commitment Therapy Made Easy

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.

"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

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!

Target Audience:

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



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at **www.pesi.com/faq** or contact us at **www.pesi.com/info.**

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Cathey** at **ccathey@pesi.com** or call **715-855-5253.**

Meet Your 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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit pesi.com/webcast/85381

National CE Credit Approvals For Live Webinar
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 6.25 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.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

Earn up to 6.25 CE Hours for one low price!

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, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical 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.

This program is Approved by the National Association of Social Workers (Approval #886759332-1607) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: **www.pesi.com/webcast/85381**

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/85381

Live Interactive Webinar *(Option 1)*

August 4, 2021 PWZ85380
$219.99 tuition
8am Central time
Live Webinar Experience:
- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar *(Option 2)*

$219.99 POS047880
Digital Seminar Experience:
- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

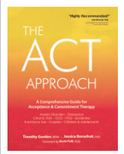
CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

DVD *(Option 3)*

$219.99 RNV047880
DVD Experience:
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



The ACT Approach
A Comprehensive Guide for Acceptance and Commitment Therapy
Timothy Gordon, MSW, RSW, & Jessica Borushok, PhD
~~$29.99~~ **$22.99***
PUB085130



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***
PUB085185

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-844-8260
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

©2021