Outline

The ACT Mode

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 Establishina 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

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

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 Seminar & Webcast Schedule

(Time listed in Eastern)

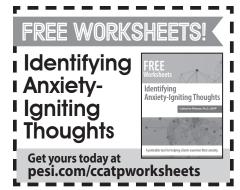
7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

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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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

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 cognitivebehavioral 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

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

Psychiatric Nurse Practitioner

- 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!

Recommended Reading:



The ACT Approach: A Comprehensive Guide for Acceptance and Commitment Therapy By Timothy Gordon, Jessica Borushok & Kevin Polk

\$29.99 \$22.99

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

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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

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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Virginia Counselors: CE credit is available. This course consists of 6.0 clock hours of continuing competency instruction for Virginia Counselors. The Virginia Board of Counseling recognizes continuing competency activities in the behavioral health field that are approved by the National Association of Social Workers (18VAC115-20-105). This program is approved by the National Association of Social Workers (Approval #886759332-1607) for 6.0 Social Work continuing education contact

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Virginia Psychologists: CE credit is available. This course consists of 6.25 continuing education credit hours for Virginia Psychologists. The Virginia Board of Psychology (S.18VAC125-20-122) confirms acceptance of programs by any continuing education provider approved by a psychological association or psychology board in another state or jurisdiction. PESL Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content.

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4. Recommended Reading

\$29.99 \$22.99** *The ACT Approach* book PUB085130

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