

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.

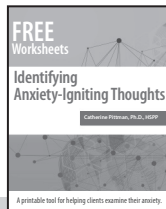
Live Seminar & Webcast Schedule (Times listed in Eastern)

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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Acceptance & Commitment Therapy Made Easy

ACT for PTSD, Anxiety, Depression & Personality Disorders

New York, NY

Monday, November 8, 2021

Plainview, NY

Monday, November 15, 2021

Live Interactive Webcast

Monday, November 15, 2021



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We Are Back! Join In Person or Online!

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

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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.

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!

"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

Target Audience:

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



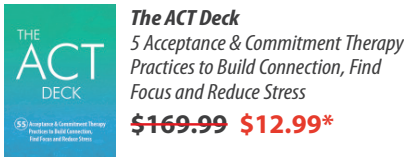
If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

Recommended Reading:

Purchase this training for these exclusive savings!



The ACT Approach
A Comprehensive Guide for Acceptance and Commitment Therapy
~~\$29.99~~ **\$22.99**



The ACT Deck
5 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress
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Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

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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.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). **NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact ces@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.**

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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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Psychologists & Physicians:

Psychicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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New Jersey Psychologists: CE credit is available. This course consists of 6.0 continuing education credit hours for New Jersey Psychologists. The New Jersey Administrative Code, Title 13 Law and Public Safety, Chapter 42, Board of Psychological Examiners, Section 13:42-10.21 Continuing Education Programs, confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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

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New York Social Workers: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

SIGN UP TODAY!

Acceptance & Commitment Therapy Made Easy

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- \$16.99** ~~**\$12.99****~~ **The ACT Deck** [PUB085185]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

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

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Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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