

# 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 defusion  
“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 trauma

## 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 plans  
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 exercise  
How ACT can make you a better therapist

## Live Webinar Schedule - both days

(Times listed in Central)

**8:00** Program begins

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

**4:00** Program ends

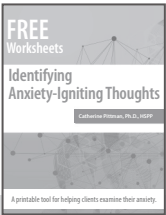
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

# Objectives

1. Demonstrate effective use of the six core processes of Acceptance and Commitment Therapy (ACT) to help clients advance psychological flexibility.
2. Employ 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 emotions.
4. Apply 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 outcomes.
11. Execute 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.

## FREE WORKSHEETS!

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**Daniel J. Moran, PhD, BCBA-D**

“Dr. D.J. made it all come together for me!” - Carla, St. Louis, MO

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**Daniel J. Moran, PhD, BCBA-D**

- ACT techniques for mood disorders, anxiety, trauma, anger and more
- Experiential exercises, case studies and video examples
- Practical & transformative for you and your clients!

“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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Each time he/she arrives, you use the same tools and techniques you’ve used for so long – and mostly successfully – but this one client is testing your skills. Now, you can begin to integrate **Acceptance and Commitment Therapy (ACT)** into your practice – and see improved outcomes.

Researched and developed by world-renowned researcher, speaker and author **Steven Hayes, PhD**, ACT is fast becoming the treatment approach that gets to the heart of the therapeutic relationship.

Join ACT expert, trainer and co-author with Steven Hayes of *ACT in Practice*, **Daniel J. Moran, PhD, BCBA-D**, for this workshop where you will develop highly practical, evidence-based skills, case conceptualization techniques and powerful strategies that will improve outcomes for the following:

- **Anxiety Issues**
  - **Post-Traumatic Stress Disorder**
  - **Mood Disorders**
  - **Substance Abuse**
- **Anger Management**
  - **Eating Disorders**
  - **Trauma**
  - **Personality Disorders**

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.*

Target Audience:

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Physicians • Mental Health Professionals • Nurses



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Meet Your Speaker



**Daniel J. Moran, PhD, 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 PESI, Inc. He has no relevant financial relationships with ineligible organizations.  
Non-financial: Daniel Moran is a member of the Association for Contextual Behavioral Sciences.

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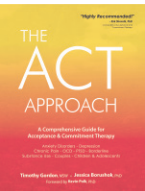
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Recommended Reading:



PUB085130

**The ACT Approach**  
*A Comprehensive Guide for Acceptance and Commitment Therapy*

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

~~\$29.99~~ **\$24.99\***



PUB085185

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

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