

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

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. Construct emotional and behavioral willingness exercises to address experiential avoidance.
- 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.

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

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Acceptance & Commitment Therapy Made Easy


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- 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 Michael C. May, MA, LCPC, 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 Michael C. May, MA, LCPC 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

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



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Meet Your 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.

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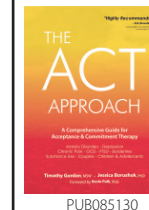
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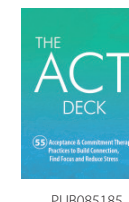
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Recommended Reading:



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



The ACT Deck
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