

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  
Inflehex 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 Eastern)

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.

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on therapist.com today!

Register for FREE when you go to: **therapist.com/free**

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on therapist.com today!

Register for FREE when you go to: **therapist.com/free**

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

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

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

ACCEPTANCE & COMMITMENT THERAPY

2-Day Intensive ACT Training

Featuring, Experienced ACT Trainer, International Speaker, Author and Past-President of the Association for Contextual Behavioral Science, **Daniel J. Moran, PhD, BCBA-D**

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

ACCEPTANCE & COMMITMENT THERAPY

2-Day Intensive ACT Training

Featuring, Experienced ACT Trainer, International Speaker, Author and Past-President of the Association for Contextual Behavioral Science, **Daniel J. Moran, PhD, BCBA-D**

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

LIVE Interactive Webinar  
Monday & Tuesday, September 26 & 27, 2022

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



REGISTER NOW:  
pesi.com/webcast/87486

Join us online for this live training!

ACCEPTANCE & COMMITMENT THERAPY

2-Day Intensive ACT Training

Featuring, Experienced ACT Trainer, International Speaker, Author and Past-President of the Association for Contextual Behavioral Science, **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

Join us online for this live training!

ACCEPTANCE & COMMITMENT THERAPY

2-Day Intensive ACT Training

Featuring, Experienced ACT Trainer, International Speaker, Author and Past-President of the Association for Contextual Behavioral Science, **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

Live Interactive Webinar  
Monday & Tuesday, September 26 & 27, 2022  
BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:  
pesi.com/webcast/87486



Looking to improve your therapy approach?

How often do you review your appointment calendar and start wondering how you’re going to, finally, help a regular client who seems to progress for a while – and then regress?

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:

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



**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](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [pesi.com/info](http://pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://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 **Spencer Jahnke** at [sjahnke@pesi.com](mailto:sjahnke@pesi.com) or call **715-855-8206**.

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 of Pickslyde Consulting. He has relationships with Long Island University and foxlearning.com. Daniel Moran receives royalties as a published author. He receives a speaking honorarium, recording royalties, and book royalties 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, the American Psychological Association, and the Association for Behavioral & Cognitive Therapies.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [pesi.com/webcast/87486](http://pesi.com/webcast/87486)

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, passing the online post-test (80% passing score), and completing the evaluation. 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 12.5 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.

This program is Approved by the National Association of Social Workers (Approval #886759332-6302) for 12.5 Social Work continuing education contact hours.



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 12.5 contact hours.



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 12.5 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 course has been awarded 12.5 clock hours by the Commission for Case Manager Certification. Full attendance is required.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 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.

Earn up to 12.5 CE Hours for one low price!

For all credit approvals and details, visit: [www.pesi.com/webcast/87486](http://www.pesi.com/webcast/87486)

SIGN UP-TODAY!  
Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: [pesi.com/webcast/87486](http://pesi.com/webcast/87486)

Live Interactive Webinar (Option 1)

September 26 & 27, 2022 PWZ87485

\$439.99 tuition

8am Eastern 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](http://pesi.com/info) to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$439.99 POS048690

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](http://www.pesi.com) or call 800-726-3888 to check for availability.

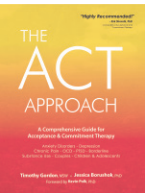
DVD (Option 3)

\$439.99 RNV048690

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

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~~ **\$22.99\***



PUB085185

**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\***

\* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

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](http://www.pesi.com/form) or call 800-726-3888

ADA NEEDS

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

QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

