

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 Seminar & Webinar Schedule

(Times listed in Central)

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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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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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.

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.



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



The ACT Deck
55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress
\$16.99 \$12.99*

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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 **Spencer Jahnke** at 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 foxylearning.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.

Target Audience:

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

Live Seminar Continuing Education Credit Information

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Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Minnesota Counselors: CE credit is available. This activity has been approved by the Minnesota Board of Behavioral Health and Therapy for 12.5 hours of credit for LPCs and LPCCs.

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Nurses, Nurse Practitioners, and Clinical Nurse Specialists: 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. Partial contact hours will be awarded for partial attendance.

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Physicians

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Psychologists
The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Minnesota Psychologists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/87607.

Social Workers: 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.

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Other Professions: This activity qualifies for 760 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.

For all credit approvals and details, visit: www.pesi.com/express/87606

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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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