

# 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

**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

## Objectives

1. Demonstrate effective use of the six core processes of Acceptance and Commitment Therapy (ACT) to help clients advance psychological flexibility.
2. Illustrate 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. Implement 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. Implement 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.

**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 Kay Friske at [kfriske@pesi.com](mailto:kfriske@pesi.com) or call 715.855.6362.

— **FREE** —  
**Worksheets**

FREE  
Gratitude, Mindfulness & Optimism Worksheets

**Free Gratitude, Mindfulness & Optimism Worksheets**

**[pesi.com/worksheetshappiness](http://pesi.com/worksheetshappiness)**

**Bring any training in-house!**

Convenient • Cost-Effective • Customizable

for more information visit  
**[www.pesi.com/inhouse](http://www.pesi.com/inhouse)**

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

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

2-Day Intensive ACT Training

**ACCEPTANCE & COMMITMENT THERAPY**

Featuring Expert ACT Trainer,  
International Speaker and Author,  
**Adria Pearson-Mauro, PhD**

**Denver, CO**  
Wednesday & Thursday  
October 2 & 3, 2019

**REGISTER NOW!** [pesi.com/express/73855](http://pesi.com/express/73855)

2-Day Intensive ACT Training

**ACCEPTANCE & COMMITMENT THERAPY**

Featuring Expert ACT Trainer,  
International Speaker and Author,  
**Adria Pearson-Mauro, PhD**

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

**Denver, CO**  
Wednesday & Thursday  
October 2 & 3, 2019

**PESI®** [www.pesi.com](http://www.pesi.com)  
A Non-Profit Organization Connecting Knowledge With Need Since 1979

**REGISTER NOW!**  
[pesi.com/express/73855](http://pesi.com/express/73855)



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, Ph.D.**, ACT is fast becoming the treatment approach that gets to the heart of therapeutic relationship.

Join ACT expert, Adria Pearson-Mauro, PhD, 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.

Speaker

**Adria Pearson-Mauro, PhD**, is a licensed clinical psychologist in private practice in Denver, CO and Instructor at the University of Colorado, Denver. She holds a PhD in clinical psychology from the University of Nevada, Reno, where she was trained in ACT by Dr. Steven Hayes, co-founder of ACT. Through national and international ACT workshops, Dr. Pearson-Mauro has trained clinicians in beginning, intermediate and advanced levels of ACT.

Dr. Pearson-Mauro is co-author of the book, *ACT for Body Image Dissatisfaction* (2010). She has also published in peer-reviewed journals and books on the topic of Acceptance and Commitment Therapy. Between 2014-2017 she was president of the Rocky Mountain Association for Contextual and Behavioral Sciences (ACBS).

Speaker Disclosures:  
Financial: Adria Pearson-Mauro is an assistant professor at the University of Colorado. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Adria Pearson-Mauro is a member of the Association for Contextual and Behavioral Sciences (ACBS). She is the president of the Rocky Mountain Association for Contextual and Behavioral Sciences.

Seminars Designed Especially for

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



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

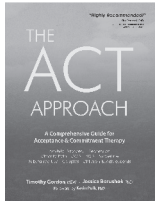
SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**The ACT Deck:** *55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress*

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

The ACT Deck offers 55 practices based on Acceptance and Commitment Therapy for use in therapy, classrooms or at home. These cards ask tough questions, encourage meaningful action and provide new perspectives to help you let go of negative thoughts and live in the present moment.



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

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

*The Act Approach* is the ultimate Acceptance and Commitment Therapy (ACT) resource all clinicians need to move their clients and therapy forward. Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won’t find anywhere else.

**Seminar on CD or DVD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



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” on this brochure for full attendance start and end times. 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 [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDICTION COUNSELORS:** This 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.

**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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

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



**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 6.0 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.

**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, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice 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.



**COLORADO SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 12.6 continuing education hours.

**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.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

How to Register: ACCEPTANCE AND COMMITMENT THERAPY: 2-DAY INTENSIVE ACT TRAINING

ONLINE

[pesi.com/express/73855](http://pesi.com/express/73855)

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.  
PO Box 1000  
Eau Claire, WI  
54702-1000

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

\*E-mail address \_\_\_\_\_

**\*Registrant’s e-mail is required to receive your certificate of completion and registration confirmation.**

**2 Check location:** *(make copy of locations)*

☐ **DENVER, CO**

**October 2 & 3, 2019**

**73855DEN**

Embassy Suites Denver Tech

Center North

7525 East Hampden Ave • 80231

(303) 696-6644

**REGISTER NOW!**  
[pesi.com/express/73855](http://pesi.com/express/73855)

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details.

*Advance registration required.*

*Cannot be combined with other discounts.*



FOR OFFICE USE ONLY  
Fed ID # 26-3896894  
© 2019 PESI, Inc.

KF

**3 Check tuition:**

TUITION WITH SEMINAR MANUAL

- ☐ **\$439.99** per person postmarked 3 weeks prior to event *or* per person for 2 or more preregistering together
- ☐ **\$499.99** per person **for both days** (standard)

ADD-ON PRODUCT

Distributed at seminar—FREE SHIPPING!

- ☐ **\$16.99\*** *The ACT Deck* card deck
- ☐ **\$29.99\*** *The ACT Approach* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

☐ Check enclosed payable to **PESI, Inc.**

- ☐ MC 16 digits
- ☐ VISA 13-16 digits
- ☐ AE 15 digits
- ☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Acceptance and Commitment Therapy:

2-Day Intensive ACT Training

- \_\_\_ Seminar on DVD\* (video) \$439.99 (RNV048690)
- \_\_\_ Seminar on CD\* (audio) \$439.99 (RNA048690)
- \_\_\_ *The ACT Deck* card deck\* \$16.99 (PUB085185)
- \_\_\_ *The ACT Approach* book\* \$29.99 (PUB085130)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_

\*Shipping \_\_\_\_\_

**Subtotal** \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_