

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

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.

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Daniel J. Moran, Ph.D., BCBA-D



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- 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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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 the therapeutic relationship.

Join ACT expert, trainer and co-author with Steven Hayes of *ACT in Practice*, **Daniel J. Moran, Ph.D., 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.

Speaker



Daniel J. Moran, Ph.D., 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.

Non-financial: Daniel Moran is a member of the Association for Contextual Behavioral Sciences.

Live Seminar and Webcast Schedule

(Times in Pacific - Both Days)

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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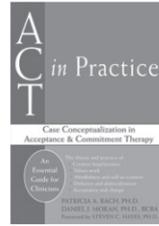
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Acceptance and commitment therapy (ACT) is more than just a set of techniques for structuring psychotherapeutic treatment; it also offers a new, insightful, transdiagnostic approach to case conceptualization and to mental health in general. Learn to put this popular new psychotherapeutic model to work in your practice with this book, the first guide that explains how to do case conceptualization within an ACT framework.

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