

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

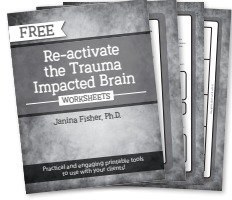
**Incorporate ACT into Your Own Approach**  
Social skills training  
Applied Behavior Analysis  
Inpatient treatment programs systems  
Exposure and ritual prevention  
Behavioral activation  
Parent management training  
Executive coaching

**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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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, Ph.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.

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.

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**By Daniel J. Moran, Ph.D., BCBA-D. & Patricia Bach, Ph.D.**


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**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.

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