

Outline

The ACT Model
Pain vs. suffering
Language as a double-edged sword
Goal: Psychological flexibility
Limitations of the research & potential risks

Components of the ACT Model
Acceptance: *Foster Client Acceptance of Emotions to Increase Values-Based Action*
What should be accepted?
The problem with controlling thoughts
How to sidestep the happiness trap
Spot common phrases of non-acceptance
Experiential avoidance
How to help clients understand acceptance
Experiential exercise: The finger trap

Defusion: *Change the Way Clients Interact with Their Thoughts*
Relational frame theory & mental health
Undermine unhelpful language processes
Give clients skills to notice their thoughts
How to decrease believability of unhelpful thoughts
Aid clients in changing the functions of their thoughts
Experiential Exercise: Notice the meaning of language

Self-As-Context: *Aid Clients in Establishing Their Identities*
The three different versions of the self
How to describe the “observer self” to clients
How to distance the self from thoughts & emotions
The chess board metaphor
Experiential Exercise: “I am” exercise
Contact with the Present Moment: *Strategies to Build Attention to the Here & Now*
How language affects mindfulness
Goals of mindfulness
ThoughtFit exercises
How do we teach clients to be mindful?
How to build focus on values
Obstacles in teaching mindfulness
Experiential Exercise: Mindfulness meditation

Objectives

1. Appraise ACT concepts such as experiential avoidance and cognitive fusion in session.
2. Assess clients’ fusion with thoughts about the past or future and illustrate mindfulness exercises to clients in a clinical setting.
3. Evaluate the role of psychological flexibility in ACT and devise interventions for increasing it to improve treatment outcomes.
4. Determine how to reduce experiential avoidance by implementing emotional and behavioral willingness exercises with clients.
5. Analyze the efficacy of exercises in values clarification as it relates to treatment outcomes.
6. Integrate the ACT approach into treatment to address clinically-relevant issues for specific disorders including depression, anxiety, trauma and personality disorders.

Values: *Aid Clients in Deciding What Gives Life Meaning*
What are values?
How to help clients author their values
Values vs. goals
When clients are “stuck”
Values assessment
Batteries exercise
Epitaph exercise
Committed Action: *Assist Clients in Behaving in the Service of Chosen Values*
Persistent inaction, impulsivity or avoidance
Address rule-governed behavior
Exposure & ritual prevention strategies
The Mindful Action Plan

ACT in Action
PTSD
Function of trauma symptoms
Experiential avoidance in PTSD
Increase psychological safety
Dominating concepts of the past & future
Trauma-informed mindfulness exercises

Anxiety
Client avoidance & escape strategies
Assessment tools
Address reason-giving as a barrier
Strategies to increase willingness
Anxiety Detector exercise

Depression
Values contradiction
How experiential avoidance impacts depression
Fusion to the damaged conceptualized self
Behavioral activation strategies

Personality Disorders
Coping strategies
Increase emotional tolerance
Target the client’s story
Experiential avoidance from the therapist

Live Seminar Schedule

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.

Target Audience

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

— FREE —
Worksheets

Free Gratitude, Mindfulness & Optimism Worksheets
pesi.com/worksheetshappiness

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

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

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

Acceptance & Commitment Therapy Made Simple

ACT for PTSD, Anxiety, Depression & Personality Disorders

Arlington Heights, IL
Wednesday, January 22, 2020

Oak Brook, IL
Thursday, January 23, 2020

Tinley Park, IL
Friday, January 24, 2020



REGISTER NOW! [pesi.com/express/ 76403](http://pesi.com/express/76403)

Acceptance & Commitment Therapy Made Simple

ACT for PTSD, Anxiety, Depression & Personality Disorders

- ACT interventions for difficult-to-treat clients
- Transform your practice with step-by-step, practical skills you can apply immediately
- Master the integration of mindfulness and cognitive-behavioral change strategies

Arlington Heights, IL
Wednesday, January 22, 2020

Oak Brook, IL
Thursday, January 23, 2020

Tinley Park, IL
Friday, January 24, 2020



REGISTER NOW! [pesi.com/express/ 76403](http://pesi.com/express/76403)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Questions?

Call customer service at 800-844-8260

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 Kay Friske at kfriske@pesi.com or call 715-855-6362.

Acceptance & Commitment Therapy Made Simple

ACT for PTSD, Anxiety, Depression & Personality Disorders

Are your current techniques just not working?

You've experienced the frustration; you have a client who seems to just not break through. You've tried your best, but the outcome is the same: he or she progresses for a while, then regresses again.

Acceptance and Commitment Therapy is the popular transdiagnostic approach that you can integrate into your practice to achieve positive therapeutic outcomes with difficult-to-treat clients.

Join ACT experts and presenters M. Joann Wright and Daniel J. Moran, as they deliver an exercise- and intervention-heavy course that will give you **the tools you need to more effectively treat clients** with PTSD, anxiety, depression or personality disorders.

You'll learn how ACT weaves mindfulness strategies with cognitive-behavioral change strategies to revolutionize client outcomes, as well as discover a variety of ACT techniques for helping clients who are struggling to make difficult behavior changes due to the presence of painful thoughts, feelings and memories.

By shifting client focus to their own values, ACT sets clients up to **embrace behavior change that is meaningful** to them while simultaneously fostering skills that allow clients to more effectively handle impulsive actions based on current thoughts or emotions.

Sign up today, and you'll be guided step-by-step through highly practical, evidence-based ACT skills that you can apply in your practice immediately!

"One of the best seminars I've been to in years!"
- Jeanette, Counselor

"I have worked with ACT for a number of years in my practice. This seminar really enhanced my understanding of how I will apply it in my practice."
- Deborah, Psychiatric Nurse Practitioner

"Dr. Moran is a passionate, dynamic presenter. I very much enjoyed this class!"
- Amanda, Psychologist

Speakers

January 22 & 23 • M. Joann Wright, Ph.D., is the founder of ACT One, an online presence dedicated to offering supervision, consultation, presentations, training and therapy utilizing the Acceptance and Commitment Therapy (ACT) model. She is a peer-reviewed ACT trainer and an Association of Contextual and Behavioral Sciences (ACBS) Fellow.

Dr. Wright is the co-author of Learning ACT for Group Treatment: An Acceptance and Commitment Therapy Skills Training Manual for Therapists (Context Press; 2017) and Experiencing ACT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (The Guilford Press; 2019). Both books are aimed at assisting other therapists with their ACT work.

Dr. Wright has created both an ACT-based intensive anxiety outpatient program and a doctoral training program which focused on contextual behavioral sciences. A sought-after instructor, she has served as the director of a university counseling center and has taught graduate courses at several universities. Joann is dedicated to teaching and delivering ACT in order to help people reduce the suffering in their lives.

January 24 • 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. He also recently published Committed Action in Practice (New Harbinger) and will be bringing the topic of that book to this workshop.

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. He has published several articles and book chapters, including publications with CBT pioneer Albert Ellis and ACT pioneer Steven Hayes.

Dr. Moran supervises therapists around the world to help them treat patients in their clinics. 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 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 Disclosures:

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.



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!



ACT in Practice: Case Conceptualization in Acceptance & Commitment Therapy

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

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.

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.

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 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 course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

ILLINOIS ADDICTION COUNSELORS: This course has been submitted to the IAODAPCA for review.

COUNSELORS: This intermediate activity consists of 6.25 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.

ILLINOIS COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

INDIANA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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.

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 \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD 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 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.

ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

ILLINOIS PSYCHOLOGISTS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

INDIANA PSYCHOLOGISTS: PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 6.25 contact hours.

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 6.25 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.

ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

OTHER PROFESSIONS: This activity qualifies for 380 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.

How to Register:

ONLINE

pesi.com/express/76403

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

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

ACCEPTANCE & COMMITMENT THERAPY MADE SIMPLE: ACT FOR PTSD, ANXIETY, DEPRESSION & PERSONALITY DISORDERS

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)

☐ **ARLINGTON HEIGHTS, IL**

January 22, 2020 76403ALH

DoubleTree Hotel Chicago Arlington Heights

75 West Algonquin Rd • 60005

(847) 364-7600

☐ **OAK BROOK, IL**

January 23, 2020 76403OAK

DoubleTree Hotel Chicago Oak Brook

1909 Spring Rd • 60523

(630) 472-6000

☐ **TINLEY PARK, IL**

January 24, 2020 76403TLP

Hilton Garden Inn

18335 LaGrange Rd • 60487

(708) 429-2266

PLEASE RETURN ENTIRE REGISTRATION FORM

Register Now: pesi.com/express/76403

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.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: 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 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.

3 Check tuition:

TUITION with seminar manual

\$219.99 - choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$59.95* ACT in Practice** book
☐ **\$16.99* The ACT Deck** card deck

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

Card # _____

Card Exp. _____ V-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?

Acceptance & Commitment Therapy Made Simple: ACT for PTSD, Anxiety, Depression & Personality Disorders

___ **Seminar on DVD*** (Video) \$219.99 (RNV047880)

___ **Seminar on CD*** (Audio) \$219.99 (RNA047880)

___ **ACT in Practice** book* \$59.95 (SAM042275)

___ **The ACT Deck** card deck* \$16.99 (PUB085185)

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 _____