

# 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

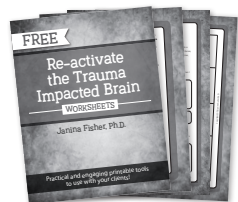
**Incorporate ACT into Your Own Approach**  
Social skills training  
Applied Behavior Analysis  
Inpatient treatment programs systems  
Exposure and ritual prevention  
Behavioral activation  
Parent management training  
Executive coaching

**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?

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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, trainer **Michael C. May, MA, LCPC**, 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:

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  - Mood Disorders
  - Substance Abuse
- Anger Management
  - Eating Disorders
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  - 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

**Michael C. May, MA, LCPC**, is a psychotherapist in private practice and an ACT Trainer. He is a founding partner of Compassionate Psychological Care, LLP, a clinic that provides a wide-range of psychological services with offices in Chicago and Highland Park, IL. Within his private practice, his clinical work is focused on anxiety-related presenting concerns, primarily Panic Disorder and Obsessive-Compulsive Disorder. Michael is also co-founder of Enriched Couples LLC, a company focused on utilizing applied behavioral science in conjunction with financial literacy training to aid young couples in undermining toxic experiential avoidance and building vital and valued relationships.

Michael has received advanced training in various contextual behavioral approaches to psychotherapy including Acceptance & Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT) and regularly provides workshops and professional trainings on Acceptance & Commitment Therapy. Michael is a Licensed Clinical Professional Counselor in the State of Illinois. He is a member of the Association for Contextual Behavioral Science and the Association for Behavior Analysis International.

Speaker Disclosure:

Financial: Michael May maintains a private practice. He receives a speaking honorarium from PESI, Inc. Non-financial: Michael May has no relevant non-financial relationship to disclose.

Live Seminar Schedule (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.

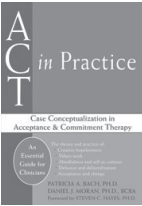
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By Daniel J. Moran, Ph.D., BCBA-D. & Patricia Bach, Ph.D.

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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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