

## Finding Your Why & Finding Your Way: Simplifying Acceptance and Commitment Therapy with the Mindful Action Plan

*Finding Your Why & Finding Your Way uses a simple, user-friendly approach to applying Acceptance and Commitment Therapy (ACT). In this webinar, Dr. DJ Moran will demonstrate how this new approach formulates the ACT model into the Mindful Action Plan (MAP), and how you can use the MAP to guide yourself and your clients towards a meaningful lifestyle with values-based behavior change. If your clients feel stuck, directionless, or unmotivated, or may be seeking a new path in life—one that feels rewarding, inspiring, and purposeful. The question is, where do they begin? As a clinician, you've likely heard all about mindfulness—a powerfully effective tool for helping people find focus, balance, and a greater sense of purpose. But how does the client actually apply mindfulness to their life?*

*Finding Your Why & Finding Your Way is a step-by-step webinar that can help clinicians learn to help clients put mindfulness into action—every day. Using the Mindful Action Plan (MAP) approach—a fully customizable set of skills grounded in acceptance and commitment therapy (ACT)—you'll work with the client to identify what they deeply care about, increase motivation, and start moving forward toward meaningful goals. Most importantly, clients can learn to make a commitment to create the positive change they desire. And you can learn this so well, you can apply it to yourself, as well.*

*Incorporating Acceptance and Commitment Therapy into your treatment approach will have a significant impact on your clinical effectiveness and the well-being of your clients. ACT is a rich, integrative approach, and has been shown to be effective for many clinically-relevant concerns. Because ACT takes a different perspective on psychotherapy, some clinicians wonder how to blend the applications into their own therapy approach. Other clinicians who have embraced the ACT concepts still have questions about certain aspects of the therapy.*

*This webinar will explain ACT in a very clear, concise, user-friendly manner.*

### Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

### Learning Objectives

*At the end of this seminar, participants will be able to:*

- 1. Name the six basic tenets of Acceptance & Commitment Therapy (ACT)*
- 2. Explain how ACT's six basic tenets can be taught with simpler language.*
- 3. Define "psychological flexibility" and how it relates with the definition of "mindful action"*
- 4. Utilize a functional checklist called the Mindful Action Plan (MAP) to increase the likelihood of exhibiting psychological flexibility while working on goals-based behaviors.*
- 5. Explain how ACT attempts to undermine problematic language functions that impede goal-based behaviors.*

### Seminar Schedule

*Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.*

### Outline

11:00AM - 10:50AM ET

*Reviewing the ACT model and the Hexaflex model*

*Defining psychological flexibility*

*Defining psychological inflexibility*

*Examine the components of Acceptance, Defusion, Self-As-Context, Values, Committed Action, Contacting the Present Moment*

11:50AM - 12:00PM ET Break

12:00AM - 12:50AM ET

*Defining Mindful Action*

*Discussing the Mindful Action Plan*

*Unfolding the MAP*

*Examine the skills of Doing, What I Care About, Accepting*

12:50AM - 1:00PM ET Break

1:00AM - 2:20 PM

*Examine the skills of Noticing, I Am, Here Now*

*Finding Your Why and Finding Your Way with the MAP*

*Wrapping Up and Q&A*

#### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 3 CE's for attending once they have completed these requirements.

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### The Presenter

*Daniel J. Moran, Ph.D., BCBA-D, is the founder of the MidAmerican Psychological Institute and Pickslyde Consulting. He is the past-president of the Association for Contextual Behavioral Science (ACBS), the international Acceptance and Commitment Therapy organization with over 8000 members worldwide. He co-wrote the first case conceptualization manual for Acceptance and Commitment Therapy entitled ACT in Practice (New Harbinger), and served on the first ACT training committee. Dr. D.J. is a Recognized ACT trainer and a Fellow in the ACBS community, and his engaging training style 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.*

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*This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.*

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