

# Demystifying ACT

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. Identify the six basic tenets of Acceptance and Commitment Therapy
2. Recognize the problem of experiential avoidance in clinical work
3. Utilize acceptance approaches with each client's avoidance problems
4. Identify how ACT attempts to undermine problematic language functions
5. Utilize defusion exercises to deal with verbal entanglements.

## 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.

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Outline

Begin 10 AM ET

Introduction

The nature of human suffering  
Language: The double-edged sword  
Undermining unhelpful language  
Aiming for psychological flexibility and why  
Introducing the ACT hexagon model

Acceptance: Strengthening a willingness to have emotions  
The opposite of acceptance is experiential avoidance  
Experiential avoidance throughout the lifespan  
Why acceptance is important

Defusion: Looking at thoughts rather than from thoughts  
The automaticity of language  
The power of words  
The problem with cognitive fusion

Perspective-taking: Understanding the "Self" in ACT  
Self-as-content, self-as-perspective, self-as-context  
The Observer Self exercise

Break 11:30-11:45 AM ET

Mindfulness: Contacting the present moment  
Why being in the Here-and-Now is critical  
The relationship between mindlessness and psychopathology  
Meditation, mindfulness, and mindful action

Values Work: The heart of ACT  
The positive side of language  
Identifying core values  
Differentiating values and goals  
Writing values based treatment goals

Committed Action: Where the rubber hits the road  
Defining "commitment" objectively  
Integrating evidence-based therapy with ACT

Bringing It All Together  
Introducing the ACT Hexaflex  
The ACT Question for self-help and case conceptualization

End 1:15 PM ET

## 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 threetimes.. 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 Picklyde 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, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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