

ONLINE ACT TRAINING

Dates

Summer session : July 3rd to August 28th, 2017

Nine sessions : One technical meet up followed by eight training sessions

From 7 : 00 to 9 : 00 PM (Central European Time CET)

Session : ENGLISH

Description

This online learning experience is geared toward both those new to ACT and intermediate ACT practitioners wanting to better integrate the matrix and the interpersonal focus of Functional Analytic Psychotherapy (FAP – Kohlenberg & Tsai, 1991) into their clinical practice. The focus of the class is the practice of clinical and interpersonal skills.

This is an intensive interactive training limited to 9 participants supported by 2 trainers. You will meet weekly for 2-hour sessions and be encouraged to interact in-between sessions through with the trainers and participants through a private Facebook group. Training takes place on the Adobe Connect platform which allows for full video-audio link and virtual breakout rooms in which you'll get to practice the clinical skills in small groups of 3. You will then come back to the larger group for debriefing with members of the other small groups while making theoretical and clinical links under the trainers' supervision. You will receive personalized support by the trainers and by other class members between sessions.

During the course of this training, you'll get to practice the six-steps to the matrix (Polk, Schoendorff, Webster, Olaz, in press). The six steps are an effective way to work with the ACT matrix that can supercharge your ACT practice, regardless of

your level of ACT skills. You'll also get to bring a therapeutic relationship-focus to your work to augment ACT processes. You will learn how to respond flexibly to clients and better receive your own experience as a clinician.

This online training opportunity aims to promote technical proficiency for psychologists, social workers, and other mental health professionals through experiential practice and ad-hoc in-between session homework. These aims are supported by didactic content, specific readings, and discussion of clinical cases.

At the onset of this class, you will be presented with an agenda/overview of learning goals and asked to give input regarding your own personal learning objectives. During the training these will be reviewed. During the training, you'll be coached by the trainers to optimize your achievement of the learning objectives through the completion of session bridging forms, and your participation in a private Facebook group to ask questions and complete homework assignments.

Learning objectives

1. Practice the six steps approach to using the ACT matrix.
2. Integrate a relationship-focused approach to ACT matrix work.
3. Present the ACT matrix point of view to clients.
4. Prompt clients to evaluate the workability of moving away behavior.
5. Prompt clients to notice and name their stuck loops.
6. Prompt clients to notice the difference between what can be controlled (five senses experience) and what gets more sticky as one attempts to control it (inner experience).
7. Use the hook worksheet and metaphor to promote defusion work.
8. Demonstrate validation skills through the practice of Yessing.
9. Prompt clients to practice verbal aikido using the verbal aikido worksheet.
10. Demonstrate verbal aikido for two skills.
11. Naturally reinforce clients.
12. Promote self-compassion using the kittens exercises.
13. Prompt behavior change through the perspective-taking interview exercise.
14. Use the bridging questions
15. Consistently hold a functional contextual stance in their clinical work.

Attendance certificate

The Contextual Psychology Institute will give an attendance certificate to participants specifying the number of hours, which they have assisted in the session, up to 16 hours. This workshop is part of the ACT Basics program of clinical training program supervised unit.

CEs for Psychologists are available. Credit may only be given for complete attendance. Participants may not arrive more than 15 minutes late to the training and still receive credit.

Teaching methods

- PowerPoint presentations
- Experiential work in small groups
- Between-class exchanges through the Facebook group

Public

Psychologists, therapist, counsellors, social workers, psychiatrists, MDs, nurses, mental and behavioral health professionals, coaches, dieticians, guidance counsellors, teachers and students in related fields.

Evaluation

Participants will be asked to complete an evaluation of the class content, trainers, materials, and your progress on learning objectives. These learning objectives will be further assessed at 3, 6 and 12 months follow-up.

Prerequisites

None.

Trainers

Valerie Kiel originally trained as a social psychologist and works as an ACT-therapist since 2010 in the Netherlands and Germany. Valerie has 10 years of experience in using online environments for training and learning purposes in different organizations (e.g. United Nations, European Open Universities) and settings (developmental aid, social and mental health field). Next to her private practice, Valerie works with chronic pain patients in a residential clinic where she has been introducing the ACT treatment model.

Fabian Olaz is a university professor, therapist and supervisor ACT and FAP in Argentina and other Latin American countries. For some years, he has been intensely committed to the dissemination of this model in Spanish and Portuguese speaking countries, convinced that the contextual sciences can generate profound changes in our society. Fabi has a PhD in Psychology and has been trained by Benjamin Schoendorff, Kevin Polk and Jerold Hambrigh in the ACT-Matrix model and by Benji, Robert Kohlenberg and Mavis Tsai at FAP. He offers workshops in different Latin American countries and in his free time is a regular practitioner of Aikido. He has written several chapters and articles and is writing two books on ACT. Fabián is director of the Laboratory of Interpersonal Behavior, in the Faculty of Psychology (National University of Cordoba, Argentina) where he performs research tasks and shares some mates with his team. He is known for his sense of humor and his ability to simplify difficult concepts, a skill he has perfected with his friends and tutors Benjamin Schoendorff and Kevin Polk.

COST, FEES AND REFUND/CANCELLATION POLICY

655,00\$CAN (taxes included)

If the workshop is canceled, full refund. If the participant cancels his registration: more than 2 weeks before the training, administrative fees of \$ 50. Less than two weeks before the workshop, 50% refund. No refund less than 5 days before the workshop.

ITEMS COVERED BY REGISTRATION FEE

- A meeting of 2 hours for technical support; help for the instructor with the program.
- Eight meetings of 2 hours (16 hours) of training
- Access to a close group on Facebook, which give you the chance to collaborate and exchange on many subjects with other professionals.
- Certificate provided by Contextual Psychology Institute Inc.

References

- Hayes, S. C., Strosahl, K., & Wilson, K. G. (1999). *Acceptance and Commitment Therapy: An experiential approach to behavior change*. New York: Guilford Press.
- Hayes, S.C., Strosahl, K.D., & Wilson, K.G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd edition) – New York, NY: The Guilford Press.
- Kohlenberg, R. J., & Tsai, M. (1991). *Functional Analytic Psychotherapy: A guide for creating intense and curative therapeutic relationships*. New York: Plenum.
- Polk, K. & Schoendorff, B. (2014). *The ACT Matrix: A New Approach to Building Psychological Flexibility Across Settings and Populations*. Oakland: Context Press/New Harbinger.
- Polk, K., Schoendorff, B., Webster, M., Olaz, F. (In press) *The Essential Guide to the ACT Matrix: A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice*, Oakland: New Harbinger.
- Polk, K. (2011) *Psychological Flexibility Training (PFT): Flexing Your Mind along with Your Muscles* [Kindle Edition]
- Schoendorff, B. & Steinwachs, J. (2012) Using Functional Analytic Psychotherapy to train therapists in Acceptance and Commitment Therapy, a conceptual and practical framework. *International Journal of Behavioral Consultation and Therapy*, 7, 2-3, 135-138.
- Tirch, D., Schoendorff, B., & Silberstein, L. (2014). *The ACT practitioner's guide to the science of compassion, tools for fostering psychological flexibility*. Oakland, CA: New Harbinger Publications.
- Tsai, M., Kohlenberg, R.J., Kanter, J., Kohlenberg, B., Follette, W., & Callaghan, G. (2008). *A guide to Functional Analytic Psychotherapy: Awareness, courage, love and behaviorism*. New York: Springer.
- Wilson, K. G., & DuFrene, T. (2009). *Mindfulness for Two: An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy*. Oakland, CA: New Harbinger.