

ACCEPTANCE AND COMMITMENT THERAPY

VALUES, SELF-CARE AND SELF-COMPASSION IN A STRESSED-OUT WORLD

What is Acceptance and Commitment Therapy ?

Acceptance and Commitment Therapy (ACT) is an evidence-based treatment with over 170 randomized clinical trials. ACT is grounded in emerging clinical science that demonstrates the broad utility of mindfulness and values in human wellbeing. ACT is a hybrid therapy, bringing together aspects of mindfulness, Gestalt therapy, and humanist-existential thought, all organized under a contemporary contextual behavioral framework. The paradox upon which ACT is founded is that radical acceptance of what cannot be changed empowers us to recognize and change the things that we can. The ACT approach is about embracing necessary suffering in order to make more committed, life-affirming choices and live in accordance with deeply held personal values.

Need

This will be a "no jargon" zone workshop. Although we anticipate many in the workshop will be psychologists, we hope to welcome many from allied health care professions. This work is directly relevant to physicians, nurses, dietician, physical



YOUR VALUES IN ACTION

therapists, occupational therapists, and other health care providers. In fact, you are welcome to bring a spouse or friend. It will be relevant and understandable!

This workshop will provide two days focused on values work in ACT. ACT is an integrated model, so our work together will necessarily touch upon other components of the model. However, the workshop will show how other components facilitate valued living.

Self-Care and Self-Compassion are often experienced as competing with "other-focused" values, such as parenting, intimate relations, and work. Very often, self-care is last on the list.

In this workshop, we will learn through direct experience how powerful acts of self-care and self-compassion can enrich and empower all other areas of valued living.

ACT principles will guide participants in new interventions, worksheets, and interviews that can be used in any human services environment, including mental health clinics, but also, medical settings, workplaces, schools, and community centers.

The workshop will be densely experiential and will focus on a set of tools and skills that participants will be prepared to use immediately following the workshop.

Day 1

Day one will begin with a whirlwind tour of the health challenges that have become epidemic in the modern world. We will examine a wide variety of highly modifiable risk factors for problems in mental health.

We will introduce simple strategies to:

- reduce risk of mental illness
- ameliorate symptoms of mental illness
- reduce chronicity of mental illness
- allow for medication use with lower dosage over shorter time frames
- support health and well-being during medication reduction and termination
- improve the effects of any necessary medications

We will examine self-care and self-compassion in a way that leaves workshop attendees with something far better than a to-do list of diet, exercise, and sleep. Even though we, and our clients, often know things we "should" do, motivation is a barrier. Getting started is a barrier. Sticking with it is a barrier. And, even thinking seriously about change can be a barrier.

Imagine for a moment, the face of someone you love with all your heart. Now, perhaps something harder: imagine that you were someone you loved like that. What kindness and care would you offer?

We will look within and find the deepest kindness. We will practice applying that kindness to ourselves and our clients.

Day 1 will be focused on:

- * Broad intro to modifiable risk factors and their connection to self-care, and self-compassion, linking to the ACT Model.
- * Diving more deeply into risk factors for mental health: deepening the self-compassion connection
- * Encountering the roots of suffering and neglect and the possibility of self-compassion, linking to the ACT Model

Day 2: Application of the ACT Model

On day two, we will bring the tools acquired on day one, along with the full ACT model, to bear directly on interview and intervention. ACT provides a trans-diagnostic model. We will introduce methods that can be used with a wide variety of client difficulties and a wide variety of contexts—from the psychotherapy consulting room, to group therapy, to a brief medical visit. The workshop will be experiential in focus and will provide a set of tools and skills that participants will be prepared to use immediately following the workshop. We will show how the interface between mindfulness, values, and self-compassion work in ACT can become essential tools in your day-to-day work with clients and patients.

Day 2 will be focused on:

- * Using a Mindful Matrix Interview to foster self-care
- * Using Client Self-Care Handouts and exercises to foster self-care

Learning objectives

1. Describe the relationship between the life-style illness epidemic and the rise in incidence and chronicity of mental health problems
2. Describe 8, highly modifiable life-style risk factors that can improve mental health risk
3. Describe the link between self-compassion and lowering modifiable risk
4. Demonstrate self-compassion based interventions for risk reduction
5. Demonstrate mindfulness and values based interventions to alter mental health risk
6. Describe 6 core ACT processes in common sense terms
7. Demonstrate using a Mindful Matrix Interview for very brief or long-term intervention
8. Demonstrate using the Whole Life Garden and Birds of a Feather worksheets to identify values and emotional, cognitive, and motivational obstacles to self-care
9. Demonstrate using Pantry of Life Worksheet to identify potential committed actions
10. Demonstrate using mindfulness and values interventions to increase contact with valued life patterns

Prerequisites

None.

Learning methods

- Didactic presentation and PowerPoint
- Videos
- Role play
- Small group experiential practice

Trainer

Kelly G. Wilson, Ph.D., is a Professor of Psychology and winner of multiple teaching awards at the University at Mississippi. He is Past President and Fellow of the Association for Contextual Behavioral Science. Wilson has devoted himself to the development and dissemination of ACT and its underlying theory and philosophy for the past 25 years, and has published many articles and chapters, as well as 10 books including Acceptance and Commitment



Therapy: An Experiential Approach to Behavior Change and his newest books Mindfulness for Two and Things Might Go Terribly, Horribly Wrong. He has central interests in the application of behavioral principles to understanding topics such as purpose, meaning and values, therapeutic relationship, and mindfulness. Wilson is the founder of Onelife Education and Training, LLC and has presented workshops and provided consultancy in 32 countries.

Attendance certificate and CE credits

An attendance certificate stating the number of hours attended will be given to participants at the end of the workshop.

Evaluation

Participants are invited to fill-in an online questionnaire to assess the quality of the training, facility and trainer as well as the stated learning objectives, followed by a 3-months and 6 months follow-up questionnaire on the learning objectives.

Register 2 weeks before the event and benefit of an additional discount !

Early-bird fees (plus taxes) : 500\$

Early-bird student rate (plus taxes) : 250\$

Regular fees (plus taxes) : 525\$

Student rate (plus taxes): 275\$

Cancellation policy

All our workshops are covered by this policy :

- Full refund if we cancel the workshop.
- If you cancel your workshop more than two weeks before the workshop, CAN\$50 processing fee.
- If you cancel your workshop less than 2 weeks, 50% refund.
- No refund if cancellation less than 5 days before the workshop.