



AGENDA

Demystifying Acceptance and Commitment Therapy

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| 9:00-9:10 | Welcome and Introduction |
| 9:10- 10:30 | The Story of Language
Describing, Evaluating, and Problem Solving
Undermining Unhelpful Language/ Leveraging Helpful Language
Defining and Unpacking ACT
The Research Support for ACT |
| 10:30-10:40 | Morning Break |
| 10:40-12:10 | Psychological Flexibility and Why It is Clinically Relevant
Mindfulness for Measurable Reasons
Combining ACT with the APA Division 12 Research Supported Psychological Treatments List
Introducing the Hexagon
Acceptance: <i>Foster Client Acceptance of Emotions to Increase Values-Based Action</i> |
| 12:10-12:50 | Lunch |
| 12:50-2:20 | Defusion: <i>Change the Way Clients Interact with Their Thoughts</i>
Self-As-Context: <i>Aid Clients in Establishing Perspective</i>
Contact with the Present Moment: <i>Strategies for Attending to the Here & Now</i> |
| 2:20-2:30 | Afternoon Break |
| 2:30-4:00 | Values: <i>Aid Clients in Deciding What Gives Life Meaning</i>
Committed Action: <i>Assist Clients in Behaving in the Service of Chosen Values</i>
The ACT Question for Case Conceptualization |