

## Outline

### The ACT Model

The nature of human suffering  
 "Healthy normality" is a myth  
 Language: The double-edged sword  
 Undermine unhelpful thoughts  
 Aiming for psychological flexibility and why  
 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  
 Case example: Teenage shyness & hoarding

### Defusion

Look at thoughts rather than from thoughts  
 Deal with automatic thoughts  
 The power of words  
 The problem with cognitive fusion  
 Address CBT-based disputation techniques with defusion  
 "Taking your mind for a walk" exercise  
 Case example: Eating disorders & social phobia

### Perspective-Taking

Understand the "Self" in ACT  
 Self-as-content, self-as-perspective, self-as-context  
 Observer self-exercise  
 Deal with identity issues  
 Case examples related to PTSD & childhood sexual trauma

### Mindfulness

Contacting the present moment  
 Why being in the here-and-now is critical for mental health  
 Relationship between mindlessness and psychopathology  
 Meditation, mindfulness and mindful action  
 Exercises for mindful action  
 Case example: Anger, personality disorders, alcoholism

### Values Work

The positive side of language  
 Identifying core values  
 Differentiate values and goals  
 Writing values-based treatment goals  
 The ethics of values clarification  
 Establishing the life line  
 Case example: Heroin addiction, bipolar disorder

### Committed Action

Define "commitment" objectively  
 Integrate evidence-based therapy with ACT  
 Develop ACT-based behavior therapy treatment plans  
 Improve behavioral activation with ACT  
 Accelerate exposure therapy with ACT  
 Case example: Depression, agoraphobia

### Pulling It All Together

Hexaflex model for psychological flexibility  
 Ask the "ACT Question" for self-help and case conceptualization  
 Inflexahex model: Diagnosis from an ACT approach  
 Case example: Obsessive-compulsive disorder

### Incorporate ACT into Your Own Approach

Social skills training  
 Applied Behavior Analysis  
 Inpatient treatment programs systems  
 Exposure and ritual prevention  
 Behavioral activation  
 Parent management training  
 Executive coaching


### The Mindful Action Plan

ACT simplified  
 Passengers on the bus: The classic ACT group exercise  
 How ACT can make you a better therapist

## Objectives

1. Compute the six basic tenets of Acceptance and Commitment Therapy.
2. Critique the problem of experiential avoidance in clinical work.
3. Utilize acceptance approaches with each client's avoidance problems.
4. Implement skills in defusing from language obstacles.
5. Detect how ACT attempts to undermine problematic language functions.
6. Utilize contacting the present moment exercises and mindfulness practice in therapy.
7. Develop a mindful action plan protocol for clients.
8. Connect how to incorporate the ACT approach to "the self" for clinical gain.
9. Detect how unclarified values can lead to clinical problems.
10. Integrate the ACT approach into different therapeutic styles and methods.
11. Create committed action plans for people with anxiety disorders.
12. Use metaphors to undermine language-based avoidance repertoires.
13. Reframe how ACT principles can be applied to the therapist to improve clinical performance.

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## Looking to improve your therapy approach?

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Each time he/she arrives, you use the same tools and techniques you've used for so long – and mostly successfully – but this one client is testing your skills. Now, you can begin to integrate **Acceptance and Commitment Therapy (ACT)** into your practice – and see improved outcomes.

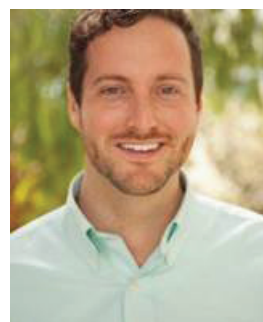
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## Speaker



**Timothy Gordon, MSW, RSW**, is a social worker, peer reviewed ACT trainer, international presenter and author. Currently he serves as a member on the trainer committee for the Association for Contextual Behavioral Science.

Tim has a mission to offer evidence-based psychotherapy to help others live a full and abundant lives. He specializes in working with attachment and trauma issues, including children and adolescents who have suffered abuse. His latest publication is *The ACT Approach: A Comprehensive Guide for Acceptance and Commitment Therapy*, and has also authored a self-help book integrating ACT

with attachment-based therapeutic approaches. Tim is a yoga teacher who integrates movement and yoga practices into his work. He was an instructor of Clinical Behavioral Sciences program where he taught ACT at McMaster University in Hamilton, Ontario.

As Tim presents ACT workshops around the world, he is renowned for his passion, and his experiential approach to training professionals.

Speaker Disclosure:

Financial: Timothy Gordon is in private practice He is a professor at McMaster University. Mr. Gordon receives a speaking honorarium from PESI, Inc.

Non-financial: Timothy Gordon has no relevant non-financial relationship to disclose.

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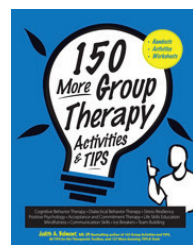
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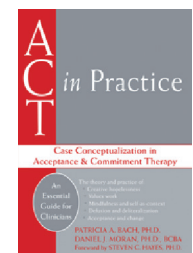
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By Daniel J. Moran, Ph.D., BCBA-D. & Patricia Bach, Ph.D.

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