

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

Limitations of the Research and Potential Risks

Children and adolescents
Acute, florid hallucinations
Catatonic depression
Individuals with an adverse reaction to mindfulness exercises

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

Live Seminar & Webcast Schedule

(Times listed in Central)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

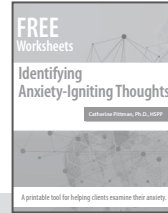
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Demonstrate effective use of the six core processes of Acceptance and Commitment Therapy (ACT) to help clients advance psychological flexibility.
2. Employ clinical techniques for increasing psychological flexibility in clients using ACT.
3. Utilize acceptance approaches with avoidance problems to strengthen a client's willingness to have emotions.
4. Apply clinical skills to help client effectively handle automatic cognitions.
5. Utilize effective ACT exercises in therapy to aid clients with developing new skills to engage in the present moment and move past struggles.
6. Assess and clarify a client's values in order to develop an effective treatment plan and avoid potential clinical problems.
7. Integrate ACT into different therapeutic styles and methods as an approach to managing symptoms.
8. Create committed action plans for clients with anxiety disorders to improve level of functioning.
9. Use metaphors to undermine language-based avoidance repertoires to improve client engagement.
10. Utilize clinical strategies to develop an ACT-based behavior therapy plan as it relates to treatment outcomes.
11. Execute emotional, behavioral willingness and exposure techniques with clients to reduce experiential avoidance.
12. Apply ACT techniques to the treatment of specific disorders including depression, anxiety, trauma and personality disorders.

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Featuring, Experienced ACT Trainer, International Speaker, Author and Past-President of the Association for Contextual Behavioral Science,
Daniel J. Moran, Ph.D., BCBA-D

"Dr. D.J. made it all come together for me!" - Carla, St. Louis, MO

Northbrook, IL
Thursday & Friday
October 21 & 22, 2021

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- ACT techniques for mood disorders, anxiety, trauma, anger and more
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- Practical & transformative for you and your clients!

"I was lucky enough to take workshops with some famous ACT trainers in the past and those experiences changed my life, but not the way I did therapy. D.J. did change the way I do therapy and my patients are better for it."
- Rosemarie, London, UK

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Looking to improve your therapy approach?

How often do you review your appointment calendar and start wondering how you're going to, finally, help a regular client who seems to progress for a while – and then regress?

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.

Researched and developed by world-renowned researcher, speaker and author **Steven Hayes, Ph.D.**, ACT is fast becoming the treatment approach that gets to the heart of the therapeutic relationship.

Join ACT expert, trainer and co-author with Steven Hayes of *ACT in Practice*, **Daniel J. Moran, Ph.D., BCBA-D**, for this workshop where you will develop highly practical, evidence-based skills, case conceptualization techniques and powerful strategies that will improve outcomes for the following:

- **Anxiety Issues**
- **Anger Management**
- **Post-Traumatic Stress Disorder**
- **Eating Disorders**
- **Mood Disorders**
- **Trauma**
- **Substance Abuse**
- **Personality Disorders**

Attend this intensive, engaging and transformative workshop and start a new path for healing you can use with your most difficult clients.

Free Mindfulness exercises are included! You will also receive copies of ACT-based psychological assessment tools and case conceptualization forms.

Target Audience:

Counselors • Psychologists • Psychiatrists • Psychotherapists • Social Workers
Addiction Counselors • Therapists • Marriage & Family Therapists • Case Managers
Mental Health Professionals • Nurses



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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Cathey** at ccathey@pesi.com or call **715-855-5253**.

Meet Your Speaker



Daniel J. Moran, Ph.D., BCBA-D, is the former president of the Association for Contextual Behavioral Science (ACBS), the international ACT organization with over 8,000 members worldwide. He co-authored the first case conceptualization manual for Acceptance and Commitment Therapy entitled *ACT in Practice* (New Harbinger) and served on the first ACT training committee.

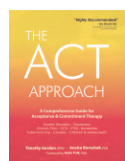
As a recognized ACT Trainer in the ACBS community, Dr. Moran has an engaging training style that has led him to be an invited keynote speaker for many events in the last decade. He has also been featured on The Oprah Winfrey Network, TLC, and The Discovery Channel discussing the treatment of many clinical disorders and has published several articles and book chapters, including publications with CBT pioneer Albert Ellis and ACT pioneer Steven Hayes.

Dr. Moran founded the MidAmerican Psychological Institute, a clinic in Chicagoland, and continues to supervise therapists and treat patients in that organization. His passion is for applying the ACT principles in important areas outside of the clinic, such as the boardroom or construction sites. He established Pickslyde Consulting in order to bring mindfulness and value-directed commitment skills to the workplace in order to improve safety, innovation and leadership. Dr. Moran has utilized ACT in work implementations and clinical training sites on six continents and in all 50 of the United States.

Speaker Disclosure:
Financial: Daniel Moran founded Pickslyde Consulting. He is an author for New Harbinger and receives royalties. Dr. Moran receives a speaking honorarium from PESI, Inc.
Non-financial: Daniel Moran is a member of the Association for Contextual Behavioral Sciences.

Recommended Reading:

Purchase this training for these exclusive savings!



The ACT Approach
A Comprehensive Guide for Acceptance and Commitment Therapy
\$29.99 \$24.99



The ACT Deck
55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress
\$16.99 \$12.99**

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

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Illinois Addiction Counselors: This course has been approved by the IAODAPCA for 12.5 CEUS. Program number: 15208. Category: Counselor I or II, Preventionist I or II, CARS I or II, CODP I or II, PCGC II, CCJP II, CRSS I or II, CVSS II, CPRS I or II, MAATPI or II, CFPPI II, NCRS II, CAAP I, ATE.

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Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists & Physicians:

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- \$16.99 \$12.99**** *The ACT Deck* [PUB085185]

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As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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