

Outline

The ACT Model: The Roadmap to Psychological Flexibility

Empirical support for treatment across diagnoses
Functional Contextualism
Relational Frame Theory (RFT)
Limitations of the research & potential risks

Deconstructing the Pathology of Emotional Pain

When anxiety, social comparison, and avoidance of uncertainty are helpful
How trying to problem solve our emotions leads to challenging behavior
What client's pain tells us about their values
The difference between pain and suffering

Help Clients Get Unstuck Through Experiential Defusion Exercises

Avoid the trips and traps of language that result in challenging behaviors
Rely on experience over language to get desired outcomes
Ways of getting experiential with your clients
Role-play: Asking questions in an experientially-focused way

Pave the Way Toward Acceptance

Experiential Exercises to Teach Clients the Function and Cost of Experiential Avoidance
What clients get out of problematic behavior
The cost of experiential avoidance and its impact on values
Walking clients through 'creative hopelessness' (function/cost of behaviors)
Make space for the experience of discomfort
Fun ways to practice willingness, mindfulness, awareness, and acceptance

Objectives

1. Differentiate pain from suffering to help clients understand the basis of ACT and psychological flexibility.
2. Propose three forms of experiential learning and practice in ACT.
3. Conduct a creative hopelessness exercise to help clients identify the function and cost of their behaviors.
4. Determine the impact of learning history (i.e., behavioral patterns from the past) on clients' current patterns of unworkable behavior.
5. Demonstrate experiential exercises to help clients practice acceptance, defusion and values identification.
6. Differentiate goals from values and articulate the importance holding outcomes lightly.

Identify Client Behavior Patterns from Youth

Family of Origin Triggers that Lead to Unworkable Behavior
Origin of the patterns
How they protected then
How they hurt now
Case studies: Child abuse, overinvolved parents, narcissistic parent

Build Psychological Flexibility...Don't Change Thoughts and Feelings!

Experiential Exercises to Help Clients Let Go of the Fight Against Pain
Know firsthand the difference between Emotion avoidance and emotion acceptance
Thought suppression and thought defusion
Change client's relationship to their thoughts, self-limiting beliefs that stall treatment
Choices, processes, and steps that keep clients in the moment

Values and Committed Action:

Experiential Exercises to Help Clients Identify and Live their Values
Experiential practice for identifying client values
Overcoming obstacles to valued living
How to hold outcomes lightly in-service of committed action

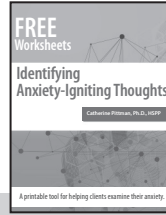
★★★★★

"Dr. Jill Stoddard is an inspiration in so many ways. A wonderful author, a brilliant therapist, a captivating speaker, and an extraordinary woman. She is one of the most authentic, brave, and competent people I know. Her knowledge is huge and she simply is one of a kind. My warmest recommendations!"

- Rikke Kjelgaard, M.Sc.

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Breakthrough ACT Techniques & Experiential Exercises

A Clinical Roadmap to Help Clients Overcome Psychological Distress

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Breakthrough ACT Techniques & Experiential Exercises

A Clinical Roadmap to Help Clients Overcome Psychological Distress



Featuring **Jill Stoddard, PhD**

ACT trainer and author of *The Big Book of ACT Metaphors* and *Be Mighty*, co-host of *Psychologists Off the Clock* podcast

"A down to earth and thoroughly competent ACT therapist, author, and trainer, Jill's trainings are accessible -- more like having coffee with a trusted and knowledgeable friend than being preached at by a self-appointed expert."

Steven C. Hayes, PhD

Originator and co-developer of Acceptance and Commitment Therapy

Live Interactive Webinar

Friday, October 8, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

Breakthrough ACT Techniques & Experiential Exercises

A Clinical Roadmap to Help Clients Overcome Psychological Distress

Have you ever found yourself at the bottom of your clinical toolbox when working with clients? Whatever the diagnosis—the problem is usually the same—**therapy stalls and you don't know what to do next.**

Join peer-reviewed ACT trainer and author, Jill Stoddard, PhD, for this Acceptance and Commitment Therapy (ACT) experiential. Dr. Stoddard will teach you how to **skillfully apply the six core processes of ACT to build the psychological flexibility your clients need to overcome psychological distress.**

You'll learn **breakthrough techniques** and **salient exercises—not found in other ACT trainings**—that will help your clients stay in the moment with all their thoughts and feelings, without defense, and ready to make choices that help them heal.

You'll leave this training being able to **successfully apply ACT in therapy as well as teach your clients—even the most challenging—how to put ACT into practice themselves! Register today!**

Transform your clinical practice by learning to:

- Integrate psychological flexibility skills with the tools and skills you already use
- Help clients stop fighting against their thoughts, pain, inner critic, and imposter voices
- Integrate playful yet powerful mindfulness/acceptance practices
- Hold outcomes lightly, so you can teach your clients to persevere through obstacles
- Help clients get in touch with the facts of their experiences vs assumptions that lead to unworkable behavior
- Walk your clients through the function and cost of their unworkable behavior and what to do instead based on their most deeply held values

Live Webinar Schedule (Times listed in Pacific)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
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Meet Your Speaker

Jill Stoddard, PhD, is a clinical psychologist and director of The Center for Stress and Anxiety Management, an outpatient clinic specializing in ACT and CBT for anxiety and related problems. Her life mission is to disseminate ACT to the public in fun and accessible ways. As such, she has authored two ACT books, *The Big Book of ACT Metaphors: A Practitioner's Guide to Experiential Exercises* and *Metaphors in Acceptance and Commitment Therapy* and *Be Mighty: A Woman's Guide to Liberation from Anxiety, Worry, and Stress Using Mindfulness and Acceptance*.

Dr. Stoddard is an award-winning teacher, TEDx speaker, peer-reviewed ACT trainer, and co-host of the popular *Psychologists Off The Clock* podcast. She writes the ACT-based *Be Mighty Blog* for *Psychology Today* and her other writing has appeared in *Thrive Global*, *Scary Mommy*, and *Mindful Return*. Dr. Stoddard makes frequent media appearances as a podcast guest and expert news source.

Speaker Disclosure:

Financial: Jill Stoddard is the founder and director for The Center for Stress and Anxiety Management. She is an author and receives royalties. Dr. Stoddard receives a speaking honorarium from PESI, Inc.

Non-financial: Jill Stoddard is a member of the Anxiety and Depression Association of America; Association for Contextual and Behavioral Science; and Association for Behavioral and Cognitive Therapy.

Target Audience:

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

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For specific credit approvals and details, visit pesi.com/webcast/85957

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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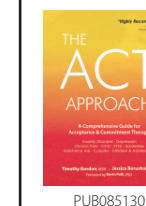
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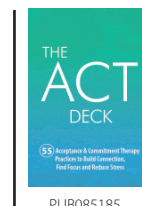
- Self-study CE certificate available
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Recommended Reading:



The ACT Approach
A Comprehensive Guide for Acceptance and Commitment Therapy
By Timothy Gordon, MSW, RSW, Jessica Borushok, PhD, Kevin Polk, PhD
~~\$29.99~~ **\$22.99***

PUB085130



The ACT Deck
55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress
By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.
~~\$16.99~~ **\$12.99***

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