



## Professional Training Workshops 2012

# ACCEPTANCE AND COMMITMENT THERAPY

**Acceptance and Commitment Therapy (ACT)** has emerged in recent years as one of the most widely practiced and researched psychological therapies. ACT is an empirically-based psychotherapy that focuses on using acceptance and mindfulness, commitment, and behavioural change strategies. Through the use of metaphors and experiential exercises, the client learns to make healthy psychological contact with previously feared and avoided thoughts, feelings, memories, and physical sensations, and increase their psychological flexibility.

ACT further helps the client to take effective action that is guided by personal values to create a meaningful life. ACT has demonstrated efficacy across a wide range of clinical problems, including anxiety, depression, stress, substance use, chronic pain, and psychotic symptoms. To date, it has been examined in 51 published Randomized Controlled Trials (RCTs). Its effectiveness as a treatment for depression (4 RCTs), anxiety (4 RCTs), and addictive behaviour (5 RCTs) has been empirically-supported in the scientific literature.

### ACT Introductory Workshop

This 2-day workshop will be led by *Jason Luoma*, Ph.D., a clinical psychologist, researcher, and author of the book *Learning ACT*, and *Mark Webster*, a leading expert in the application of ACT in the treatment of substance use problems and with groups.

#### *Workshop description*

ACT is based on the idea that psychological suffering is usually caused by experiential avoidance, cognitive entanglement, and the resulting failure to take needed action in accord with one's core values. Buttressed by an extensive basic research literature on an associated theory of language and cognition, Relational Frame Theory (RFT), ACT takes the view that trying to change difficult thoughts and feelings as a means of coping might be relatively unhelpful. More likely to be helpful are alternatives such as acceptance, mindfulness, cognitive defusion, values, and workable action. ACT teaches clients and therapists alike how to alter their relationship to thoughts and feelings rather than directly trying to eliminate problematic thoughts and feelings. These processes have been shown to help clients cope with a wide variety of clinical problems, including depression, anxiety, stress, substance abuse, and even psychotic symptoms. In addition, ACT has been shown empirically to be helpful to therapists in the form of reduced therapist burnout.



This workshop will discuss and demonstrate ACT processes and techniques, particularly acceptance, cognitive defusion, values, and commitment strategies. The intention of the workshop is to provide clinicians with an introduction to ACT, a beginning set of skills, and personal experiences that will direct further development of these skills.

### *Learning Objectives*

- Understand why experiential avoidance and cognitive fusion are problematic psychological processes
- Provide an experiential and practical introduction to the processes and steps in ACT
- Learn how to quickly reduce the impact of negative thoughts
- Learn to help clients get more into contact with their core values

### *Requirement*

No prior experience with Acceptance and Commitment Therapy is needed.

## **ACT for Anxiety and Mood Disorders Workshop**

This 1-day workshop will be led by *Jason Luoma, Ph.D.*, a clinical psychologist, researcher, and author of the book *Learning ACT*.

### *Description*

This workshop will be highly practical, looking at how the ACT model can be applied to people with anxiety and mood disorders. Participants will learn how to set treatment goals from within an ACT perspective. There will be opportunities during the workshop to practice formulation with a focus on live case work. Finally, it will look at the 6 ACT components and how they can be specifically adapted for this population, with an emphasis on role-play to develop skills.

### *Learning objectives*

- Specify treatment targets
- Formulation
- Using the 6 ACT components
- Contextual behavioral exposure principles

### *Requirements*

Participants are required to have completed at least a 2-day introductory workshop on ACT and be familiar with anxiety and mood disorders.



## **ACT for Addictions Workshop**

This 1-day workshop will be led by *Mark Webster*, a leading expert in the application of ACT in the treatment of substance use problems and with groups.

### *Description*

This workshop will be highly practical, looking at how the ACT model can be applied to people with addiction. There will be opportunities throughout to practice formulation with a focus on live case work and participants will learn how to set effective treatment goals from within an ACT perspective. Participants will also learn how to develop an on-going focus on the use of Values to address issues around motivation which are so prevalent in this clinical population. Finally, it will look at the 6 ACT components and how these can be specifically adapted for this population, with an emphasis on role-play to develop skills. In addition, there will be a chance to see how ACT can be applied as a group approach to this population using the Matrix.

### *Learning objectives*

- Specify treatment targets
- Formulation
- Basing treatment on values
- Using the 6 ACT components

### *Requirements*

Participants are required to have completed at least a 2-day introductory workshop on ACT and be familiar with addiction.



## About The Trainers



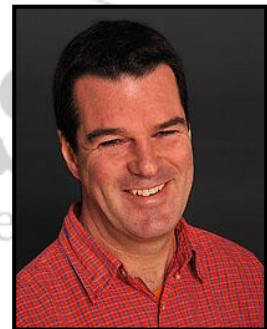
**JASON LUOMA** is a Licensed Psychologist in the US and has a Ph.D. in Clinical Psychology. He is currently the Director of the Portland Psychotherapy Clinic, Research, & Training Center and an Adjunct Faculty at the University of Nevada, Reno.

Jason is both a clinician and a researcher. In his private clinical practice, Jason helps clients with addiction, depression, anxiety, suicidality and relationship problems. He specializes in the treatment of depression at the Portland Mood Disorders Clinic. Jason focuses on bringing heart and compassion to the practice of evidence-based psychotherapy. In research, Jason has a special interest in the reduction of stigma and shame, particularly among people with substance abuse problems.

Jason has extensive training in ACT and trained under Steven Hayes, Ph.D., at the University of Nevada for 4 years. One of his central career interests is in training therapists on how to do ACT and researching the effectiveness of such training. He led the ACT clinical supervision team at the University of Nevada for two years and co-led several ACT training workshops with Steven Hayes. To date, he has conducted over 50 professional training workshops on ACT and is past Chair of the ACT Training Committee in the Association for Contextual Behavioral Science.

Jason is committed to helping clinicians learn ACT with high fidelity. To this end, he has written a book together with Steven Hayes and Robyn Walser, Ph.D., entitled *“Learning Acceptance and Commitment Therapy: A Skills Training Manual for Therapists”*. It has been highly recommended in published journal reviews for therapists wanting to learn to use ACT competently.

**MARK WEBSTER** is a Registered Psychotherapist with the UK Council for Psychotherapy (UKCP). His initial clinical work was in the field of addiction, and he is trained in addiction counselling and Cognitive Analytic Therapy. His career took him into the National Health Service (NHS), where he worked with people with personality disorders for 10 years. In this setting he learned Dialectical Behavior Therapy, which led to an early interest in ACT from 1999.



Mark is a founding director of a leading clinical practice in the UK, and provides psychotherapy to private clients and supervision for professionals. He specialises in ACT, addictions, chronic pain and Post-Traumatic Stress Disorder. He has been developing a group approach using ACT for treatment-resistant disorders.

Since 2003, Mark has been providing training in ACT and founded the ACT Special Interest Branch of the British Association for Behavioural and Cognitive Psychotherapy (BABCP). This group focuses on promoting the practice of ACT in the UK, as well as supporting research and training in contextual behavioural science. He also founded and is the current Head of the Acceptance & Mindfulness Centre, which aims to deliver high quality therapy and training in the field of acceptance and mindfulness therapies in the UK. He is the current Chair of the Cognitive Psychotherapies College within the UKCP. Mark has been practicing mindfulness for over 20 years. He is a leading expert in using ACT in the treatment of substance use problems and with groups. He is a frequent conference speaker internationally.



## About the Workshops

### Who Should Attend

*Psychologists, Psychiatrists, Counsellors, Psychotherapists, Social Workers, Mental Health Professionals, and Academics and Students (in Counselling, Psychology, Psychiatry and Social Work).*

### Workshop Venue

10 Sinaran Drive  
#09-21, Novena Medical Centre  
Singapore 307506  
(Novena MRT is directly below the Medical Centre)

### Workshop Dates and Fees

#### ACT Introductory Workshop

Date/Time: 5-6 March 2012, 9am - 5pm

Fee per participant: S\$1,200.00

#### ACT for Anxiety and Mood Disorders Workshop

Date/Time: 7 March 2012, 9am - 5pm

Fee per participant: S\$600.00

#### ACT for Addictions Workshop

Date/Time: 7 March 2012, 9am - 5pm

Fee per participant: S\$600.00

- Participants who wish to attend the ACT for Anxiety and Mood Disorders or ACT for Addictions Workshop are required to have completed at least a 2-day introductory workshop on ACT. Participants who have previously attended such a workshop need to provide a photocopy of their certificate of attendance at the time of registration.

*Registration form is separately attached.*

*Read on for attractive discounts!*



### Early Bird Discount

- 10% discount for Early Bird registration and payment before 13 Jan 2012.
- 5% discount for Early Bird registration and payment before 3 Feb 2012.

### Group Discount (for the same workshop)

- 5% discount for Buddy (2 persons) registration and payment.
- 10% discount for Trio (3 persons) registration and payment.
- 15% discount for Quartet (4 persons) registration and payment.
- 20% discount for Group of 5 or more persons registration and payment.

### Special Discount

- 15% discount for Students (in Counselling, Psychology, Psychiatry and Social Work academic programmes)
- 5% discount for Singapore Psychological Society (SPS) members

### Please Note:

- The discounts are cumulative across the discount categories (i.e., Early Bird Discount, Group Discount, and Special Discount).
- Workshop seats will only be confirmed upon the full payment of the workshop fees.
- No refund of workshop fees is allowed. Substitution of participant is allowed and any substitution requests must be made in writing at least 1 week prior to the commencement of the workshop.
- Participants applying for the Student discount need to provide a photocopied document indicating their current enrolment status at the time of registration.
- Participants applying for the SPS discount need to provide their SPS membership number at the time of registration.
- Participants who receive other grants or subsidies (e.g. VCF) are not permitted any further discounts from *Promises Pte Ltd*.
- *Promises Pte Ltd* reserves the rights to cancel the workshops prior to their commencement. In the event of workshop cancellation, workshop fees paid will be fully refunded to the participants.
- Information is correct at time of printing and is subjected to change without prior notice.

### For enquiries regarding:-

Registration and payment: [courses@promises.com.sg](mailto:courses@promises.com.sg)

Workshop Specifics: [act\\_training@promises.com.sg](mailto:act_training@promises.com.sg)