



## **Acceptance and Commitment Therapy**

### **A Skills-Based Training Retreat**

January 12–17, 2025

### **Intended Audience**

This program is suitable for mental health and behavioral health professionals who are interested in learning how to use and apply ACT skills to promote psychological health and wellness. No prior familiarity with ACT is required.

### **Skill Level**

Beginner to Intermediate

### **Learning Objectives (Covering 22 CEs across 5+ days)**

1. Define the three pillars of ACT that guides its practice; [1.5]
2. Define and identify the six ACT processes that contribute to human suffering (i.e., psychological inflexibility) and link them with the six ACT intervention processes used to promote psychological flexibility (i.e., the hexaflex model);
3. Describe the ACT therapeutic stance;
4. Explain a functional contextual approach to ACT case conceptualization;
5. Describe and conceptualize common mental health concerns (e.g., anxiety, depression) within an ACT framework;
6. Describe ACT values clarification exercises and identify barriers to valued action;
7. Define creative hopelessness and its purpose within ACT;
8. Describe ACT exercises used to undermine control and struggle with psychological and emotional content;
9. Identify exemplars of excessive struggle and avoidance and describe mindful and compassionate alternative behaviors; [1.5]
10. Define and identify “fusion” and “experiential avoidance” and their role in various forms of human suffering;
11. Explain select ACT intervention exercises to cultivate psychological flexibility;
12. Apply and integrate mindfulness and acceptance processes with commitment and behavior change processes in dyads;
13. Describe use of exposure-based strategies in an ACT consistent fashion;
14. Define self-compassion and its relation to psychological acceptance;
15. Describe strategies to foster the ongoing development of ACT consistent clinical competencies.

## Continuing Education Credits

1. CE-Classes.com is the provider of CEs (22 credits)
2. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com ([ce-classes.com](http://ce-classes.com)), entering a keycode (provided to you by Dr. Forsyth shortly after the conclusion of the workshop), and completing an evaluation form.
3. You must attend the full workshop to be eligible for CEs.
4. Licensed Professionals should contact their regulatory board to determine course CE approval.
5. **CE-Classes.com is approved by:**
  - a. **The American Psychological Association (APA)** CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
  - b. **Florida Certification Board**
  - c. **The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852** BAP-Expires 3/31/2025
  - d. **The California Board of Behavioral Sciences.** The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
  - e. **California Consortium of Addiction Programs and Professionals (CCAPP)** Provider Number OS-12-174-0225 Expires 02-2025
  - f. **The Texas Board of Social Work Examiners** – CE-Classes.com meets the requirements for acceptable continuing education
  - g. **The Texas Board of Professional Counselors** – CE-Classes.com meets the requirements for acceptable continuing education
  - h. **Massachusetts Social Workers**
  - i. **Ohio Counselor, Social Worker and Marriage and Family Therapist Board** - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
  - j. **New York Social Work Board** – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW0120.
  - k. **New York Mental Health Practitioners Board** – CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.



- l. **New York Psychology Board** – CE-Classes.com, Inc. is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY0211
  - This course is NOT available for NBCC credit
  - This training does not offer ASWB ACE credit to social workers.

## Registration, Tuition, CE Fees

**Tuition** is \$550 + accommodations ([booked through Kripalu directly](#))

**CE Processing Fee** If you are seeking CEs, there is an additional \$40 CE processing fee that will be due at the conclusion of the workshop and paid to John Forsyth via cash, check, or Venmo.

**To register for the workshop, see the “Book Now” buttons on this page:**

<https://kripalu.org/presenters-programs/acceptance-and-commitment-therapy-skillsbased-training-retreat>

## Policies

### 1. Kripalu Policies for Cancellations

- In the event that you cancel, payments made will be refunded in full (less a \$50 processing fee) if canceled 15 or more days prior to your arrival date.
- If you cancel between 14 days and one day in advance, a nonrefundable credit to your Kripalu account (less a \$50 processing fee) will be held for one year from the date of issue.
- No credit or refund is available if you cancel on your arrival day, do not show up, leave a program, event, or accommodation early and if you arrive on campus with symptoms of active infection.
- If a guest tests positive for Covid-19 during their retreat, they must leave Kripalu. Guests required to leave due to a positive Covid-19 test will be eligible for a credit on account valid for 1 year from date of issue for the portion missed due to early departure.

### 2. Grievances

All grievances must be in writing to [registration@kripalu.org](mailto:registration@kripalu.org) and will be replied to within 5–10 business days.

### 3. ADA Compliance

This workshop is in compliance with the Americans Disabilities Act. Please contact [registration@kripalu.org](mailto:registration@kripalu.org) if special accommodation is required.

## Conflict of Interest

Dr. John Forsyth is a professor at the University at Albany, SUNY and receives a salary. He is also a coauthor of several ACT books, including serving as ACT series book editor with New Harbinger, Inc. Dr. Forsyth receives royalties from New Harbinger for books he has coauthored.

Dr. Jamie Forsyth is a psychologist at Freedom First Psychological Services and receives a salary for her therapeutic work, including psychological evaluations.

## Course Agenda: Schedule & Format (in-person /22 CE hours)

### DAY 1 – Sunday, January 12, 2025

7:30pm–9pm

Introduction & Overview to ACT & this Training / 1.5 Hours

- Introductory Comments
- Brief Introductions by Participants
- Consent & Boundaries
- Centering Exercise – With Valued Intentions for the Week
- Overview of ACT
- Expectations for the Week
- Q&A

### DAY 2 – Monday, January 13, 2025

9am–10:15am ACT Model and Case Conceptualization / 2.3 Hours

- Centering Exercise
- Why It's Hard Being Human

10:15–10:25am 10-minute break

10:25–11:30am ACT Model and Case Conceptualization

- Pervasiveness of Human Suffering
- ACT Model of Human Suffering
- Psychological Inflexibility

11:30–1:30pm – Lunch / Down Time

1:30pm–2:45pm ACT Intervention Processes & Psychological Flexibility / 2.3 Hours

- Process vs. Content
- ACT Case Conceptualization

2:45–2:55pm 10-minute break

2:55–4:00pm ACT Intervention Processes & Psychological Flexibility

- The Sphere-a-Flex Model Guiding ACT Work



- ACT Therapeutic Stance
- ACT in a Nutshell Role Play Demonstration
- Pulling it All Together

**DAY 3 – Tuesday, January 14, 2025**

9am–10:15am Doing Effective Values Work in ACT / 2.3 Hours

- The Nature of Values in ACT
- Distinguishing Values from Goals

The Link Between Pain & Values

10:15–10:25am 10-minute break

10:25–11:30am Doing Effective Values Work in ACT

- Connecting with Values
- Values Clarification and Assessment
- Exercises: Values Card Sort
- Exercise: Valued Directions Worksheet

11:30–1:30pm – Lunch / Down Time

1:30pm–2:45pm Clarifying Valued Intentions & Barriers to Valued Action / 2.3 Hours

- Exercise: Life Compass
- Exercise: Bull's Eye Values Assessment
- Problems Connecting with Values
- Navigating “Values Conflicts”

2:45–2:55pm 10-minute break

2:55–4:00pm Clarifying Valued Intentions & Barriers to Valued Action

- Barriers to Valued Action
- Exercise: My Life Theater
- Experiential Practice: Identifying & Clarifying Barriers
- Pulling it All Together

**DAY 4 – Wednesday, January 15, 2025**

9am–10:15am Creative Hopelessness: Creating Space for Something New / 2.3 Hours

- Rationale and Role of Creative Hopeless Work in ACT
- Exploring Workability

10:15–10:25am 10-minute break

10:25–11:30am Creative Hopelessness: Creating Space for Something New

- Establishing Creative Hopelessness
- Exercise: The Mask I Wear
- Context of Control & Workability

11:30–1:30pm – Lunch / Down Time

1:30pm–2:45pm Metaphors/Exercises to Weaken Illusion of Control / 2.3 Hours

- Clinical Case Demonstration: Balloon Exercise
- Exercise and Role Play: Tug of War with Anxiety Monster

2:45–2:55pm 10-minute break

2:55–4:00pm Metaphors/Exercises to Weaken Illusion of Control

- Dyad Work Targeting and Undermining the Struggle
- Exercise: Writing Your Own Epitaph
- Pulling it All Together



## **DAY 5 – Thursday, January 16, 2025**

9am–10:15am Cultivating Space & Flexibility – Mindfulness & Related Processes / 2.3 hours

Centering Exercise

- The Importance of Perspective Taking
- The Nature of Mindfulness in ACT
- Exercise: Mindful Playdough

10:15–10:25am 10-minute break

10:25–11:30am Cultivating Space & Flexibility – Mindfulness & Related Processes

- Cultivating an Observer Perspective
- Self as Context vs. the Conceptualized Self
- Exercise: Chess Board Metaphor
- Exercise: The Documentary of You
- Defusing From Unhelpful Thinking
- Exercise Role Play: Thoughts on Cards
- Pulling it All Together

11:30–1:30pm – Lunch / Down Time

1:30pm–2:45pm Nurturing Self-Compassion and Acceptance / 2.3 Hours

- Compassion and Kindness Defined
- Cultivating Compassion
- Exercise: Loving Kindness Walking Meditation
- Exercises to Nurture Self-Compassion
- Taking Care of Old Wounds

2:45–2:55pm 10-minute break

2:55–4:00pm Nurturing Self-Compassion and Acceptance

- Nurturing Acceptance in ACT
- Exercise: Holding Our Pain Gently
- Paths to Acceptance
- Exercise: Acceptance of Thoughts & Feelings
- The Practice of Forgiveness
- Exercise: Nurturing Kindness with Younger You
- A Word about Exposure in ACT
- Pulling it All Together

## **DAY 6 – Friday, January 17, 2025 9am – 11am**

*Value Guided ACTION & the Journey Ahead / 2 Hours* How to Keep Our Clients Moving Forward?

- Building Patterns of Committed ACTION
- Steps Toward Value-Guided Committed ACTION



- The Importance of Intentions
- Setting SMART Value Guided Goals
- What to do When Clients Feel Stuck
- Demonstration: Bus Driver Exercise
- Exercise in Dyads: Making a Value-Guided Behavioral Commitment

#### Discriminating ACT Consistent vs. Inconsistent Moves

- Video Illustrating ACT Processes & Intervention Pivot Points
- How to Dance Around the ACT Model
- Common Therapist & Client Problems When Using ACT
- Next Steps: Developing ACT Competencies
- Wrap Up

#### **Conclusion of Workshop**