

## **Acceptance and Commitment Therapy – A Skills-Based Training Retreat**

**Presenters:** John P. Forsyth, PhD & Jamie R. Forsyth, PhD

**Workshop:** Live / In-Person

**Dates & Times:** January 11 – 16, 2026

Schedule (Total CEs = 22 hours):

Sunday Jan 11, 2026 (7:30pm-9pm)

Monday thru Thursday (morning: 9am – 11:30am & afternoon: 1:30pm – 4pm) / each session Mon. – Thurs. will include a 10 minute break

Friday Jan. 16 (morning only: 9am – 11:00am)

### **Course Description**

**Pain and suffering are part of the human condition** and can become barriers to a life lived well. Mental health professionals know this challenge intimately.

**Acceptance and Commitment Therapy (ACT) is an evidence-based approach** that seeks to transform the root sources of human suffering by balancing mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life.

**Join clinical psychologists and expert ACT trainers, John and Jamie Forsyth**, as they introduce ACT both as a model and an intervention technology – and illustrate its use for a range of problems commonly seen in mental health settings.

**Through demonstrations and hands-on exercises** you learn powerful strategies to help your clients and you:

- Gain freedom from suffering.
- Let go of unhelpful struggles.
- Cultivate peace of mind.
- Nurture self-compassion.
- Live a rich and meaningful life.

**You will also discover how ACT can be integrated into your mental health practice.** Clinical worksheets and other valuable tools will be provided.

### **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;
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;
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 (<https://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. **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.
- c. **California Consortium of Addiction Programs and Professionals (CCAPP)** Provider Number OS-12-174-0627 Expires 06-2027
- d. **California Board of Registered Nursing.** CEP 15647 Expires 11/30/2026.
- e. **Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-**Expires 3/31/2027
- f. **Florida Board of Nursing** (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- g. **Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois.** License 159.001607 Expires 11/30/2025
- h. **Massachusetts Authorization Number: (TBD)**
- i. **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
- j. **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 #PSY-0211
- k. **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 #SW-0120.
- l. **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.
- m. **Oklahoma Board of Behavioral Health Licensure** (LPCs, LMFTs and LBCs)
- n. **South Carolina** - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
- o. **Texas Board of Social Work Examiners** – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- p. **Texas Board of Professional Counselors** – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

- q. **Texas Board of Marriage & Family Therapists** – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

- This course is NOT available for NBCC credit
- This course does not offer ASWB ACE credit to social workers. However our state board approvals may be accepted for license renewal. Check with your state board.

## 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 above** (the URL for this page is <https://kripalu.org/presenters-programs/acceptance-and-commitment-therapy-skills-based-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 [egistration@kripalu.org](mailto:egistration@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 [egistration@kripalu.org](mailto:egistration@kripalu.org) if special accommodation is required.

## About the Presenters –

### John P. Forsyth, Ph.D.

John P. Forsyth, PhD, is a clinical psychologist, professor, and director of the Anxiety Disorders Research Program at the University at Albany. He is also a trainer and leader in the evolution of Acceptance and Commitment Therapy (ACT) and practices that cultivate

mindfulness and self-compassion. John is the author of several books, including [Acceptance and Commitment Therapy for Anxiety Disorders: A Practitioner's Treatment Guide](#); [The Mindfulness & Acceptance Workbook for Anxiety, 2<sup>nd</sup> ed.](#), [ACT on Life, Not on Anger, Your Life on Purpose](#), and his latest, [Anxiety Happens](#) and [The Anxiety Happens Guided Journal](#). John also has a new book coming out in October 2025 (exclusively through Barnes and Noble) titled “[Calm in the Chaos: A Quick-Relief Guide for Managing Anxiety & Overwhelm in Loud and Uncertain Times](#)” and he expects that updated and revised [3<sup>rd</sup> edition of the Mindfulness & Acceptance Workbook for Anxiety](#) in February 2025. For more than 20 years, John’s work has focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and nurture psychological health and vitality.

Apart from serving as a senior consulting editor for the ACT book series with New Harbinger Inc., John and his wife Jamie are also members of the teaching faculty at prominent health and wellness institutes like the Kripalu Center for Yoga & Health, the Omega Institute, The Esalen Institute, 1440 Multiversity, and The Cape Cod Institute. John frequently offers professional workshops and trainings, often together with his wife Jamie, across the U.S. and abroad.

In addition to his academic and professional commitments, John maintains a small private practice and provides Zoom-based clinical consultation and supervision for mental health professionals looking to deepen their skills in ACT.

John's work has significantly contributed to the growing interest in acceptance and mindfulness-based practices in psychology, mental health, medicine, and beyond.

[www.drjohnforsyth.com](http://www.drjohnforsyth.com)

## **Jamie R. Forsyth, Ph.D.**

Jamie Forsyth, PhD, is an active and gifted psychologist and clinical supervisor, with extensive expertise in the use and application of Acceptance and Commitment Therapy with severe forms of mental illness (e.g., psychosis and personality disorders) and forms of psychological and emotional suffering in inpatient, outpatient, and college mental health settings. Beyond ACT, Jamie is a skillful integrationist, supervisor, and researcher, with specialized knowledge in relational and process-oriented therapeutic work, addictions, motivational interviewing, including mindfulness and self-compassion practices. Jamie is active within a group mental health practice in upstate New York where she offers psychotherapy, performs psychological evaluations, and trains and supervises doctoral students under her direction.

As a husband and wife team, Jamie and John are known to infuse their teaching and training with energy, humility, lightheartedness, and compassion, and their down-to-earth workshops are consistently praised for their clarity, depth, and practical utility.

## **Conflict of Interest**

Dr. John Forsyth is a professor at the University at Albany, SUNY and receives a salary. He is also a co-author 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 co-authored.

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 11, 2026**

#### **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 12, 2026**

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
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### **DAY 3 – Tuesday January 13, 2026**

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
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#### **DAY 4 – Wednesday January 14, 2026**

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 15, 2026**

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 16, 2026**

**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 – Thank You!**