

# **Acceptance and Commitment Therapy: An Experiential Skill-Based Intensive**

Dates: March 15–20, 2020

Presenters: John P. Forsyth, Ph.D., and Jamie Rae Forsyth, Ph.D.

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

## **Program**

This introductory to advanced skills-based training event will cover the clinical application of an evidenced-based approach to psychological health called Acceptance and Commitment Therapy (or ACT). The workshop will cover ACT in depth, with a focus on detecting and working with ACT clinical intervention processes and strategies, and provide participants with a deeper understanding of the ACT approach to mental health practice and a set of tools and clinical worksheets that will help attendees use ACT in their clinical work.

The purpose of this program is to provide mental health professionals with knowledge and practical skills related to the use of Acceptance and Commitment Therapy (ACT) in mental health practice.

The target professional audience is for introductory to advanced mental health professionals

## **Agenda**

### **Sunday, March 15, 2020**

5:30pm-7:00pm – Dinner

#### **7:30pm–9:00 pm – Program Session**

ACT Model of Human Suffering

ACT Intervention Model

#### Learning Objectives:

*Define the three pillars of ACT that guides its practice*

*Define each of the six ACT processes within the ACT model of human suffering*

*Define each of the six ACT intervention processes (i.e., the hexaflex model)*

*Explain each of the six elements of the ACT model of human suffering and link with each of the six central treatment targets of ACT in practice*

### **Monday, March 16, 2020**

7:00am-8:30am – Breakfast

#### **8:30am–10:00am – Program session**

ACT Case Conceptualization

#### Learning Objectives

*Describe and conceptualize common mental health concerns (e.g., anxiety, depression) within an ACT framework*

*Describe the ACT therapeutic stance*

10:00am-10:15am – Break

**10:15am-11:30pm – Program Session**

ACT Case Conceptualization (cont'd)

Learning Objective

*Explain a functional contextual approach to ACT case conceptualization*

*Describe how the Forsyth & Forsyth sphere-a-flex model may be useful in guiding ACT work*

11:30am-1:30pm – Lunch

**1:45–3:45 pm – Program Session**

Creative Hopelessness Work

Weakening the struggle and control agenda

Learning Objectives:

*Define creative hopelessness*

*Identify exemplars of excessive struggle and avoidance*

*Identify exercises used to undermine control and struggle with psychological and emotional content within an ACT intervention context*

*Apply creative hopelessness exercises in dyads*

5:30pm-7:00pm - Dinner

**Tuesday, March 17, 2020**

7:00am-8:30am – Breakfast

**8:30am–10:00am – Program Session**

Values work in an ACT context

Values vs. goals

Learning Objectives

*Define values from an ACT point of view*

*Differentiate values from goals*

10:00am-10:15am – Break

**10:15am-11:30pm – Program Session**

Clarifying values

Values clarification exercises

Learning Objectives:

*Identify values clarification exercises*

*Apply values clarification exercises in dyads*

11:30am-1:30pm – Lunch

**1:45pm–3:45 pm – Program Session**

Continue values clarification exercises

Learning Objectives:

*Apply values clarification exercises in dyads*

5:30pm-7:00pm – Dinner

**Wednesday, March 18, 2020**

7:00am-8:30am – Breakfast

**8:30am–10:00am – Program Session**

Identifying barriers to valued action

Internal vs. external barriers

Learning Objectives

*Define barriers from an ACT point of view*

*Explain and link barriers with ACT suffering processes*

10:00am-10:15am – Break

**10:15am-11:30am – Program Session**

Barrier clarification exercises

Learning Objective:

*Identify exercises to clarify barriers to valued action*

*Apply barrier clarification exercises*

11:30am-1:30pm – Lunch

**1:45pm–3:45 pm – Program Session**

Nurturing a new relationship with barriers to valued action

Mindfulness processes in ACT

Self-as-Context process in ACT

Defusion process

Exercises to promote mindfulness, self-as-context, and defusion

Learning Objectives:

*Identify the ACT functional approach to working with barriers – altering function vs. form to promote psychological flexibility*

*Define mindfulness and its role in ACT work*

*Describe mindfulness exercises and intervention practices*

*Define self-as-context and the exercises to cultivate an observer perspective with barriers*

*to valued action*

*Differentiate fusion from defusion*

*Apply mindfulness, self-as-context, and defusion exercises*

5:30pm-7:00pm – Dinner

**Thursday, March 19, 2020**

7:00am-8:30am – Breakfast

**8:30am–10:00am – Program Session**

The role of self-compassion in ACT

Acceptance defined

How to cultivate self-compassion and acceptance

ACT-based exposure work

Learning Objectives

*Define self-compassion*

*Define psychological acceptance and its relation to mindfulness and self-compassion*

processes

10:00am-10:15am – Break

**10:15am-11:30pm – Program Session**

How to do ACT-based exposure

Identifying ACT processes in an ACT exposure session

Learning Objective:

*Describe exercises to foster self-compassion and acceptance*

11:30am-1:30pm – Lunch

**1:45pm–3:45 pm – Program Session**

Doing exposure work within an ACT context

Differences between ACT-based exposure and traditional CBT exposure

Integrating ACT processes in exposure work

Compassionate exposure – process and general steps

Learning Objectives:

*Explain and clarify how exposure is done within ACT vs. traditional CBT*

*Identify the role of values in ACT-based exposure work*

*Describe willingness and its role in exposure work*

*Identify ACT processes in an ACT exposure session*

5:30pm-7:00pm – Dinner

**Friday, March 20, 2020**

7:00am-8:30am – Breakfast

**9:00am–11:00am – Program Session**

Moving with barriers in the service of value guided action

SMART goals

Good vs. poorly stated goals

Clarifying value-guided goals

Anticipating barriers

Common therapist errors & ways to catch them

Steps to further develop ACT clinical competencies

Learning Objectives

*Define SMART goals in an ACT context*

*Differentiate good vs. poorly stated goals*

*Identify strategies and exercises to clarify value-guided goals*

*Describe how to identify barriers in the context of SMART goals*

*Identify common therapist traps when using ACT and strategies to address them*

*Describe ways to further develop ACT clinical competencies*

**Presenter(s) Bio**

**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; The Mindfulness and Acceptance Workbook

for Anxiety, 2nd ed.; ACT on Life, Not on Anger; Your Life on Purpose, and his latest, Anxiety Happens. 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.

Learn more about this presenter's work:

- [drjohnforsyth.com](http://drjohnforsyth.com)
- [Facebook](#)

**Jamie R. Forsyth, PhD**, is a clinical psychologist, clinical supervisor, and trainer. She has extensive expertise in the use and application of Acceptance and Commitment Therapy with severe forms of mental illness and psychological and emotional suffering in inpatient, outpatient, and college mental-health settings. Jamie is a skillful integrationist and researcher, with specialized knowledge in relational and process-oriented therapeutic work, addiction, motivational interviewing, and mindfulness and self-compassion practices

## **Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

## **Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

## **Conflict of Interest/Commercial Support**

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

## **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

## **Certificate Issuance**

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

## **Psychology – 22.5 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 22.5 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day

will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

**Social Work – (Awaiting Approval of CE credits)**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

*For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>*