

Demystifying ACT

Incorporating Acceptance and Commitment Therapy into your treatment approach will have a significant impact on your clinical effectiveness and the well-being of your clients. ACT is a rich, integrative approach, and has been shown to be effective for many clinically-relevant concerns. Because ACT takes a different perspective on psychotherapy, some clinicians wonder how to blend the applications into their own therapy approach. Other clinicians who have embraced the ACT concepts still have questions about certain aspects of the therapy. This webinar will explain ACT in a very clear, concise, user-friendly manner.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the six basic tenets of Acceptance and Commitment Therapy
2. Recognize the problem of experiential avoidance in clinical work
3. Utilize acceptance approaches with each client's avoidance problems
4. Identify how ACT attempts to undermine problematic language functions
5. Utilize defusion exercises to deal with verbal entanglements.

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Outline

Introduction

The nature of human suffering
Language: The double-edged sword
Undermining unhelpful language
Aiming for psychological flexibility and why
Introducing the ACT hexagon model

Acceptance: Strengthening a willingness to have emotions
The opposite of acceptance is experiential avoidance
Experiential avoidance throughout the lifespan
Why acceptance is important

Defusion: Looking at thoughts rather than from thoughts
The automaticity of language
The power of words
The problem with cognitive fusion

Perspective-taking: Understanding the "Self" in ACT
Self-as-content, self-as-perspective, self-as-context
The Observer Self exercise

Mindfulness: Contacting the present moment
Why being in the Here-and-Now is critical
The relationship between mindlessness and psychopathology
Meditation, mindfulness, and mindful action

Values Work: The heart of ACT
The positive side of language
Identifying core values
Differentiating values and goals
Writing values based treatment goals

Committed Action: Where the rubber hits the road
Defining "commitment" objectively
Integrating evidence-based therapy with ACT

Bringing It All Together
Introducing the ACT Hexaflex
The ACT Question for self-help and case conceptualization

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.
SOCIAL WORKERS: tzkseminars (Provider Number 1242), is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: (3/28/19 to 3/28/2022). Social workers completing this course receive 3 continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.
tkkseminars 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 #0024.

tkkseminars 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 creative arts therapists #0001.

tkkseminars 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 marriage and family therapists #0003.

tkkseminars 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 #0004.

tkkseminars 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 psychoanalysts #0002.

tkkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The Presenter

Dr. Daniel J. Moran is the founder and executive director of the MidAmerican Psychological Institute, and founder of Pickslyde Consulting. He co-authored ACT in Practice, the canonical case conceptualization manual for Acceptance and Commitment Therapy. Dr. D.J. has appeared on The Learning Channel, Animal Planet, and FOX News discussing anxiety disorders and hoarding. Dr. D.J. is also a Recognized ACTrainer, Board Certified Behavior Analyst, and the current president of the Association for Contextual Behavioral Science, the worldwide Acceptance and Commitment Therapy organization.

General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration. If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029