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.

**Learning Objectives**

- Identify the six basic tenets of Acceptance and Commitment Therapy
- Recognize the problem of experiential avoidance in clinical work
- Utilize acceptance approaches with each client’s avoidance problems
- Identify how ACT attempts to undermine problematic language functions
- 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.

**Outline**

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

**Break 11:30-11:45 AM ET**

- Mindfulness: Contacting the present moment
- Why being in the here-and-now is critical
- The relationship between mindfulness 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

**End 1:15 PM ET**

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