

OUTLINE

ACT Model and Case Conceptualization

Centering Exercise
Why It's Hard Being Human
Pervasiveness of Human Suffering
The Light and Dark Side of Language & Cognition
ACT Case Conceptualization
ACT Model of Human Suffering
ACT Model of Psychological Health
Self-Assessment Exercise: Eyes On
ACT in a Nutshell Role Play
Demonstration

Use Creative Hopelessness to Weaken the Control Agenda

Why Creative Hopeless in ACT?
Exploring Workability
Establishing Creative Hopelessness
Exercise and Role Play: Tug of War with Anxiety Monster
Exercise: Metaphors to Weaken Illusion of Control
Exercise and Role Play: Chinese Finger Trap
Exercise: Quick Sand and Swamp Metaphors
Dyad Practice of Creative Hopelessness Exercises

Do Effective Values Work in ACT

The Nature of Values in ACT
Distinguishing Values From Goals
Connecting with Values
Exercises: Funeral Meditation & Tombstone Exercise
Values Clarification and Assessment
The Values Directions & Life Compass Worksheets
Life Compass Cards
Barriers to Valued Action
Exercise: Barriers Clarification Using Barriers Worksheet in Dyads
Values in ACTION

Cultivate Mindful Acceptance & Defusion

Opening Up: The Nature of Mindful Acceptance in ACT
Exercise: Getting in Contact with the Present
Exercise: Take Your Mind for a Walk
Exercise: Acceptance of Thoughts & Feelings
Self as Context vs. the Conceptualized Self
Defusion: Overview and Purpose
Mindful Defusion Exercise: Wise Mind
Mindful Defusion Exercise: Chess Board
Thoughts on Cards: Demonstration and Role Plays

Nurture Self-Compassion, Willingness, and Value-Guided action

Self-Compassion and Kindness – Powerful Antidotes to Suffering
Exercise: Loving Kindness Walking Meditation
Exercise to Nurture Self-Compassion: Tonglen Practice
The Nature of Willingness
Exercise: Trying vs. Doing
Compassionate Exposure in a Value-Guided Context
Exercise and Demonstration of Exposure in ACT
Building Patterns of Committed ACTION
The Role of Behavioral Activation in ACT
Distinguishing Good from Poorly Stated Goals
Setting SMART Value Guided Goals
What to do When Clients Feel Stuck

Walk away with dozens of exercises, worksheets and tools to use with your clients immediately!

OBJECTIVES

1. List the three pillars of ACT.
2. Define the ACT model of human suffering (six inflexahex processes).
3. Define the ACT model of psychological health (six hexaflex processes).
4. Explain a functional contextual approach to ACT case conceptualization.
5. Recognize clinical concerns (e.g., anxiety, depression, problem anger) within an ACT framework.
6. Identify exemplars of excessive struggle and avoidance and describe mindful and compassionate alternative behaviors.
7. Distinguish between “fusion” and “experiential avoidance” and their role in various forms of human suffering.
8. Rehearse essential ACT intervention skills to cultivate psychological flexibility.
9. Deliver values clarification exercises in dyads and small groups.
10. Demonstrate experiential exercises and metaphors in dyads and small groups.
11. Discriminate ACT consistent and ACT inconsistent strategies in clinical practice.
12. Describe strategies to foster the ongoing development of ACT consistent clinical competencies.
13. Apply and integrate mindfulness and acceptance processes with commitment and behavior change processes in dyads.

ACT has come into its own as a widely practiced approach to help people change.

Workshop Designed Especially for

Counselors • Psychologists
Psychotherapists • Social Workers
Addiction Counselors • Therapists
Marriage & Family Therapists • Case Managers
Mental Health Professionals • Nurses

Guarantee Your satisfaction is our goal — and our guarantee! If you are not satisfied with this seminar, we'll make it right.

LIVE VIDEO STREAM DETAILS

Join us on **January 19 & 20, 2017, for this live, interactive online stream**
Invite your entire office and, like a live seminar, “attend” the live video stream at its scheduled time. It's easy and convenient! Live video streams provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$19.99 per CE Certificate for each additional participant.



Show up to life as it is



Get unstuck and moving



Live a rich & meaningful life



Let go of unhelpful struggles



Cultivate peace of mind & self-compassion



Gain freedom from fear & suffering

ACCEPTANCE & COMMITMENT THERAPY

2-Day Intensive ACT Training

BLOOMINGTON, MN
OR LIVE VIDEO STREAM

Thursday & Friday
January 19 & 20, 2017

This intensive workshop is filled with live and video demonstrations, plus practical experiential exercises. Here's your chance to gain powerful strategies to help your clients:

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ACCEPTANCE & COMMITMENT THERAPY

2-Day Intensive ACT Training

Featuring Internationally Renowned Speakers and Experienced ACT Trainers

John P. Forsyth, PhD & Jamie R. Forsyth, PhD

- Cultivate fluid and flexible use of ACT in practice
- ACT techniques for a broad range and severity of mental health disorders
- An interactive workshop including experiential exercises, demonstrations, clinical worksheets and practical tools
- Transformative for you and your clients!

BLOOMINGTON, MN
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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Looking to improve your therapy approach?

How often do you review your appointment calendar and start wondering how you're going to, finally, help a regular client who seems to progress for a while – and then regress?

Each time he/she arrives, you use the same tools and techniques you've used for so long – and mostly successfully – but this one client is testing your skills. Now, you can begin to integrate **Acceptance and Commitment Therapy (ACT)** into your practice – and see improved outcomes.

Researched and developed by world-renowned researcher, speaker and author **Steven Hayes, PhD**, ACT has fast become the treatment approach that gets to the heart of human suffering and what is needed to restore psychological health and wellness.

Join ACT experts, **Drs. John & Jamie Forsyth** for this workshop where you will develop highly practical, evidence-based skills, case conceptualization techniques, and powerful therapeutic strategies that will help you when working with a broad range of mental health concerns including:

- Anxiety Issues
- Post-Traumatic Stress Disorder
- Mood Disorders
- Substance Abuse
- Anger Management
- Trauma
- Personality Disorders
- And many more!

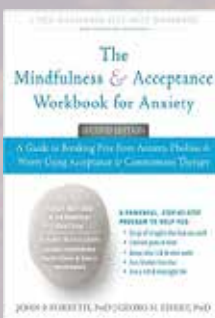
Attend this intensive, engaging and transformative workshop and start a new path for healing you can use with your most difficult clients.

ON THE WORK OF JOHN FORSYTH

"... a tried and true approach... clear guidance, beautifully presented. Highly recommended"

—Steven C. Hayes, PhD, co-developer of Acceptance and Commitment Therapy (ACT), and author of *Get Out of Your Mind and Into Your Life*

SAVE BY INCLUDING THESE BOOKS WITH SEMINAR REGISTRATION!



The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy (2nd Ed.)
By **John P. Forsyth PhD, Georg H. Eifert PhD -YOUR PRESENTER!**

Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live.

ACT TRAINERS



John P. Forsyth, Ph.D., is a clinical psychologist, professor, and directs the Anxiety Disorders Research Program at the University at Albany. He is an internationally renowned author, speaker, and trainer, and leads workshops worldwide on Acceptance and Commitment Therapy and mindfulness to cultivate psychological health and wellness.
www.drjohnforsyth.com

Speaker Disclosure:

Financial: John Forsyth is a Professor of Psychology at the University at Albany, State University of New York. Dr. Forsyth is faculty director of the Anxiety Disorders Research Program. He receives a speaking honorarium from PESI, Inc.

Nonfinancial: John Forsyth is a member of the American Psychological Society; Association for Behavioral and Cognitive Therapies;

Association for Behavior Analysis; and Association for Contextual Behavioral Science.



Jamie R. Forsyth, Ph.D., is a clinical psychologist, a gifted clinician, clinical supervisor, and trainer, with expertise in the use of Acceptance and Commitment Therapy with severe forms of psychological suffering (e.g., schizophrenia, personality disorders) in both inpatient and outpatient settings. Her work, grounded in evidence-based know-how,

offers unique insights into the subtle nuances of ACT as it unfolds in life and mental health settings.

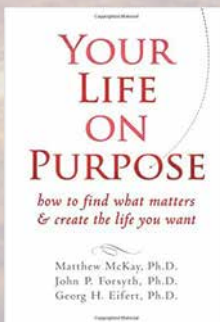
Speaker Disclosure:

Financial: Jamie Forsyth is a member of the teaching faculty at the Esalen Institute. She receives a speaking honorarium from PESI, Inc.

Nonfinancial: Jamie Forsyth has no relevant nonfinancial relationships to disclose.

John and Jamie have trained thousands of mental health professionals in the practical use of ACT and together they are known to offer what promises to be a unique and dynamic ACT training experience. They infuse their teaching and trainings with energy, humility and compassion, and their down-to earth workshops are consistently praised for their clarity, depth, and practical utility.

ACT offers a fresh perspective on psychological suffering and a set of powerful clinical strategies that support meaningful life changes.



Your Life on Purpose: How to Find What Matters and Create the Life You Want

By **Matthew McKay PhD, John P. Forsyth PhD, Georg H. Eifert PhD -YOUR PRESENTER!**

Based in acceptance and commitment therapy (ACT) and powerful mindfulness practices, *Your Life on Purpose* is about doing what matters to you every day instead of waiting for the perfect time to feel fulfilled and alive. With this book as your guide, you'll learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect you with your true self. You deserve to live a life of purpose, aligned with your deepest values. It's time.

Live Seminar & Live Video Stream Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Information obtained in this course should be used within your scope of practice.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The State of Wisconsin Department of Regulation and Licensing recognizes courses and providers that are approved by the APA, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 12.5 contact hours.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014 - January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at ekrumenauer@pesi.com or call 715.855.8167.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Questions? Call customer service at **800-844-8260**

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How to Register: Acceptance and Commitment Therapy: 2-Day Intensive ACT Training

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- \$389.99** per person **for both days** (postmarked 3 wks prior to event)
- \$429.99** per person **for both days** (standard)
- \$24.95*** *The Mindfulness and Acceptance Workbook for Anxiety* (distributed at seminar—FREE SHIPPING!)
- \$20.95*** *Your Life on Purpose* book (distributed at seminar - Free Shipping!)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

ONLINE STREAM with downloadable seminar manual

- \$359.99** registration

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

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(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

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Acceptance and Commitment Therapy: 2-Day Intensive ACT Training

- ___ Seminar on DVD* (video) \$299.99 (RNV051645)
- ___ Seminar on CD* (audio) \$269.99 (RNA051645)
- ___ **The Mindfulness and Acceptance Workbook for Anxiety*** \$24.95 (SAM084650)
- ___ **Your Life on Purpose** book* \$20.95 (SAM084655)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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