

## Workshop Overview

*I'm stuck* is something most clients say at some point during therapy. Therapists often experience a feeling of being stuck too. But inside this “stuckness” (an experience common in ACT and virtually all forms of psychotherapy, when clients and therapists seemingly fail to progress) is often a fear of something. A fear of risk. A fear of vulnerability. Perhaps it takes the form of shame, guilt, and a sense of not being enough. It could be a fear of being wrong, making a mistake, or of the unknown. And it may even manifest as a fear of change itself. If left unchecked, this sense of being stuck and the fear lurking beneath the surface can become a significant barrier to therapeutic progress and cultivating meaningful life changes.

In this intensive 1-day workshop, mental health professionals learn the practical application of Acceptance and Commitment Therapy (ACT) as a way to go inside this stuckness and work with the fears that get in the way of effective action. To be clear, this is not a workshop about anxiety disorders. Rather, participants will learn to work with and through clinical encounters when they and/or their clients feel stuck. Done well, this work also entails addressing the fear inside the sense of being stuck too.

This 1-day workshop is for mental health professionals who have familiarity with the basics of ACT and wish to further enhance their knowledge, skill, and clinical sensibilities when navigating stuck clinical encounters within the ACT model.

This work is often challenging for both therapists and clients alike, for it requires acknowledging the sense of stuckness directly in the room, vulnerability, and a shift in approach, where the sense of stuckness becomes the therapy, at least temporarily. Understanding how to deal with such common clinical situations is necessary for effective ACT work.

Using a combination of didactic and experiential activities, this workshop will cover common clinical encounters where a client stops progressing, or starts backsliding, and situations where therapists feel stuck,

unable to move forward in ways that are helpful, progressive, and life affirming. Thus, this workshop will go more deeply into the nuanced application of ACT, using both language as intervention and strategies to nurture meaningful steps forward.

Experiential exercises will highlight a gentle and compassionate stance when working with a sense of stuckness and its bedfellows: vulnerability and fear, including how to do effective creative hopelessness work from an open, aware, and value-guided stance. Participants will be encouraged (but never forced or coerced) to engage the material at a personal level, as it applies to their own lives, and then also in the context of their clinical work. Worksheets and other practical tools will be provided.

## You Will Learn How To:

- Identify and conceptualise situations when clients and/or therapists find themselves feeling stuck;
- Distinguish various forms of stuckness - both the client and therapist;
- Reveal common fears linked with being stuck;
- Contextualise and speak about the clinical encounter and therapeutic relationship with a focus on the stuckness;
- Use creative strategies to address and work with client stuckness and resistance;
- Address and work with client and therapist vulnerability;
- Foster willingness of both therapist and client to work with stuckness;
- Infuse acceptance, mindfulness, and defusion strategies with loving-kindness and self-compassion to foster movement forward; and
- Create a healthy space to address barriers to therapeutic progress while moving clients and therapists in the direction of meaningful life changes.

## The Trainers

John P. Forsyth PhD is an internationally recognised researcher, author, speaker and trainer in the use of Acceptance and Commitment Therapy (ACT). For over 20 years, his work has focused on developing ACT and mindfulness practices to awaken the human spirit and to nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path to psychological wholeness.

He has written several popular ACT books, including Acceptance and Commitment Therapy for Anxiety Disorders (for mental health professionals), and several ACT self-help books for the public: The Mindfulness & Acceptance Workbook for Anxiety, and ACT on Life, Not on Anger, and Your Life on Purpose. His most recent book, The Mindfulness & Acceptance Workbook for Anxiety, 2nd ed., is now available on Amazon and elsewhere.

John holds a Doctorate in Clinical Psychology, and is a Professor of Psychology and Director of the Anxiety Disorders Research Program at the University at Albany, SUNY in Upstate New York. He is a licensed clinical psychologist, with expertise in the use and application of ACT. He is a widely sought-after ACT trainer and consultant and serves as a senior editor of the ACT book series with New Harbinger Publications. [www.drjohnforsyth.com](http://www.drjohnforsyth.com)

**John Forsyth was among the first to bring ACT training to Australia. Now, he has teamed up with his wife Jamie to co-lead what promises to be a powerfully unique and dynamic ACT training experience.**

Jamie R. Forsyth PhD is a gifted clinician and clinical supervisor, with extensive expertise the application of ACT with severe forms of mental illness (eg. psychosis and personality disorders) and forms of psychological suffering in inpatient, outpatient, and college mental health settings. Beyond ACT, Jamie is a skilful researcher and clinician, with specialised knowledge in relational and process-oriented therapeutic work, addictions, motivational interviewing, including mindfulness and self-compassion practices.

Jamie holds both a Masters degree and Doctorate in Clinical Psychology from the University at Albany, SUNY. She is a Doctoral Fellow at Union College, where she offers ACT-based outpatient psychotherapy to college students presenting with psychological and behavioural challenges. Her clinical work, grounded in evidence-based therapies, offers unique insights into the subtle nuances of ACT as it unfolds in clinical practice. Jamie is also actively engaged in the dissemination of ACT and mindfulness practices within her college community and, along with her husband John, co-leads ACT workshops in the United States and internationally.

Although ACT is her primary theoretical orientation, Jamie draws upon relational and psychodynamic theories to help create a holistic person-centered approach to treatment. Her clinical wisdom, coupled with the depth and scope of her knowledge and skills, bridges various approaches and streams of practice within an ACT point of view.

## Professional Recognition

This workshop is designed to meet the criteria for six (6) CPD hours.

## Workshop Designed For

This workshop is designed for all mental health professionals with any degree of familiarity with ACT. Whatever your training in ACT, this workshop will increase your practical skills in the applications of ACT across the treatment spectrum.

## Workshop Dates and Venues

### Melbourne

Rendezvous Hotel  
328 Flinders Street  
Saturday 20 May 2017

### Perth

Boulevard Centre  
99 The Boulevard, Floreat  
Wednesday 24 May 2017

### Sydney

Novotel Brighton Beach  
Cnr Grand Pde & Princess Street  
Saturday 27 May 2017

### Brisbane

Hotel Grand Chancellor  
23 Leichhardt Street  
Monday 29 May 2017

### Workshop Duration

Workshops run from 9am to 5pm  
(including refreshments and lunch – included in registration).

### Included in Registration

- AM/PM refreshments and lunch
- Notes
- Exercise Materials
- Certificate of Completion

## Workshop Registration

### Early Bird Registration

\$297.00 (incl \$27 GST) – book and pay by 17 March 2017

### Standard Registration

(after 17 March 2017)  
\$330.00 (incl \$30 GST)

## How to Register

#### Payment by PayPal

Go to [www.cpmsservices.org](http://www.cpmsservices.org) and register securely online using PayPal

#### Payment by EFT / Cheque

Go to [www.cpmsservices.org](http://www.cpmsservices.org) and complete the Payment by EFT / Cheque Form and follow the payment instructions.

Post payments to:

CPM  
PO Box 64  
GLEN HUNTLY VIC 3163

For payments by your employer or institution, ask us for a Tax Invoice.

### Special Catering?

If you require special catering, email: [cpmserv@tpg.com.au](mailto:cpmserv@tpg.com.au) not less than five (5) business days prior to your workshop.

Special catering CANNOT be provided without this prior notice.

## Cancellation Policy

If you cancel more than thirty (30) days prior to a workshop, you will receive a refund LESS \$50 administration fee.

If you cancel less than thirty (30) days prior to the workshop NO REFUND is payable. We appreciate that medical conditions and emergencies can occur, but CPM cannot accept responsibility for these. Registrations can be transferred to another person.

CPM is unable to accept responsibility for the failure of the speakers to arrive due to unforeseen circumstances.

### CPM Training and Counselling

Visit our website for more details, a PDF of this brochure and to register securely online using PayPal.

[www.cpmsservices.org](http://www.cpmsservices.org)

A 1-Day Intensive Professional Training

with

**John P. Forsyth PhD**

&

**Jamie R. Forsyth PhD**



Confronting the Fears That Keep Clients  
Stuck: Cultivating Meaningful Life Changes  
Using Acceptance and Commitment Therapy

Melbourne | Perth | Sydney | Brisbane