



**John P. Forsyth, Ph.D.** is an internationally recognized author, speaker, and trainer in the use of Acceptance and Commitment Therapy and practices that cultivate mindfulness, loving kindness (Metta), and compassion. For over 20 years, his work has focused on developing ACT and mindfulness practices to alleviate human suffering, 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 out of suffering and into wholeness



**Jamie R. Forsyth, Ph.D.** is an active and gifted clinician and clinical supervisor, with extensive expertise in the use and application of Acceptance and Commitment Therapy with severe forms of mental illness (e.g., psychosis and personality disorders) and forms of psychological and emotional suffering in inpatient, outpatient, and college mental health settings. Beyond ACT, Jamie is a skillful integrationist and researcher, with specialized knowledge in relational and process-oriented therapeutic work, addictions, motivational interviewing, including mindfulness and self-compassion practices.

Life invites obstacles, problems, and pain. There is no escaping this simple truth. But for many, the pain of life is neither a teacher nor a friend, but instead the enemy and source of considerable suffering, hardship, and despair. Mental health professionals know this all too well. The pain may take psychological, emotional, or physical forms, but it's there and people are desperately seeking a way out and a way forward.

But what if the pain of life could be had just as it is. What if there was a way to nurture the conditions for our own genuine happiness and peace of mind, even when life is (or was) hard. Suppose even, that we could empower those we serve to develop a new relationship with the difficulties they carry and move forward with those difficulties in ways that dignify the pain and support what truly matters. In this intensive workshop, we will learn about one particular approach and set of practices that aims to do just that. It's called Acceptance and Commitment Therapy (ACT).

ACT is an evidence-based approach that balances mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life. Acceptance and mindfulness-based practices, including ACT, are rapidly making their way into mental health care, medicine, and society.

This body of work offers a fresh perceptive on psychological suffering and powerful clinical strategies to cultivate transformative life changes.

You will learn powerful strategies to help your clients:

- Gain freedom from suffering
- Let go of unhelpful struggles
- Cultivate peace of mind & self-compassion
- Show up to life as it is
- Get unstuck and moving
- Live a rich & meaningful life

Led by a dynamic husband and wife team, this workshop will introduce ACT, both as a model and intervention technology, and illustrate its use across a broad set of problem areas that are commonly seen in mental health settings. This work can be challenging for both therapists and clients alike, for much of ACT work involves contacting difficult and painful psychological content without defense and for a purpose other than psychological relief. Thus, understanding the application and integration of the ACT model of psychological health and suffering is essential for effective ACT work.

Through lectures, live and video demonstrations, and practical experiential exercises, we learn ways to help our clients live well, richly, and meaningfully, without first having to eliminate sources of emotional and psychological pain. We will also learn how ACT can be integrated effectively into your mental health practice. Clinical worksheets and other practical tools will be provided.

Mental health professionals, including graduate students and post-doctoral fellows, are invited to attend. Familiarity with ACT is not required.

**Monday**

Why It's Hard Being Human: Getting Inside the ACT Approach

**Tuesday**

Confronting the System of Stuckness: Making Space for Something New

**Wednesday**

Contacting the Sweetness in Life: Clarifying What Matters and What Gets in the Way

**Thursday**

Cultivating a New Relationship with the Difficulties We Carry: Skillfully Disarming & Transforming Forms of Suffering

**Friday**

Empowering ACTions that Matter: Stepping Openly, Mindfully, and Wholeheartedly



June 19–August 25, 2017

A summer-long series of timely, lively week-long CE courses offered by master teachers

June 19-23

Fran Johnston Purpose, Passion and Power
Joe Kort LGBT and Questioning Clients

June 26-30

Deborah Plummer Turning Us and Them into We
Linda Graham Rewiring the Brain for Resilience and Well-Being
Rubin Naiman Healing Sleep and Dreams

July 3-7

Bessel van der Kolk Frontiers of Trauma Treatment
Ron Frederick Being a Mindful Therapist
Paul Foxman The Anxiety Epidemic in Kids and Teens

July 10-14

George Faller EFT for Couples and Families
Pat Ogden The Interpersonal Nature of Shame
Joiner & Whitestone Developmental Coaching for Leadership Agility

July 17-21

John & Jamie Forsyth Mindful ACT Therapy
Weintraub & Mackay Yoga Skills for Therapists!
George McCloskey Executive Function Disorders

July 24-28

Brad Sachs Transformative Encounters with Teens and Young Adults
Richard Schwartz Internal Family Systems Workshop
Leslie Austin Your Practical Intuition

July 31 - August 4

Mirabai Bush Working with Mindfulness
Stephen Porges Polyvagal Theory: The Power of Feeling Safe
Deborah Korn Integrating Trauma Treatment Models

August 7-11

Edward Hallowell ADHD Across the LifeSpan
Janina Fisher Healing Trauma Survivors
Robert Schwarz Mind-Body-Energy ToolKit: Clinical Approaches Beyond Talk

August 14-18

Linda Curran Trauma Competency
Jeff Zeig Enhancing Therapeutic Impact: Advanced Techniques of Therapy
Bob Anderson Conscious Leadership

August 21-25

Jonah Paquette Positive Psychology
Natasha Prenn The Nuts and Bolts of AEDP

2017 Registration Form

- Registration options for dates: Johnston, Kort, Plummer, Graham, Naiman, van der Kolk, Frederick, Foxman, Faller, Ogden, Joiner/Whitestone, Forsyth, Weintraub/Mackay, McCloskey, Sachs, Schwartz, Austin, Bush, Porges, Korn, Hallowell, Fisher, Schwarz, Curran, Zeig, Anderson, Paquette, Prenn.

Name (please print) Degree
Address
City State Zip
E-Mail Phone

- Professional categories: HR/OD Management, Psychologist, Nurse, K12Teach/Admin/MHPro, Psychiatrist, Other Health Profession, Marriage/Family Therapist, Other Physician, Other (specify), Counselor, Social Worker.

\$599 for one course (\$549 prior to March 1) and \$450 for each additional course attended by the same person. \$499 for Full-time Graduate Students and Resident Physicians certified by their institutions.

Enclosed is a check for \$
Charge my credit card: Mastercard VISA American Express
Card # exp. date month/year
Signature

To Register by Mail:

Make check payable to and mail to: Professional Learning Network, LLC 270 Greenwich Avenue Greenwich, CT 06830

By fax: 203-629-6048

(include credit card information)

By phone: (toll-free) 888-394-9293

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