



John P. Forsyth, PhD, 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, PhD, 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

Approved for 15 General hours by NJ ASWB.
For all other CE info please see page 58.

Cape Cod Institute

June 18–August 24, 2018

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

June 18-22

Deborah Plummer Turning Us and Them into We
Linda Graham Neuroscience of Coping with Disappointment, Difficulty, Disaster

June 25-29

Fran Johnston Resonant Relationships at Work and Home
Rubin Naiman Healing Sleep and Dreams
Gloria Burgess Sanctuary: Re-igniting the Servant Soul

July 2-6

Paul Foxman The Anxiety Epidemic in Kids and Teens
Carol Kramer Introduction to Imago Relationship Therapy
Ronald Frederick The Emotionally Mindful Therapist

July 9-13

George Faller EFT: Cracking the Code of Love
Nancy Napier The Optimal Future Self
John Forsyth & Jamie Forsyth Mindful ACT Therapy

July 16-20

Bessel van der Kolk Frontiers of Trauma Treatment
Deb Dana Polyvagal Theory in Therapy
George McCloskey Executive Function: Assessment and Intervention

July 23-27

Margaret Wheatley Facing Reality, Claiming Leadership, Restoring Sanity
Linda Curran Trauma Competency
Richard Schwartz Internal Family Systems Workshop

July 30 - August 3

Deborah Korn Integration of Trauma Treatment Models
Mirabai Bush Working with Mindfulness
Natasha Prenn & Molly Eldridge The Nuts and Bolts of AEDP

August 6-10

Edward Hallowell A Strength-Based Approach to ADHD
Bob Anderson Conscious Leadership: A Unified Model
Donald Meichenbaum Constructive Narrative Psychotherapy

August 13-17

Jeffrey Zeig Enhancing Your Therapeutic Impact: Advanced Techniques
SueAnne Piliero Transforming Trauma
Jonah Paquette The Science of Happiness and Well-Being

August 20-24

Salman Akhtar Bad Stuff: Fear, Greed, Shame, Hatred, and Guilt
Janina Fisher Healing the Fragmented Selves of Trauma Survivors

2018 Registration Form

- | | | | |
|---------------------------------------|------------|---|------------------|
| <input type="checkbox"/> Plummer | June 18-22 | <input type="checkbox"/> Wheatley | July 23-27 |
| <input type="checkbox"/> Graham | June 18-22 | <input type="checkbox"/> Curran | July 23-27 |
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| <input type="checkbox"/> Naiman | June 25-29 | <input type="checkbox"/> Korn | July 30-August 3 |
| <input type="checkbox"/> Burgess | June 25-29 | <input type="checkbox"/> Bush | July 30-August 3 |
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| <input type="checkbox"/> Kramer | July 2-6 | <input type="checkbox"/> Hallowell | August 6-10 |
| <input type="checkbox"/> Frederick | July 2-6 | <input type="checkbox"/> Anderson | August 6-10 |
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| <input type="checkbox"/> Napier | July 9-13 | <input type="checkbox"/> Zeig | August 13-17 |
| <input type="checkbox"/> Forsyth | July 9-13 | <input type="checkbox"/> Piliero | August 13-17 |
| <input type="checkbox"/> van der Kolk | July 16-20 | <input type="checkbox"/> Paquette | August 13-17 |
| <input type="checkbox"/> Dana | July 16-20 | <input type="checkbox"/> Akhtar | August 20-24 |
| <input type="checkbox"/> McCloskey | July 16-20 | <input type="checkbox"/> Fisher | August 20-24 |

Name _____ Degree _____

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Profession:

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| <input type="checkbox"/> HR/OD/Management | <input type="checkbox"/> Psychologist | <input type="checkbox"/> Nurse |
| <input type="checkbox"/> K-12Teach/Admin/MHpro | <input type="checkbox"/> Psychiatrist | <input type="checkbox"/> Other Health Profession |
| <input type="checkbox"/> Marriage/Family Therapist | <input type="checkbox"/> Other Physician | <input type="checkbox"/> Other (specify) _____ |
| <input type="checkbox"/> Counselor | <input type="checkbox"/> Social Worker | |

Check box if you have previously attended the Cape Cod Institute

\$675 for one course (**\$625** prior to March 1) and **\$525** for each additional course attended by the same person. **\$575** for Full-time Graduate Students and Resident Physicians. There is a \$25 fee for on-site registration.

Enclosed is a check for \$ _____

Charge my credit card: Mastercard VISA American Express

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month/year

Signature _____

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