



ACCEPTANCE & COMMITMENT THERAPY (ACT) FOR ANXIETY RELIEF

A 5-Day Professional Training Workshop

John P. Forsyth

September 21- 26

SM14-5005-768/Tuition \$895 MI, CE

About 40 million American adults suffer from anxiety. In this intensive 5-day workshop, mental health professionals learn the practical application of Acceptance and Commitment Therapy (ACT) as a way to transform and alleviate the suffering associated with major anxiety disorders.

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. 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 defeat or eliminate sources of emotional and psychological pain.

This work can be challenging for both therapists and clients because it calls on us to stand in difficult places and open up to that difficulty, without struggle or resistance, as we create a life that matters to us and our clients. We are encouraged to engage the material at a personal level, as it applies to our own lives, and also in the context of our clinical work.

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

CE and CME are available and included in the tuition. Worksheets and other practical tools will be provided.

John P. Forsyth, PhD, is professor of psychology and serves as director of the Anxiety Disorders Research Program at the University at Albany, SUNY. He is a highly sought after Acceptance and Commitment Therapy trainer, and infuses his trainings with energy, humility, and compassion. His down-to-earth workshops are consistently praised for their clarity, depth, and practical utility. drjohnforsyth.com