

## 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 April 27 & 28, 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.



### Workshop & Live Video Stream Schedule

Both Days (Times Listed in Eastern)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

## ACCEPTANCE & COMMITMENT THERAPY

### 2-Day Intensive ACT Training

COLUMBIA, MD  
OR LIVE VIDEO STREAM

Thursday & Friday  
April 27 & 28, 2017



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

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI  
P.O. Box 1000  
Eau Claire, WI 54702  
A Division of PESI, Inc.  
52739

**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:**

**PESI**  
www.PESI.com

## 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!

COLUMBIA, MD  
OR LIVE VIDEO STREAM

Thursday & Friday  
April 27 & 28, 2017

**PESI**  
www.PESI.com

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!

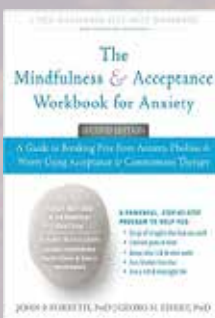
Attend this intensive, engaging and transformative workshop and start a new path for healing you can use with your most difficult clients.

## 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



Speaker Disclosure:  
\*Need

**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](http://www.drjohnforsyth.com)

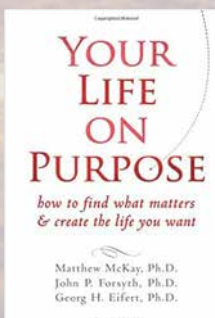


Speaker Disclosure:  
\*NEED

**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.

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](mailto: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.



### ONLINE

LIVE SEMINAR: [www.pesi.com](http://www.pesi.com)

ONLINE STREAM: [catalog.pesi.com](http://catalog.pesi.com)

PHONE 800-844-8260  
Please have credit card available

FAX 800-554-9775

### MAIL

PESI  
PO BOX 1000  
Eau Claire, WI  
54702-1000



PLEASE RETURN ENTIRE REGISTRATION FORM

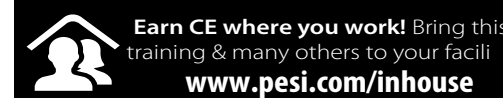
### 2 Check seminar(s): (make copy for your records)

COLUMBIA, MD

**April 27 & 28, 2017** 52739CBA  
Sheraton Columbia Hotel  
10207 Wincopin Circle • 21044  
(410) 730-3900

LIVE VIDEO STREAM

**April 27 & 28, 2017** PLW52739  
Stream LIVE to your computer!



**The nation's top speakers and authors contact PESI first.**  
If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at [ekrumenauer@pesi.com](mailto: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](http://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**

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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

### 1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

Mail Code \_\_\_\_\_  
See mail code box on address panel on reverse side  
Name \_\_\_\_\_ Profession \_\_\_\_\_  
Employer Name \_\_\_\_\_  
Employer Address \_\_\_\_\_  
Dept/Floor/Suite \_\_\_\_\_  
City \_\_\_\_\_ County \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home/Cell Ph ( ) \_\_\_\_\_  
Dept. Ph ( ) \_\_\_\_\_  
E-mail address \_\_\_\_\_

*For your convenience, confirmations are sent via email.*

### 3 Check tuition:

#### ON-SITE TUITION WITH SEMINAR MANUAL

- \$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.**

MC  VISA  AE  Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)

### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

#### 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

Product total \$ _____	*Shipping _____
<b>Subtotal</b> _____	**Tax _____
<b>TOTAL</b> _____	

Cannot be combined with other discounts.