

Dr. Forsyth has trained well over 4,000 mental health professionals and members of the public in ACT and mindfulness practices.

DR. JOHN P.
FORSYTH

ACT TRAINER - SPEAKER - AUTHOR

ACCEPTANCE AND COMMITMENT THERAPY (ACT)

A Practical Introduction in Clinical Practice: A Weekend Professional Workshop

May 29 – 31, 2015

at Eastover Estate and Retreat, Lenox, MA

CEU Credits Available

In this intensive 3-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. 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.



John P. Forsyth, PhD, is a professor of psychology and serves as director of the anxiety Disorders Research program at the University of 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.

Eastover
Estate & Retreat

Online Registration: <http://eastover.com/john-forsyth.html>
430 East Street, P.O.Box 2282, Lenox, MA 01240
events@eastover.com | Tel: (866)-264-5139