

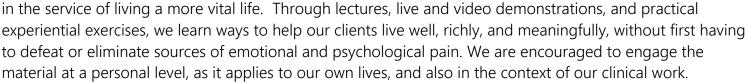
Acceptance and Commitment Therapy (ACT)

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



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.

