



Understanding ACT - An Experiential and Practical Introduction to ACT (part 1 of 2)

Overview

This workshop is designed to introduce Acceptance and Commitment Therapy (ACT) and teach practical techniques, tools and strategies for beginning to work with ACT. All workshops are taught with a variety of teaching methods, including instruction, practical exercises, and role-play in small groups.

Objectives

Participants will gain knowledge and understanding of :

- the ACT model of psychological inflexibility
- the six core therapeutic processes of ACT
- tools and strategies for each of the therapeutic processes

Who should attend?

This is an introductory workshop suitable for all health professionals. It is not necessary to have prior knowledge and experience of ACT, just an interest in learning more about effective talking therapies. Workshops are inclusive, encouraging and supporting a multidisciplinary approach to the development of ACT knowledge and practice.

Length

2 days from 9am to 4.30pm.