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**Acceptance & Commitment Therapy (ACT) As a Brief Intervention**

**Learn practical techniques and develop your skills of using ACT as a brief intervention.**

***Overview***

This workshop is designed for clinicians who have already completed an ACT Introductory Workshop. The aim is to for participants to learn practical techniques on using ACT as a brief intervention within a variety of settings.

This workshop will introduce participants to ‘Focused Acceptance and Commitment Therapy’ (FACT), a brief, powerful, contextual behavioral intervention approach rooted in the three principles of acceptance, mindfulness and values based change.

Participants will engage in a range of experiential exercises which are focused on developing knowledge of the different ACT processes and develop practical skills to develop their ACT Clinical Practice.

***Objectives***

* Review the ACT hexagons – Psychological Inflexibility and Psychological Flexibility
* Learn about the evidence for radical change in therapy
* Try out brief approaches to assessment
* Discover brief, accurate case formulation strategies
* Plan powerful interventions to improve client openness, awareness and engagement
* develop skills in ACT assessment and formulation and the application of ACT to a variety of presenting issues

***Who should attend***

Clinicians who have already completed any ACT Introductory Workshop. Workshops are inclusive, encouraging and supporting a multidisciplinary approach to the development of ACT knowledge and practice.

***Length*** 1 day from 9am to 4pm

Places are limited.  Early booking is essential.

Registration: [www.nz-act-training.com](http://www.nz-act-training.com)

Contact: [admin@nz-act-training.com](mailto:admin@nz-act-training.com)

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