

ACCEPTANCE AND COMMITMENT THERAPY (ACT): INTRODUCTORY EXPERIENTIAL WORKSHOP

8 & 9 DECEMBER 2010

**VENUE: RAWNSLEY BUILDING, 2ND FLOOR CONFERENCE ROOM MANCHESTER ROYAL INFIRMARY
OXFORD ROAD MANCHESTER M13 9WL**

About ACT

Acceptance and Commitment Therapy (ACT) is one of the “third wave” psychological interventions that is garnering empirical support in research as well as growing interest among clinicians and the lay public. Like other “third wave” interventions such as Mindfulness Based Cognitive Therapy and Dialectical Behavioural Therapy, ACT includes elements of acceptance and mindfulness, targeting functional and contextual changes rather than changes in the content, form, or frequency of mental phenomena. This stands in contrast with standard cognitive behavioural therapy (CBT), the mainstream “second wave” intervention which attempts to directly challenge and manipulate mental processes, such as automatic thoughts. Third wave therapies including ACT may be especially powerful for “stuck” patients who fail to respond to such direct challenges in therapy.

Objectives

Upon completion of the workshop participants will be able to:

- Identify the role of experiential avoidance in the development and maintenance of psychopathology
- Recognise client barriers to identifying and acting upon values.
- Recognise the role of language and cognitive fusion in maintaining maladaptive behavioural patterns
- Lead clients in experiential exercises designed to facilitate awareness of valued life directions and motivated valued behaviours
- Bring metaphors and experiential exercises into the flow of therapy
- Recognise the role of present moment process in the enhancement of therapeutic alliance

The Workshop

This introductory workshop will familiarise attendees with the basic underlying philosophy and theoretical foundation of ACT. Functional Contextualism and Relation Frame Theory will be introduced. The body of the workshop will include six core components of ACT: Acceptance, Cognitive Defusion, Contact with the Present, Self-as-Context, Values and Committed Action. Interactive self-reflective and experiential exercises will be used to facilitate learning. There will be an emphasis on clinical applications of ACT, enabling attendees to begin using ACT strategies and techniques as part of their own therapeutic repertoire.

Programme Agenda

Wednesday, 8 December 2010

Thursday, 9 December 2010

09.30-10.00	Registration and Coffee	09.30-10.00	Centering Homework Review Centering Exercise & Discussion
10.00-10.10	Introduction & Overview Group Exercise & discussion	10.00-11.30	Self-as-Context Values Experiential Exercise & Debriefing
10.10-11.10	Theory & Philosophy of ACT Introduction to the Hexaflex	11.30-11.45	Coffee/Tea
11.10-11.25	Coffee/Tea	11.45-13.15	Committed Action Experiential Exercise & Debriefing
11.25-12.25	ACT Therapeutic Stance – ACT in action	13.15-14.15	Lunch (provided)
12.25-13.25	Lunch (provided)	14.15-15.30	Clinical Application of ACT Role plays & Discussion
13.25-14.25	Defusion & Creative Hopelessness Experiential Exercise & Debriefing	15.30-16.00	Group Closure Summary & Evaluation Experiential Exercise & Discussion
14.25-15.55	Control is the Problem Experiential Exercise & Debriefing		
15.55-16.10	Coffee/Tea		
16.10-16.40	Present Moment – Summary & Homework Defusion Exercise & Discussion		

Workshop Facilitators

Dr Kenneth Fung MD, FRCPS, MSc is a Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Programme at the Toronto Western Hospital, University Health Network. He is also Assistant Professor with Culture, Community, and Health Studies Programme at the Department of Psychiatry, University of Toronto. His primary research, teaching and clinical interests include both cultural psychiatry and psychotherapy.

Dr Mateusz Zurowski, MD, FRCPS, MSc is a staff Psychiatrist at the Toronto Western Hospital, University Health Network. He is also Director of the Neuropsychiatry Clinic at Toronto Western Hospital, Assistant Professor at the Department of Psychiatry, University of Toronto. His primary areas of interest are movement disorders and chronic pain.

Together, the team has been running ACT training workshops and courses regularly at the Toronto Western Hospital, as well as at Annual Meetings of the Canadian Psychiatric Association and American Psychiatric Association. They teach and supervise postgraduate trainees in ACT at the Department of Psychiatry, University of Toronto. Currently they are conducting ACT research on the chronic pain population.

Who should attend?

Family Physicians, GP Psychotherapists, Psychiatrists, Psychologists, Social Workers, School Counsellors, Clinicains and Psychotherapists who have not previously attended a 2 day ACT introductory training.

Enquiries

Please contact: Erlin Toong Erlin.toong@manchester.ac.uk

REGISTRATION FEE: £250

FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM (BELOW).

Cancellation Policy: Refund (less £50 Administration fee) will be given for cancellations received in writing on or before the 20 November 2010. No refunds given after this date nor granted for absentee delegates.

REGISTRATION FORM

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Name Title.....

Organisation.....

Address

Post code Phone

Email.....

Send completed form with cheque totalling £250 payable to UNIVERSITY OF MANCHESTER to:-

Erlin Toong c/o Dr N Husain ▪ Psychiatry Research Group ▪ School of Community Based Medicine ▪
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