

Developing the Core Competencies of Acceptance and Commitment Therapy (ACT): An Online Workshop

ACT is an experiential approach to behavior change, one of a new wave of therapies changing the landscape of empirical clinical psychology. ACT has preliminary empirical support from about two dozen randomized controlled trials for a variety of client problems.

Participants in this practical online workshop will learn core competencies needed for effective use of the six ACT therapeutic processes:

1. Acceptance -- Help clients explore acceptance as an option in place previously of rigid, inflexible attempts to control psychological pain.
2. Defusion -- Help clients to better catch the process of thinking in flight and to get less caught up in and pushed around by their own thoughts.
3. Contact with the Present Moment -- Help clients to be more mindful of their immediate circumstances and more present and action focused.
4. Self-as-Context -- Help clients develop a stronger sense of a transcendent self, a safe place from which emotions and thoughts can be experienced with acceptance and non attachment.
5. Values Clarification -- Help clients to discover, or rediscover, their core values that may have been put on hold in the service of managing psychological pain.
6. Commitment to Action -- Help clients to consistently put their values into action in their daily life, whether psychological pain is present or not.

Each two-hour session will begin with 30-minutes of guided practice with course material (e.g., review videos of real therapy sessions illustrating that session's topic or other active practice). This will be followed by a 90 minute online webconference using didactic material, brief experiential exercises, and modeling of ACT skills by the instructor. Between session practice assignments should take thirty minutes or less and will provide participants opportunities for practice with feedback. This workshop will help participants: 1) better understand the ACT therapeutic model and its application to a variety of clinical situations; 2) develop more skill in implementing the core competencies of ACT; and 3) better discriminate therapeutically-relevant client behaviors such as avoidance, cognitive fusion, and values-oriented behavior/vitality.

TIME: Monday or Wednesday mornings (Pacific Time) – a more specific time will be arranged with potential workshop participants.

DATES: The workshop will begin on January 19th or 26th 2007. The exact date and time will depend upon who signs up for the workshop. The workshop will run for eight weeks.

FEES: To be determined (probably about \$175) The workshop is limited to eight participants.

TO REGISTER: Email Jason Luoma (jbluoma@gmail.com) by January 9th, 2007.

First-time Webconference? Practical Considerations and Required Equipment

A webconference is similar to a phone conference, but is run over the web and includes video. To participate, you will need 1) to know how to use email and browse the web (no further computer skills are needed); and 2) to have access to a computer with broadband internet connection, webcam, and headset. (You can buy both the webcam and headset for about \$120; we can recommend some to buy if you sign up for the course.) All the software required for the course is free. If the course sounds interesting, but the technology is a barrier, please feel free to contact Jason Luoma (jbluoma@gmail.com) or Kelly Koerner, Ph.D. (k.koerner@comcast.net) and either of us would be happy to talk through how to make it work!

Audience

This workshop is intended for the advanced beginner to intermediate ACT therapist. Participants should be familiar with ACT and have read at least one ACT text prior to beginning the course.

Workshop Leader

Jason Luoma, Ph.D. is a practicing clinical psychologist in Portland, Oregon, and a co-investigator on two NIDA-funded grants at the University of Nevada, Reno. He conducts research on ACT as an intervention for stigma in substance abuse, ACT as an intervention to prevent burnout in counselors, and the dissemination and training of evidence-based practices. He has extensive training in ACT under the supervision Steven Hayes, the primary originator of ACT, has presented dozens of training workshops and papers on ACT at a national and international level, and has supervised students and professionals in learning ACT. He directed the first ACT Summer Institute, has published articles on ACT in peer reviewed journals, and is currently authoring a book for therapists called *Learning ACT* (www.LearningACT.com) that will provide part of the materials for this workshop.