

# ACCEPTANCE AND COMMITMENT THERAPY WORKSHOP

9 August 2010 – Rendezvous Hotel (MELBOURNE)  
10 August 2010 – Novotel Hotel (BRISBANE)  
12 August 2010 – VIBE Hotel (NORTH SYDNEY)

Early Bird closes  
9/7/2010

## WORKSHOP PROGRAM

8.30am – 9.00am Registration and morning coffee

9.00am – 10.40am - SESSION 1

*Promoting Acceptance as an alternative to experiential avoidance*

10.40am – 11.00am Morning Tea

11.00am – 12.45pm - SESSION 2

*Cognitive Defusion, or learning how to alter the undesirable functions of thoughts and other private events, rather than trying to alter their form, frequency or situational.*

*Being present, or promoting non-judgmental contact with psychological and environmental events as they occur.*

12.45pm – 1.30pm Lunch

1.30pm – 3.10pm - SESSION 3

*Self-as-context, or helping people to connect with the observer self and let go of unhelpful self-evaluations.*

*Values. Helping clients to identify their values and use them as a guide to vital living.*

3.10pm – 3.30pm Afternoon Tea

3.30pm – 5.00pm - SESSION 4

*Values and committed action. Pulling everything together in the workshop to help promote long lasting, value-based action.*

5.00pm – Workshop Close

**Acceptance and Commitment Therapy (CBT)** is an approach to psychological interventions defined in terms of certain theoretical processes and a philosophical framework, not a specific technology. In theoretical and process terms we can define ACT as a psychological intervention based on modern behavioural psychology that applies mindfulness and acceptance processes, and commitment and behaviour change processes, to the creation of psychological flexibility. Psychological flexibility means contacting the present moment fully as a conscious human being, and based on what the situation affords, changing or persisting in behaviour in the service of chosen values.

Psychological flexibility is established through six core ACT processes. Each of these areas are conceptualised as a positive psychological skill, not merely a method of avoiding psychopathology.

***This workshop will help you to experience each of these processes yourself and will teach you how to put each of them into play in your own practice.***

1. **Acceptance-** Acceptance is taught as an alternative to experiential avoidance. Acceptance involves the active and aware embrace of those private events occasioned by one's history without unnecessary attempts to change their frequency or form, especially when doing so would cause psychological harm.
2. **Cognitive Defusion-** Cognitive defusion techniques attempt to alter the undesirable functions of thoughts and other private events, rather than trying to alter their form, frequency or situational sensitivity. Said another way, ACT attempts to change the way one interacts with or relates to thoughts by creating contexts in which their unhelpful functions are diminished.
3. **Being present-** ACT promotes ongoing non-judgmental contact with psychological and environmental events as they occur. The goal is to have clients experience the world more directly so that their behaviour is more flexible and thus their actions more consistent with the values that they hold.
4. **Self-as-context-** Language leads to a sense of self as a locus or perspective, and provides a transcendent, "observer" sense of self. Self as context is important in part because from this standpoint, one can be aware of one's own flow of experiences without attachment to them or an investment in which particular experiences occur: thus defusion and acceptance is fostered.

# REGISTRATION PAGE

- Values-** Values are chosen qualities of purposive action that can never be obtained as an object but can be instantiated moment by moment. In ACT, acceptance, defusion, being present, and so on are not ends in themselves; rather they clear the path for a more vital, values consistent life.
- Commitment-** ACT encourages the development of larger and larger patterns of effective action linked to chosen values. It helps clients to stay committed to those values, even when times get difficult and when they experience difficult thoughts, feelings, and pain.

## ABOUT YOUR WORKSHOP LEADER

**Dr. Joseph Ciarrochi** is an Associate Professor of Psychology at the University of Wollongong. He has authored and edited five books, and has published over 50 peer reviewed articles related to the promotion of mental health and emotional well-being. Recently, he has written and published a book (with Ann Bailey) entitled "A CBT Practitioner's Guide to ACT: How to bring the gap between Cognitive Behavioural Therapy and Acceptance and Commitment Therapy." He has also co-edited a book on ACT, and cowrote a special journal issue on the link between ACT and CBT. Dr Ciarrochi's work has been cited over 1000 times in peer reviewed journals.

Joseph has undertaken extensive research on applying ACT in to a variety of contexts, including in adolescents, in people diagnosed with cancer, and in organisations. He frequently presents workshops and seminars on ACT including introductory and advanced level courses.

## REGISTRATION DETAILS

**YES, PLEASE REGISTER ME!** (circle date)

9 August 2010 – (MELBOURNE)  
 10 August 2010 – (BRISBANE)  
 12 August 2010 – (NORTH SYDNEY)

## Registration Fees

\$499- Early Bird (prior to 9/7/2010)  
\$599- Standard (Post Early Bird)  
\$399- Interstate Flat Fee (No Early Bird Applies)  
\$369- Not for Profit Flat Fee  
\$249- Full time Student \* All prices include GST \*

Title (Mr/Mrs/Miss/Ms) \_\_\_\_\_ Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

Position: \_\_\_\_\_ Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

## Payment details

Enclosed is my cheque for \$ \_\_\_\_\_ payable to PPL Education Services P/L

Charge \$ \_\_\_\_\_ to Visa Mastercard Bankcard AMEX (AMEX payments will attract a 3% surcharge)

Card Number

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Expiry Date .....

Name of Cardholder.....Signature.....

**EFT: Please send me bank details to enable Electronic Funds Transfer (EFT)**

**CANCELLATION POLICY** - We will refund your registration in full less a \$120 administration and processing fee if notification is received in writing by 25/6/2010. If we receive notification of cancellation between 28/6/2010 and 16/7/2010, you will receive 50% refund and workshop notes. No cancellation will be accepted after 19/7/2010.

**VENUE DETAILS** – Full venue information will be provided in your Confirmation of Registration Letter.

**AMENDMENTS** - PPL Education reserves the right to cancel, postpone or amend the event details if required.

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**REGISTRATION FAX LINE 02 6628 2902**

