

TITLE: _____ NAME: _____

ADDRESS: _____

_____ POSTCODE: _____

PHONE: (____) _____

EMAIL: _____

SELECT YOUR WORKSHOP (S):

Workshop 1 – Saturday 20 June 2009

Workshop 2 – Friday 26 June 2009

Workshop 3 – Saturday 27 June 2009

PAYMENT

Cheque/money order payable to CPM

Registering for one workshop? Pay \$275.00

Registering for any two? Pay \$440.00

Registering for all three? Pay \$660.00

(Please circle amount being paid)

Credit Card

Mastercard Visa

Expiry: ____/____

NAME ON CARD: _____

Please print

SIGNATURE: _____

POST: CPM Training & Counselling

PO Box 188

HEIDELBERG 3084

FAX: (03) 9497 1762

PHONE DETAILS TO: 1800 100 292

John P. Forsyth PhD

John P. Forsyth PhD is a scientist, writer and licensed clinical psychologist in upstate New York. He is Associate Professor of Psychology, Director of the Doctoral Training Program in Clinical Psychology, and Director of the Anxiety Disorders Research Program at the University of Albany, State University of New York. He is an internationally-recognised expert of newer acceptance and mindfulness-based behaviour therapies such as Acceptance and Commitment Therapy (ACT).

Dr Forsyth has published many articles about how excessive struggle with unpleasant thoughts and emotions feed human suffering, and what mindfulness and acceptance can offer as a solution. He has been doing research and clinical work related to anxiety disorders and ACT for well over a decade.

Dr Forsyth is Clinical Fellow of the Behavior Therapy and Research Society, serves on the editorial boards of several leading journals, and has been recognised with several prestigious awards for his work. In 2006 he was honoured with both the University at Albany and SUNY Chancellor’s Awards for Excellence in Teaching.

Dr Forsyth is co-author of three widely acclaimed books: *Acceptance and Commitment Therapy for Anxiety Disorders*, and *ACT on Life, Not on Anger*. His latest book, *The Mindfulness and Acceptance Workbook for Anxiety* (2008), is written for a lay audience. Collectively, his work has helped foster growing international interest in acceptance and mindfulness approaches in psychology, mental health care, medicine, and society.

Dr Forsyth has travelled the world giving talks and workshops to the public and professionals about the benefits of mindful acceptance, kindness and compassion, and how to live a valued life using a new approach to psychological health and wellness called Acceptance and Commitment Therapy (ACT). He has conducted professional workshops in Australia in 2007 and 2008 and is returning for a third series of ACT workshops for psychologists, psychotherapists, counsellors, social workers and mental health professionals. Dr Forsyth infuses his trainings with energy, humility and compassion, and his down-to-earth workshops are consistently praised for their clarity, depth and utility.

Workshop Details

Venue Details

Workshop 1: Darebin Arts Centre
cnr St Georges Road & Bell Street
Preston (Free parking on site)

Workshops 2 and 3: Rydges Bell City
215 Bell Street,
Preston (Free parking on site)

Workshop Duration

Each workshop will run from 9.00am to 5.00pm (including AP/PM refreshments and lunch) each day.

Included in Registration

Your workshop fee includes AM/PM refreshments and lunch each workshop, plus notes.

Registration Fee

Workshop One: \$275.00 (incl \$25.00 GST)

Workshop Two: \$275.00 (incl \$25.00 GST)

Workshop Three: \$275.00 (incl \$25.00 GST)

Special discounts apply if you register for two or more workshops, as follows:

- Two workshops: \$440.00 (incl \$40.00 GST) (a saving of \$110.00).
- Three workshops: \$660.00 (incl \$60.00 GST) (a saving of \$165.00).

Discounts CANNOT be shared between registrants.

Cancellation Policy

If you cancel more than thirty (30) days prior to a workshop, you will receive a refund, LESS \$50 administration fee.

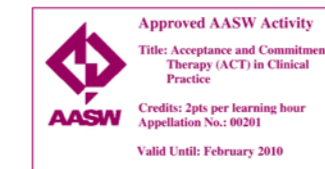
If you cancel less than thirty (30) prior to a workshop, NO REFUND is payable. We appreciate that medical conditions or other emergencies can occur, but CPM cannot accept responsibility for these. Registrations can be transferred to another person.

Professional Recognition

Australian Psychological Society

APS Specialist PD pending (CCLIN, CCOMM, CHP, CCOUN).
6 points per workshop

Australian Association of Social Workers



All participants receive a certificate of attendance showing number of training hours.

Important Notes

Catering Requirements

If you require special catering, phone freecall 1800 100 292 NOW. Special catering CANNOT be provided without prior notice.

Book Sales

Copies of John P. Forsyth’s books will be available for sale only on the day. For details please go to: www:/mindfulness-and-anxiety.blogspot.com

CPM Training & Counselling

Visit our website for more details and a PDF of this brochure. Information about our other workshops in 2009 is also available.

CPM Training and Counselling
www.cpmervices.org

*Principles of
Acceptance and Commitment
Therapy: Overview and
Applications in
Clinical Practice*

**Intensive, experiential and entertaining
workshops by a master practitioner
of newer acceptance and mindfulness-based
behaviour therapies on his return
visit to Melbourne**

John P. Forsyth PhD
University at Albany, SUNY, New York

**Melbourne
June 2009**

**Introductory Workshop
Saturday 20**

**ACT and Anxiety Disorders Workshop
Friday 26**

**ACT and Exposure Therapy Workshop
Saturday 27**

**CPM
Training and Counselling**

Acceptance & Commitment Therapy (ACT)

ACT is a newer third-generation evidence-based behavior therapy that balances mindfulness and acceptance processes with commitment and behavior change processes to (a) undermine unhelpful thought and emotional regulation, while (b) promoting greater experiential and psychological flexibility in the service of valued ends. In short, ACT teaches clients how to be with their hurts and do what works – to live well, richly and meaningfully, without first having to defeat sources of emotional and psychological pain.

Within the ACT model, human suffering is thought to emerge from six intersecting processes. That is, when people buy into the products of their minds and fail to see thoughts as simply thoughts (fusion), and then struggle with those thoughts and painful aspects of their history in an effort to change them or make them go away (experiential avoidance), and do so by dwelling in the past or a future that has yet to be (dominance of conceptualised past or future), and attach to the stories they tell about themselves and their lives (attachment to a conceptualised self), then they will naturally lose contact with the present and areas of life that matter (values), and make choices that have more to do with avoiding pain than living well (inaction, or avoidant persistence). Collectively, these six processes result in narrowed behavioral options and psychological inflexibility.

ACT aims to promote psychological flexibility by helping clients to arrive at a “yes” answer to the following question: given a distinction between you and the stuff you are trying to change, are you willing to have that stuff, fully and without defence, just as

it is, and do what takes you in the direction of your chosen values, at this time and in this situation. A “yes” answer is at the heart of psychological flexibility, and ACT aims to promote that via a variety of didactic, metaphorical, experiential, and direct behaviour change strategies.

ACT is a process-guided approach to psychological suffering and its alleviation, not a set of intervention technologies matched to specific DSM disorders. Thus, this series of workshops will introduce ACT, both as a model and intervention technology and illustrate its practical applications in some mental health settings.

Workshop 1: An Introduction to Acceptance & Commitment Therapy in Clinical Practice

This 1-day workshop is designed as a general introduction to ACT for those new to the work, or for those seeking an alternative perspective on ACT in clinical practice.

Session One

- Overview: The ACT model of human suffering and its successful alleviation. When and how emotional pain turns into human suffering.
- ACT #1: Creative hopelessness: Making room for new possibilities.
- Exploring direct change efforts as a problem and offering willingness as a solution.

Session Two

- ACT #2: Values clarification: What do I want out of this one crazy life?
- Identifying values and barriers that get in the way of vital action.

Session Three

- ACT #3: Disarming our unhelpful mind: Acceptance, mindfulness and defusion.
- Letting go, showing up to life and moving forward in directions that matter.

Workshop Objectives & Benefits

- Develop an understanding of the ACT model of human suffering and its alleviation, including summaries of relevant supporting research;
- Learn how to ensure that experiential avoidance and valued living are the targets of treatment;
- Learn how to help clients balance acceptance and change while moving towards chosen values and life goals; and
- Learn exercises and strategies to apply ACT, or integrate ACT work into their current clinical practice and in their own lives.

Workshop 2: Using ACT in the Treatment of Anxiety Disorders

This 1-day workshop will explore the use of ACT techniques with clients suffering from anxiety and related disorders. A general familiarity with ACT will be helpful, but is not necessary. The only requirement is that participants come with an openness to learn.

Session One

- Overview: The ACT case conceptualisation of anxiety disorders
- The roots of anxious suffering and its alleviation: Model, process, and evidence.
- ACT #1: Creative hopelessness: Targeting the system that keeps people stuck. Strategies to weaken the struggle and control agenda as a way out of anxiety and fear.

Session Two

- ACT #2: Values clarification: A context for the work and what are we working toward Tactics to identify values and anxiety barriers that get in the way of vital action.

Session Three

- ACT #3: Creating space, nurturing compassion: Acceptance, mindfulness and defusion.
- Strategies to help clients let go, show up to life, and get moving forward.

Session Four

- ACT #4: Framing exposure-based strategies: Nurturing willingness and valued action
- Strategies to help clients get with anxious discomfort in the service of a more vital life.

Workshop Objectives & Benefits

- Learn how to frame most anxiety problems functionally in the context of several key ACT processes;

- Learn strategies to weaken experiential avoidance and cognitive fusion, while making valued living (a life lived well) the explicit treatment target;
- Learn strategies to help clients disarm their anxious mind and body with mindful acceptance and kindness while moving in the direction of their chosen values and life goals; and
- Learn to identify and apply ACT consistent approaches when using exposure-based exercises, and how to apply them in an ACT consistent manner using experiential exercises, metaphors, and defusion techniques.

Workshop 3: Nuts and Bolts of Using Exposure-Based Interventions in Acceptance & Commitment Therapy

This 1-day workshop will explore the use of exposure-based interventions in the context of Acceptance and Commitment Therapy. The main focus will be on anxiety and fear, but additional attention will be devoted to other sources of pain (eg guilt, anger). The workshop will cover traditional cognitive-behavioural (CBT) approaches using both interoceptive and exteroceptive exposure strategies, and then show how they are applied within ACT.

Session One

- Overview: The Nature of Exposure-Based Interventions
- What are they, why do they work, and when are they applied?

- The Nuts and Bolts of Exposure Exercises
- How to structure and apply exposure-based strategies.

Session Two

- Framing Exposure Within ACT: Acceptance, Mindfulness, and Compassion in ACTion
- Overview, rationale, and approach to help clients “get with” their discomfort as it is.

Session Three

- The Application of Exposure Strategies Within ACT
- Nurturing willingness in the service of a more vital life.

Workshop Objectives & Benefits

- Learn how to conceptualise and apply exposure-based strategies in a traditional sense (CBT), and then in the context of ACT;
- Learn how to frame exposure exercises within ACT, including strategies to address client resistance and unwillingness;
- Learn how acceptance, mindfulness, and defusion strategies can be intermingled with exposure to enhance psychological flexibility in the service of helping clients move in the direction of their chosen values and life goals.