

acceptance and commitment therapy webinar

Acceptance and Commitment Therapy (ACT) Webinar: A Comprehensive Guide to Best Practices and Common Pitfalls

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Publisher: The Mindfulness and Acceptance Network (MAN), a leading organization dedicated to disseminating evidence-based information on mindfulness and acceptance-based therapies, including ACT. MAN provides resources, training, and support for professionals and the public.

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Summary: This guide provides a comprehensive overview of creating and delivering effective acceptance and commitment therapy (ACT) webinars. It covers best practices for content creation, engaging presentation techniques, technical aspects of webinar delivery, and strategies to avoid common pitfalls. The article also emphasizes the importance of ethical considerations and accessibility in online ACT delivery.

1. Planning Your Acceptance and Commitment Therapy Webinar:

Setting the Stage for Success

Before diving into the technical aspects, meticulous planning is paramount for a successful acceptance and commitment therapy webinar. This stage encompasses defining your target audience (are you targeting fellow clinicians, individuals seeking self-help, or a mixed group?), setting clear learning objectives, and structuring your content logically. Consider structuring your webinar around a specific ACT process or skill, such as mindfulness, cognitive defusion, or values clarification. A well-defined scope prevents information overload and enhances participant engagement. Remember to choose a compelling title that accurately reflects the webinar's content and resonates with your target audience. For example, instead of "ACT Basics," consider a more specific title like "Overcoming Anxiety with ACT: Mastering Cognitive Defusion."

2. Content Creation: Weaving Theory and Practice in Your Acceptance and Commitment Therapy Webinar

Effective content for an acceptance and commitment therapy webinar should seamlessly blend theoretical concepts with practical exercises and applications. Start by introducing ACT's core principles in a clear and concise manner. Use relatable examples and case studies to illustrate these principles. Crucially, incorporate interactive elements such as polls, Q&A sessions, and short guided meditations or exercises. These interactive components significantly enhance participant engagement and learning retention. Avoid overwhelming participants with complex theoretical jargon. Instead, prioritize clear, concise explanations and practical applications. Consider incorporating real-world examples to make the information more relatable and engaging.

3. Delivering Your Acceptance and Commitment Therapy Webinar:

Engaging Techniques and Interactive Strategies

The delivery of your acceptance and commitment therapy webinar is just as crucial as its content. A

captivating presentation style, coupled with effective use of visuals and technology, is vital. Maintain a conversational and engaging tone throughout the webinar. Encouraging audience participation through polls, quizzes, and open Q&A sessions can foster a sense of community and enhance engagement. Visual aids such as slides with key concepts, relevant images, or short video clips can significantly improve understanding and memorability. Using a whiteboard or online annotation tools can help visually demonstrate ACT techniques and concepts. Remember to check your technical setup well in advance, ensuring a smooth and uninterrupted presentation.

4. Technical Considerations for a Seamless Acceptance and Commitment Therapy Webinar

Technical glitches can severely disrupt the flow of your acceptance and commitment therapy webinar. Prioritize choosing a reliable webinar platform with robust features such as screen sharing, recording capabilities, and live chat functionality. Thoroughly test your equipment and software before the webinar to prevent unexpected interruptions. Having a backup plan is essential in case of technical difficulties. Consider having a co-host who can assist with technical issues or manage the chat function. This allows you to focus fully on delivering the content.

5. Addressing Ethical Considerations in Your Online Acceptance and Commitment Therapy Webinar

Ethical considerations are paramount when delivering any form of therapeutic intervention, including an acceptance and commitment therapy webinar. It's essential to establish clear boundaries and expectations upfront. Avoid providing unqualified therapeutic advice and always emphasize that the webinar is not a substitute for professional therapy. Include disclaimers about the limitations of online interventions and encourage participants seeking personalized help to consult with a qualified professional. Maintain confidentiality by avoiding the discussion of sensitive personal information. Ensure that the content of the webinar is consistent with ethical guidelines set forth by relevant professional organizations.

6. Promoting Accessibility and Inclusivity in Your Acceptance and Commitment Therapy Webinar

Making your acceptance and commitment therapy webinar accessible to a wider audience involves careful consideration of various factors. Providing captions or transcripts of the webinar makes it accessible to individuals with hearing impairments. Ensure that the visual aids are clear and easy to understand for individuals with visual impairments. Choose a language that is easily understood by your target audience. Consider offering the webinar in multiple languages if your audience is diverse. Provide alternative formats for the webinar materials (e.g., PDF handouts).

7. Post-Webinar Engagement: Fostering Continued Learning in Acceptance and Commitment Therapy

The learning journey doesn't end with the conclusion of your acceptance and commitment therapy webinar. Provide participants with resources to continue their learning and practice. This could include access to recordings of the webinar, supplementary materials, links to relevant articles or books, and recommendations for further reading or practice exercises. Consider creating a follow-up email series to reinforce key concepts and answer any outstanding questions. Creating a private online community forum can facilitate ongoing discussion and peer support among participants.

8. Common Pitfalls to Avoid in Your Acceptance and Commitment Therapy Webinar

Failing to clearly define learning objectives, neglecting interactive elements, and poor technical execution are frequent pitfalls. Overwhelming participants with too much information, using overly complex language, or not addressing ethical considerations are also common mistakes. Ignoring feedback from participants and failing to engage with questions adequately can hinder the learning experience and damage your credibility. Remember to practice your presentation beforehand to ensure a smooth and engaging delivery.

9. Measuring the Success of Your Acceptance and Commitment Therapy Webinar

Evaluate the success of your acceptance and commitment therapy webinar by gathering feedback from participants through post-webinar surveys. Analyze the participation rate, engagement levels, and the number of questions received during the webinar. Track the number of downloads of any supplementary resources. This data will provide valuable insights into what worked well and what could be improved in future webinars.

Conclusion: Creating and delivering a successful acceptance and commitment therapy webinar requires careful planning, engaging content, and meticulous attention to detail. By following the best practices outlined in this guide and avoiding common pitfalls, you can effectively share the transformative power of ACT with a broader audience.

FAQs:

1. What is the ideal length for an ACT webinar? Ideally, aim for a duration that aligns with participant attention spans, around 60-90 minutes.

1. What software is best for hosting an ACT webinar? Platforms like Zoom, WebinarJam, or GoToWebinar offer reliable features for hosting engaging webinars.

1. How can I make my ACT webinar more interactive? Incorporate polls, Q&A sessions, breakout

rooms (for larger groups), and interactive exercises.

1. How do I handle difficult questions during a live webinar? Prepare for potential questions beforehand and address them honestly and respectfully, even if you don't have all the answers.
1. What are some ethical considerations for online ACT? Clearly state that it's not a replacement for therapy, maintain confidentiality, and avoid giving unqualified advice.
1. How can I promote my ACT webinar effectively? Use social media, email marketing, and collaborations with relevant organizations to reach your target audience.
1. What type of marketing strategies work best for ACT webinars? Content marketing, social media campaigns targeting relevant groups, email marketing to existing networks are effective.
1. How can I measure the effectiveness of my ACT webinar? Use post-webinar surveys, track attendance and engagement metrics, and analyze participant feedback.

1. Should I offer continuing education credits for my ACT webinar? Depending on your audience and goals, this can significantly increase webinar attendance and perceived value. Check requirements for your region/target audience.

Related Articles:

1. "Introducing ACT: Core Principles and Applications": A beginner-friendly overview of ACT's core components and how they work together.
1. "Mindfulness in ACT: Practical Exercises for Beginners": A guide to mindfulness techniques frequently used in ACT, with guided practices.
1. "Cognitive Defusion in ACT: Unhooking from Thoughts": Explores the technique of cognitive defusion, explaining how to detach from unhelpful thoughts.
1. "Values Clarification in ACT: Identifying and Living Your Values": Guides readers through the process of identifying and aligning their actions with their values.
1. "Acceptance in ACT: Embracing Difficult Emotions": A discussion on acceptance as a key

component of ACT, emphasizing its role in reducing emotional distress.

1. "Committed Action in ACT: Taking Meaningful Steps": This article emphasizes the importance of taking action aligned with one's values.

1. "ACT for Anxiety: A Step-by-Step Guide": Provides a practical, step-by-step approach to using ACT to manage anxiety.

1. "ACT for Depression: Overcoming Negative Thoughts and Feelings": Focuses on applying ACT principles to address depressive symptoms.

1. "The Role of the ACT Therapist: Guiding Clients Towards Psychological Flexibility": Examines the therapist's role in facilitating the ACT process and fostering client growth.

acceptance and commitment therapy webinar: Brief Interventions for Radical Change

Kirk D. Strosahl, Patricia J. Robinson, Thomas Gustavsson, 2012-10-01 As a mental health professional, you know it's a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. Brief Interventions for Radical Change is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits with clients, or if you are simply looking for a way to make the most

of each session, this is your guide. In this book, you'll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better. The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

acceptance and commitment therapy webinar: ACT Daily Journal Diana Hill, Debbie Sorensen, 2021-05-01 Dramatically change your life in just minutes a day with this powerful guided journal. When you are faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you've made a commitment to live according to your core values, the 'real-world' has a way of driving a wedge between you and a deeper, more meaningful life. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With The ACT Daily Journal, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it's now. By applying ACT to your life, you'll learn how to roll with life's punches, and stay in contact with the present moment, even when you have unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it's never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it's a framework for living well. It helps us accept. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

acceptance and commitment therapy webinar: *ACT for Adolescents* Sheri L. Turrell, Mary Bell, 2016-05-01 In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, ACT for Adolescents offers the first effective professional protocol for facilitating ACT with adolescents in individual therapy, along with modifications for a group setting. In this book, you'll find invaluable strategies for connecting meaningfully with your client in session, while at the same time arriving quickly and safely to the clinical issues your client is facing. You'll also find an overview of the core processes of ACT so you can introduce mindfulness into each session and help your client choose values-based action. Using the protocol outlined in this book, you'll be able to help your client overcome a number of mental health challenges from depression and anxiety to eating disorders and trauma. If you work with adolescent clients, the powerful and effective step-by-step exercises in this book are tailored especially for you. This is a must-have addition to your professional library. This book includes audio downloads.

acceptance and commitment therapy webinar: *ACT for Psychosis Recovery* Emma K. O'Donoghue, Eric M.J. Morris, Joseph E. Oliver, Louise C. Johns, 2018-03-01 ACT for Psychosis Recovery is the first book to provide a breakthrough, evidence-based, step-by-step approach for group work with clients suffering from psychosis. As evidenced in a study by Patricia A. Bach and Steven C. Hayes, patients with psychotic symptoms who received acceptance and commitment therapy (ACT) in addition to treatment as usual showed half the rate of rehospitalization as those who did not. With this important guide, you'll learn how a patient's recovery can be both supported and sustained by promoting acceptance, mindfulness, and values-driven action. The journey of

personal recovery from psychosis is immensely challenging. Patients often struggle with paranoia, auditory hallucinations, difficulties with motivation, poor concentration and memory, and emotional dysregulation. In addition, families and loved ones may have trouble understanding psychosis, and stigmatizing attitudes can limit opportunity and create alienation for patients. True recovery from psychosis means empowering patients to take charge of their lives. Rather than focusing on pathology, ACT teaches patients how to stay grounded in the present moment, disengage from their symptoms, and pursue personally meaningful lives based on their values. In this groundbreaking book, you will learn how to facilitate ACT groups based on a central metaphor (Passengers on the Bus), so that mindfulness and values-based action are introduced in a way that is engaging and memorable. You will also find tips and strategies to help clients identify valued directions, teach clients how to respond flexibly to psychotic symptoms, thoughts, and emotions that have been barriers to living a valued life, and lead workshops that promote compassion and connection among participants. You'll also find tried and tested techniques for engaging people in groups, particularly those traditionally seen as "hard to reach"—people who may be wary of mental health services or experience paranoia. And finally, you'll gain skills for engaging participants from various ethnic backgrounds. Finding purpose and identity beyond mental illness is an important step in a patient's journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the insight needed to achieve lasting well-being.

acceptance and commitment therapy webinar: The Thriving Adolescent Louise L. Hayes, Joseph V. Ciarrochi, 2015-11-01 Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? *The Thriving Adolescent* offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven- effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

acceptance and commitment therapy webinar: *150 More Group Therapy Activities & TIPS* Judith Belmont, 2020-04-23 Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. *150 More Group Therapy Activities & TIPS*, the fourth in her *Therapeutic Toolbox* series, provides a wealth of psycho-educational ideas with Belmont's signature T.I.P.s format (Theory, Implementation, and Processing). Ready-to-use tools include: Interactive strategies for leading successful group experiences DBT, CBT, ACT and positive psychology-inspired resources Communication skills-building activities Coping skills using mindfulness and stress resiliency practices Self-esteem and self-compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults, adolescents & children

acceptance and commitment therapy webinar: *The Happiness Trap* Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of

stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

acceptance and commitment therapy webinar: The Heart of ACT Robyn D. Walser, 2019-10-01 In *The Heart of ACT*, renowned acceptance and commitment therapy (ACT) trainer Robyn Walser explores ACT as a process-based therapy incorporating interpersonal, intrapersonal, and overarching and ongoing processes, as well as the integration of six core components of psychological flexibility to connect clinicians to the dynamic and relational implementation of ACT. Engaging clinical scenarios, therapeutic insights, and supervision dialogues are offered to help clinicians move beyond their conceptual understanding of ACT principles to master the nuances of the therapeutic relationship at the heart of ACT. Using the tips and strategies in this professional guide, you'll develop a flexible, grounded, and client-centered practice. With this comprehensive resource, you'll learn to cultivate an organic, process-driven practice, grounded in the heart of the therapeutic relationship and responsive to clients in the moment. *The Heart of ACT* is designed to mimic the supervision experience by presenting material in thought-provoking chapters grounded in real-life clinical situations and challenges. In the book, you'll also find supervision dialogues inspired by Walser's work with her supervisees, Carlton Coulter and Manuela O'Connell. Carlton and Manuela comment and ask questions related to the material in the book and their own ACT learning process. These are then addressed by Walser in a dialogue designed to assist clinicians in connecting to the material. These sections mimic the helpful mentoring process of one-on-one training and supervision, and offer insights into specific therapeutic challenges that can unfold in structured conversation. As the applications of ACT grow, so does the need for up-to-date professional resources. Unlike many advanced ACT books that focus on procedures and techniques, *The Heart of ACT* focuses on the heart of the therapeutic relationship, as well as the "soft skills" that are difficult to describe, but which often mark the difference between a merely good clinician and an excellent one. If you're looking to take your ACT delivery to a new, exciting level, this book is a must-have addition to your professional library.

acceptance and commitment therapy webinar: Financial Therapy Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. *Financial Therapy* is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and

practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

acceptance and commitment therapy webinar: *Process-Based CBT* Steven C. Hayes, Stefan G. Hofmann, 2018-01-02 Edited by Steven C. Hayes and Stefan G. Hofmann, and based on the new training standards developed by the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education, this groundbreaking textbook presents the core competencies of cognitive behavioral therapy (CBT) in an innovative, practically applicable way, with contributions from some of the luminaries in the field of behavioral science. CBT is one of the most proven-effective and widely used forms of psychotherapy today. But while there are plenty of books that provide an overview of CBT, this is the first to present the newest recommendations set forth by a special task force of the Association for Behavioral and Cognitive Therapies—and that focuses on the application of these interventions based on a variety of approaches for doctoral-level education and training. Starting with an exploration of the science and theoretical foundations of CBT, then moving into a thorough presentation of the clinical processes, this book constitutes an accessible, comprehensive guide to grasping and using even the most difficult competencies. Each chapter of Process-Based CBT is written by a leading authority in that field, and their combined expertise presents the best of behavior therapy and analysis, cognitive therapy, and the acceptance and mindfulness therapies. Most importantly, in addition to gaining an up-to-date understanding of the core processes, with this premiere text you'll learn exactly how to put them into practice for maximum efficacy. For practitioners, researchers, students, instructors, and other professionals working with CBT, this breakthrough textbook—poised to set the standard in coursework and training—provides the guidance you need to fully comprehend and utilize the core competencies of CBT in a way that honors the behavioral, cognitive, and acceptance and mindfulness wings of the tradition.

acceptance and commitment therapy webinar: *Stuff That Sucks* Ben Sedley, 2017-03-01 Sometimes everything sucks. This unique, illustrated guide will help you move past negative thoughts and feelings and discover what truly matters to you. If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really does suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of fighting your pain, you realized what really matters to you—and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try? *Stuff That Sucks* offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each day with the stuff that matters will ultimately transform the stuff that sucks into stuff that is just stuff. Make sense? Maybe you want to be more creative? Or maybe you simply want to do better in school or be a better friend? This book will show you how to focus on what you really care about, so that all that other sucky stuff doesn't seem so, well, sucky anymore.

acceptance and commitment therapy webinar: *ACT in Practice* Patricia A. Bach, Daniel J. Moran, 2008 Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; *ACT in Practice* will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models.

acceptance and commitment therapy webinar: *ACT with Love* Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of *ACT with Love*, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. *ACT with Love* will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

acceptance and commitment therapy webinar: *Trauma-Focused ACT* Russ Harris, 2021-12-01 "Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care." —Kirk Strosahl PhD, cofounder of ACT Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for healing the past, living in the present, and building a new future. With this compassion-based, exposure-centered approach, you'll learn how to help your clients: Find safety and security in their bodies Overcome hyperarousal and hypoarousal Break free from dissociation Shift from self-hatred to self-compassion Rapidly ground themselves and reengage in life Unhook from difficult cognitions and emotions Develop an integrated sense of self Resolve traumatic memories through flexible exposure Connect with and live by their values Experience post-traumatic growth

acceptance and commitment therapy webinar: *Be Mighty* Jill A. Stoddard, 2020-01-02 You are stronger than your anxiety—you are mighty. In this empowering guide, you'll find practical tools to help you shed the shackles of worry and fear and embrace a more vibrant life. In a culture where women are still paid less for doing the same jobs, expected to juggle family and career effortlessly, and faced with the harsh realities of misogyny and sexism daily, it's no wonder you're also twice as likely to experience issues related to anxiety and trauma. But there are real tools you can use now to build personal resilience in a difficult world, move past anxious thoughts, and conquer your worries and fears. This book will help guide the way. *Be Mighty* leads you on a bold quest to gain a deeper understanding of your anxiety by exploring your own "origin story"—how your early experiences led to thoughts and behaviors that may have offered comfort and protection at one time, but are now keeping you from living your best life. Using practical tools and experiential exercises based in mindfulness and acceptance and commitment therapy (ACT), you'll learn to respond to present-day triggers in a new way, making choices from a more conscious, values-driven place. So, drop that outdated armor and dive headlong into this book. You'll emerge fresh and fierce, with the confidence to stand up for the life you want to live and the power to face life's complexities as your best, most authentic self. It's time to be who you truly want to be. It's time for you to be mighty!

acceptance and commitment therapy webinar: *Innovations in Acceptance and Commitment Therapy (ACT) for Acquired Brain Injury* Richard Coates, 2024-10-08 Acceptance

and Commitment Therapy (ACT) allows people with acquired brain injury to develop psychological flexibility, in order to lead a vital life, despite all the difficult thoughts, feelings and brain injury symptoms that are present. Innovations in Acceptance and Commitment Therapy (ACT) for Acquired Brain Injury brings together contributions from highly experienced clinicians, using innovative approaches in ACT for acquired brain injury, in the context of individuals, working with relatives, groups and multidisciplinary teams. This book will be a valuable resource for clinical psychologists, clinical neuropsychologists, counselling psychologists, cognitive behaviour therapists, psychiatrists and counsellors working therapeutically with clients with acquired brain injury.

acceptance and commitment therapy webinar: Wild Therapy Nick Totton, 2011 Therapy is by nature wild; but a lot of it at the moment is rather tame. This book tries to help shift the balance back towards wildness by showing how therapy can connect with ecological thinking, seeing each species, each being, each person inherently and profoundly linked to each other. Hence we develop a sense of the endless complexity of existence; and realise that wildness, a state where things are allowed to happen of their own accord, is far more deeply complex than domesticated civilisation, just as a jungle - or even a piece of wasteland - is more complex than a garden. Psychotherapy has often opposed the cultural message 'Be in control of yourself and your environment': it has tried to help people tolerate the anxiety of not being in control - of our feelings, our thoughts, our body, our future. But the struggle over control has now reached inside the field of therapy itself: the push for management, measurement and regulation is getting stronger. On a larger scale it seems that our efforts to control the world are well on the way to wrecking it through environmental collapse: the more we try to control things, the further out of balance we push them. Wild Therapy offers a context for all this in the 'Neolithic bargain' whereby humans exchanged freedom and wildness for domestication and safety. Connecting the attitudes of forager cultures with contemporary Western understandings of consciousness, it delineates a mode of being present in all cultures, 'Wild Mind'; and explores how this can be supported through a 'wild therapy', bringing together a wide range of already-existing ideas and practices. It suggests that wild therapy has a role to play in the work of creating a new culture which can live well on the earth without damaging ourselves and other beings.

acceptance and commitment therapy webinar: The ACT Matrix Kevin L. Polk, Benjamin Schoendorff, 2014-03 If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

acceptance and commitment therapy webinar: The Diet Trap Jason Lillis, JoAnne Dahl, Sandra M. Weineland, 2014-02-02 Have you tried every diet or weight loss plan under the sun, but still can't manage to lose weight and keep it off? You aren't alone. Each year, Americans spend

billions of dollars on weight-loss products, yet we continue to have the highest obesity rate in the world. After trying and failing countless times, you have to begin to wonder, “What am I doing wrong?” The problem with most fad diets is that they only attack the symptom of the problem, not the cause. No matter how much you try to deny yourself the food you crave, you always end up reverting back to bad habits. You might even lose weight initially, but more often than not you’ll gain it back—with a couple extra pounds to boot! In order to make real change in your life, you need to change the way you think about food, weight, and what’s most important to you. The Diet Trap offers proven-effective methods based in acceptance and commitment therapy (ACT) to help you develop mindful eating habits, self-compassion, and a greater understanding of what it means to live a valued life. ACT is a values-based therapy that has been proven effective for the treatment of weight loss. Because ACT encourages you to accept and experience uncomfortable emotions—rather than succumb to emotional eating—it helps you to stay on your path to lose weight, while also helping you develop compassion toward yourself, no matter how much you weigh. Written by two researchers in the field of ACT, this book offers evidence-based solutions to help you fundamentally change the way you think about food, so that you can successfully lose weight, get healthy, and live a happy, fulfilling life without costly and frustrating fad diets.

acceptance and commitment therapy webinar: Stop Avoiding Stuff Matthew S. Boone, Jennifer Gregg, Lisa W. Coyne, 2020-11-01 Afraid? Do it anyway! The 25 microskills in this little book will help you stand up to your fears, so you can live the life you really want. To fear is to be human. But fear can also keep us stuck living lives that are stale, stagnant, or downright miserable. Fear leads us down paths that feel more safe, but that deep down we know are wrong for us. The good news is that you can stand up to your fears and change your life for the better. If you’re ready to stop avoiding stuff and say yes to opportunity, the easy-to-implement strategies in this book will help you break the avoidance habits that have been keeping you in a rut. Drawing on evidence-based acceptance and commitment therapy (ACT), this accessible guide offers 25 microskills to help you face your fears so you can live a truly courageous and meaningful life. With this book, you’ll learn: Why you avoid stuff Tips to increase self-awareness in moments of fear Strategies for untangling from distressing thoughts How to hold the inevitable pain and discomfort of life lightly Ways to connect with your values and take action We are hardwired to avoid, control, and escape the stuff that makes us uncomfortable. But if you’re ready to stop living scared, the tips and tools in this little book will help you pivot back to what really matters to you.

acceptance and commitment therapy webinar: Be Well, Learn Well Gareth Hughes, 2020-08-29 Help your students take control of their university experience, one step at a time. In *Be Well, Learn Well*, Gareth Hughes explores the different dimensions of student wellbeing (physical, psychological, social and academic) and helps students understand the connection between their wellbeing and academic performance. *Be Well, Learn Well* begins by considering the impact of factors such as diet, exercise, hydration, sleep and sunlight on learning, before examining how ‘deep’ learning can improve wellbeing. Subsequent chapters help students create meaningful connections with their studies, build motivation and approach exams, presentations and group projects with confidence. The final chapter challenges unhelpful narratives around career trajectories and helps students to take small, manageable steps towards their goals. This inspirational guide by the lead author of the UK’s University Mental Health Charter will empower students of all disciplines to study more effectively, feel calmer and take control of their time at university.

acceptance and commitment therapy webinar: Learning ACT Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2017-12-01 Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions

based on new developments in contextual behavioral science, *Learning ACT*, Second Edition includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of *Learning ACT*, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

acceptance and commitment therapy webinar: *Aim* Mark Dixon, Dana Paliliunas, 2018 A Behavior Analytic Curriculum for Social-Emotional Development in Children

acceptance and commitment therapy webinar: *ACT Made Simple* Russ Harris, 2019-05-01

NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of *ACT Made Simple* includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

acceptance and commitment therapy webinar: *The ACT Workbook for Teens with OCD* Patricia Zurita Ona, Psy.D, 2019-12-19 This workbook, based on Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP), teaches teens with OCD new skills to handle the stream of pesky obsessions that show up in their mind. It presents the Choice Point - a tool to help teens choose how to handle those tricky moments when dealing with unwanted thoughts. Chapter by chapter, teens learn powerful skills to unhook from their obsessions, including exposure exercises and strategies for accepting their emotions, and complete activities to help them overcome their compulsions, avoidant behaviors, and requests for accommodations. With real-life examples and tons of fun activities, this workbook shows that fears, worry and nervousness are a part of life and gives teens the skills to choose how to respond to their obsessions and move towards the stuff they really care about. Making applying ACT and ERP skills fun, it encourages them to face their fears and live life to the full.

acceptance and commitment therapy webinar: *ACT Made Simple* Russ Harris, 2021-10-04

ACT Made Simple is a comprehensive guide to a powerful, evidence-based approach to psychological well-being--full of tools, techniques, and strategies to maximize human potential for a rich and meaningful life.

acceptance and commitment therapy webinar: The Void Inside Pamela K. Keel, 2020 Right now, more than 2 million girls and women in the US suffer from purging disorder - an eating disorder characterized by vomiting, misuse of laxatives or diuretics, or other medications to control weight or shape, and nearly a half million boys and men join them. But purging disorder's status as an other eating disorder has left it invisible to all but those who suffer from it. This book provides the go-to resource for accurate, scientifically-based information for those who suffer with the illness, their friends and loved ones, health professionals, educators, and anyone interested in learning about this hidden psychiatric illness--

acceptance and commitment therapy webinar: Palin Parent-Child Interaction Therapy for Early Childhood Stammering Elaine Kelman, Alison Nicholas, 2020-04-02 Now available in a fully revised and updated second edition, this practical manual is a detailed guide to the Palin Parent-Child Interaction Therapy programme (Palin PCI) developed at the Michael Palin Centre for Stammering (MPC). Palin PCI builds on the principle that parents play a critical role in effective therapy and that understanding and managing stammering is a collaborative journey between the child, parent and therapist. This book emphasises a need for open communication about stammering, offering a combination of indirect techniques such as video feedback, interaction strategies and confidence building, along with direct techniques to teach a child what they can do to help themselves. This second edition: Reflects the most up-to-date research in areas such as neurology, genetics, temperament and the impact of stammering on children and their families Offers photocopiable resources, such as assessment tools, information sheets and therapy handouts, to support the implementation of Palin PCI Focuses on empowerment through building communication confidence in children who stammer and developing knowledge and confidence in their parents Based on a strong theoretical framework, this book offers a comprehensive understanding of the Palin PCI approach in order to support generalist and specialist speech and language therapists as they develop their knowledge, skills and confidence in working with young children who stammer and their families. For more information about Alison and her work, please visit www.alisonnicholasslt.co.uk. To learn more about Elaine and her work, please visit www.michaelpalincentreforstammering.org.

acceptance and commitment therapy webinar: Living Beyond OCD Using Acceptance and Commitment Therapy Patricia E. Zurita Ona, 2021-01-27 This user-friendly workbook provides adults with obsessive compulsive disorder (OCD), the tools they need to move beyond their disorder using Acceptance and Commitment Therapy (ACT) and it also serves as compact text for clinicians/practitioners to use with clients suffering from OCD at any point in treatment. The workbook offers readers hands-on ACT and Exposure Response Prevention (ERP) skills for taming disturbing obsessions and filling the gap of where one stands and where one wants to go. Dr. Zurita provides evidence-based exercises to guide adults through the process of ACT. This includes learning to step back from one's thoughts and memories, opening up to all types of unwanted thoughts and feelings, paying attention to the physical world, observing one's thoughts and feelings, getting rid of barriers to values-based living, and developing consistent patterns of values-based behavior. Written from the office of a full-time therapist in a simple, uncomplicated, and unpretentious manner, this workbook will be useful for all clients suffering from OCD and for the therapists who work with them.

acceptance and commitment therapy webinar: Getting Unstuck in ACT Russ Harris, 2013-07-01 Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT

easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself stuck at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a Mr. Nice Guy or Ms. Nice Girl, or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

acceptance and commitment therapy webinar: The Joy of Parenting Lisa W. Coyne, Amy R. Murrell, 2009 In *The Joy of Parenting*, two acceptance and commitment therapy (ACT) experts provide parents with the tools they need to cope with disruptive and oppositional behavior, acknowledge that they don't have to be perfect, learn to recognize normal childhood transitions, and alleviate their own anxieties to become more responsive, flexible, effective, and compassionate parents.

acceptance and commitment therapy webinar: Escaping the Emotional Roller Coaster Dr Patricia Zurita Ona, 2018-08-01

acceptance and commitment therapy webinar: Emotional Schema Therapy Robert L. Leahy, 2019-04-16 This book presents innovative tools for helping patients to understand their emotional schemas--such as the conviction that painful feelings are unbearable, shameful, or will last indefinitely--and develop new ways of accepting and coping with affective experience. Therapists can integrate emotional schema therapy into the treatment approaches they already use to add a vital new dimension to their work. Rich case material illustrates applications for a wide range of clinical problems; assessment guidelines and sample worksheets and forms further enhance the book's utility.

acceptance and commitment therapy webinar: CBT Made Simple Nina Josefowitz, David Myran, 2017-09-01 In *CBT Made Simple*, two psychologists and experts in cognitive behavioral therapy (CBT) offer the ultimate "how-to" manual based on the principles of effective adult learning. Structured around these evidence-based principles, this user-friendly guide will help you learn CBT and deliver it to your clients in the most optimal way. CBT is a popular and proven-effective treatment for several mental health disorders, including anxiety, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and anger problems. However, there are no evidence-based learning techniques to teach it—until now. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. *CBT Made Simple* provides a user-friendly, practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning, experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues—including explanations of the therapist’s thinking process in relation to various interventions—and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each chapter mimics the structure of an actual CBT session. If you are a clinician or student interested in learning more about CBT, this book—a new addition to the New Harbinger Made Simple series that includes *ACT Made Simple* and *DBT Made Simple*—has everything you need to hit the ground running. Why not make it a part of your professional library?

acceptance and commitment therapy webinar: The Compassionate Mind Paul Gilbert, 2010 Leading depression authority Paul Gilbert presents *The Compassionate Mind*, a breakthrough book integrating evolutionary psychology, new insights from neuroscience, and mindfulness practice. This combination of techniques forms a new therapy called compassion focused therapy that can enhance readers' lives.

acceptance and commitment therapy webinar: *The Confidence Gap* Russ Harris, 2011-09-13 Drawing on Acceptance and Commitment Therapy and mindfulness practices, this guide offers breakthrough insights and simple techniques for developing deep-seated, long-lasting confidence. Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, *The Confidence Gap* explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

"This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life." —Martha Beck, author and Oprah Winfrey's life coach

acceptance and commitment therapy webinar: Cognitive Behavioral Therapy for Tinnitus Eldré W. Beukes, Gerhard Andersson, Vinaya Manchaiah, Viktor Kaldo, 2020-10-28 For many individuals afflicted with tinnitus, the condition causes substantial distress. While there is no known cure for tinnitus, cognitive behavioral therapy (CBT) can offer an effective strategy for managing the symptoms and side effects of chronic tinnitus. *Cognitive Behavioral Therapy for Tinnitus* is the first book to provide comprehensive CBT counseling materials specifically developed for the management of tinnitus. This valuable professional book has two primary purposes: to provide clinical guidelines for audiologists who are offering CBT-based counseling for tinnitus and to provide self-help materials for individuals with tinnitus. In addition, these materials may be of interest to researchers developing evidence-based therapies for tinnitus. The book is structured into three sections. Section A provides background information about the theoretical aspects of CBT and some practical tips on how to use this book. Section B provides the CBT counseling, or self-help materials, which can be used by both audiologists and those with tinnitus. Finally, Section C provides some supplementary materials for clinicians that can aid monitoring and engagement of individuals experiencing tinnitus during the course of intervention. Key Features:

- * The CBT materials contained in this text have been tested in numerous clinical trials across the globe (Australia, Germany, Sweden, United Kingdom, and the United States) both as self-help book chapters and self-help materials delivered via the Internet.
- * The counseling materials are presented at minimum reading grade level (U.S. 6th grade level) to maximize reader engagement.
- * The authors of this book have extensive experience in the management of tinnitus, offering useful insights for clinicians and those with tinnitus.
- * Includes expert advice videos for each chapter to facilitate its adoption to clinical practice.

acceptance and commitment therapy webinar: Oxford Guide to Low Intensity CBT Interventions James Bennett-Levy, David Richards, Paul Farrand, Helen Christensen, Kathy Griffiths, David Kavanagh, Britt Klein, Mark A. Lau, Judy Proudfoot, Lee Ritterband, Jim White, Chris Williams, 2010-05-13 Mental disorders such as depression and anxiety are increasingly common. Yet there are too few specialists to offer help to everyone, and negative attitudes to psychological problems and their treatment discourage people from seeking it. As a result, many people never receive help for these problems. *The Oxford Guide to Low Intensity CBT Interventions* marks a turning point in the delivery of psychological treatments for people with depression and anxiety. Until recently, the only form of psychological intervention available for patients with depression and

anxiety was traditional one-to-one 60 minute session therapy - usually with private practitioners for those patients who could afford it. Now Low Intensity CBT Interventions are starting to revolutionize mental health care by providing cost effective psychological therapies which can reach the vast numbers of people with depression and anxiety who did not previously have access to effective psychological treatment. The Oxford Guide to Low Intensity CBT Interventions is the first book to provide a comprehensive guide to Low Intensity CBT interventions. It brings together researchers and clinicians from around the world who have led the way in developing evidence-based low intensity CBT treatments. It charts the plethora of new ways that evidence-based low intensity CBT can be delivered: for instance, guided self-help, groups, advice clinics, brief GP interventions, internet-based or book-based treatment and prevention programs, with supported provided by phone, email, internet, sms or face-to-face. These new treatments require new forms of service delivery, new ways of communicating, new forms of training and supervision, and the development of new workforces. They involve changing systems and routine practice, and adapting interventions to particular community contexts. The Oxford Guide to Low Intensity CBT Interventions is a state-of-the-art handbook, providing low intensity practitioners, supervisors, managers commissioners of services and politicians with a practical, easy-to-read guide - indispensable reading for those who wish to understand and anticipate future directions in health service provision and to broaden access to cost-effective evidence-based psychological therapies.

acceptance and commitment therapy webinar: ACT for Children with Autism and Emotional Challenges Mark Dixon, 2014-12 Paperback

acceptance and commitment therapy webinar: The ACT Workbook for Anger Robyn D. Walser, 2022-08-24 In today's socially and politically divided climate, anger is on the rise-even boiling over into violence. Anger is a natural human emotion, but chronic, uncontrollable anger can poison all aspects of personal and professional life. In The ACT Workbook for Anger, renowned acceptance and commitment therapy (ACT) expert Robyn Walser helps readers who are trapped and struggling with anger to unlock their capacity for acceptance, mindfulness, kindness, and compassion.

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