



AGENDA

ACT with Challenging Clients: Integrating Acceptance & Commitment Therapy to Enhance Your Interventions Richard W. Sears, PsyD, ABPP

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| 9:00-9:10 | Welcome and Introduction |
| 9:10- 10:30 | ACT in a Nutshell
Definition of ACT
Functional Contextualism
Relational Frame Theory
Existential Behaviorism
What Goes Wrong: ACT Model of Psychopathology
-Attachment to Conceptualized Self
-Cognitive Fusion
-Experiential Avoidance
-Dominance of Past & Future
-Lack of Values Clarity/Contact
-Unworkable Action
Increasing Psychological Flexibility
Suffering
The Problem of Control
Creative Hopelessness
Willingness
Bus Metaphor to Move toward Values |
| 10:30-10:40 | Morning Break |
| 10:40-12:10 | Hexaflex: The 6 ACT Processes
Self-As-Context
-Observing Self Exercise
Cognitive Defusion
-Lemon Exercise
Acceptance
-Moving into Emotions Exercise
Mindfulness
-3-Minute Breathing Space
Values
-Moving Toward Values Exercise |

	Committed Action
	-Exposure exercises
	-Setting behavioral goals
12:10-12:50	Lunch Break
12:50-2:20	ACT in Action Anxiety Client avoidance strategies (including rumination) Quicksand and Crying Baby Metaphors Clean vs. Dirty Anxiety Internal Exposure Trauma Nature of Trauma & Why Clients Get Trapped Mindfulness Exercises-Exposure vs. Avoidance Memory Reconsolidation File Cabinet Exercise Tin Can Monster Exercise
2:20-2:30	Afternoon Break
2:30-4:00	Depression Assessing Medical/Substance/Medication Issues Behavioral Activation Beck's Cognitive Triad & Suicidality Defusing from Thoughts and Taking Action Personality Disorders Why Personality Disorders Are So Different Latest Research: Genetics & Neurology Excessive and Missing Traits Installing Observing Ego Finding Values and Behavioral Goals