



Acceptance & Commitment Therapy (ACT): CBT That Goes Deeper!

Applying evidence-based cognitive behavioural therapy in empowering ways!

Acceptance and commitment therapy (ACT) is an action-oriented approach to psychotherapy that emerged from traditional behaviour therapy and cognitive behavioural therapy.

ACT moves beyond the traditional focus on problems and solutions, teaching clients to stop avoiding, denying, and struggling with their emotions and, to accept that their feelings are normal and appropriate responses. The core of ACT is a change in both self-talk and action/verbal behaviour. Understanding these concepts supports clients to accept the issues they face and the challenges life brings with a commitment to making the necessary changes in their behaviour, regardless of their life circumstance and how they feel about them. Rather than focusing on resolving symptoms, ACT focuses on the creation of a more adaptive relationship between the client and their symptoms.

The experience of observing one's own feelings and recognizing and accepting that feelings are a natural outcome of circumstances has been a liberating factor for clients engaging in ACT.

The ACT approach is not to pursue the elimination of difficult feelings; but to 'be' with them and with what life brings their way. ACT encourages people to open up to undesirable feelings, and to react to them mindfully whilst not avoiding situations where they are provoked.

This workshop will provide an overview of Acceptance and Commitment Therapy during which participants will experience the impact ACT techniques can make and will gain experience applying ACT to a variety of different clinical presentations.

Learning objectives of this training:

1. Comprehend the theory, research and effectiveness of Acceptance and Commitment Therapy
2. Understand and apply the six core principles of ACT to a wide variety of clinical problems
3. Develop your understanding of mindfulness and how to use it to resolve clients' problems



Renata Porzig-Drummond Renata is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation and focuses on the practical relevance of the topic for participants' context. Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including Behaviour Research and Therapy, Australian Social Work and Social Science & Medicine. Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders, OCD and ADHD. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.

We can also deliver to your team by live webcast no matter where you and they are located.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 6 hours of face-to-face training is issued in the week following attendance at this event.

Morning Session

includes a short
morning tea break

Theoretical Underpinnings

Defusion and Acceptance

Values and Commitment

Afternoon Session

includes a short
afternoon tea break

Present Moment and Self as Context

ACT Techniques

Applying ACT to a variety of clinical issues

Evaluation and closing

“This training will help you include ACT skills and strategies in your client work regardless of your prior training. These skills and perspectives can greatly benefit your client work and, positively effect your own well-being.”

How will you benefit from attending this training?

- Understand the theory, research and evidence behind Acceptance and Commitment Therapy.
- Apply the six core principles of ACT in your clinical work.
- Strengthen your ability to use mindfulness interventions with clients.

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Psychologists, Counsellors, Psychotherapists, Coaches, Social Workers and Psychiatrists who work with individuals and couples who are experiencing distress about their relationship.

Feedback from Renata's recent presentations for PDP:

“Really interesting, really informative, well presented, awesome location and food.”

“Thanks so much. Renata is an exceptional presenter and compels me to return to sessions that she runs!”

“This PDP session was one of the best I have ever attended. This is my second year with you and I love what you offer. Thanks so much Renata!”

Loved it Increased my own understanding in a gentle, non-judgmental and practical way.”

Fabulous!! One of the best courses I've done with you (PDP)... well fed and happy!”

“Valuable information clearly presented. Case-studies and videos made it very relevant to practice.”

Really informative and beneficial to my practice.”

“Great PD event – well structured, presenter very informative and engaging.”

“Loved Renata's presentation style and her extensive knowledge.”

“Brought PDs to life. Took them out of the DSM and into real clinical content.”

“Excellent presenter and presentation of a potentially difficult subject.”

“The whole day was set out fantastically! I learnt so much knowledge on how to recognise behavior from different disorders in such a practical way. Loved it!”

“Well organised, tailored training for a broad spectrum of settings.”

“It wasn't just about psychologists working with disorders. Relevant to all.”

“Very interesting, informative and beneficial. Learnt a lot that I can carry into my practice at work.”

“The training was exceptional and offered an overview of each of the personality disorders. Renata was a well of knowledge.”