



# Acceptance and Commitment Therapy (ACT) for clinicians

**Understand how and when to implement the ACT model and its techniques.**

Over the past 30 years, a body of research has studied how this behavioural training can be used effectively. ACT can not only to improve the mental health of clinicians but of those clients they work with.

ACT emphasises acceptance of internal experience while maintaining a focus on positive behaviour change. This approach is designed to address avoidance of internal experiences associated with many problems in functioning while also focusing on making and keeping commitments. ACT uses a variety of verbal, experiential and homework techniques to help clients make experiential contact with previously avoided private events (thoughts, feelings, sensations), without excessive verbal involvement and control – and to make powerful life enhancing choices.

In this inter Active workshop Mary will be working with participants to introduce ACT and practice ACT core processes. This will be done through three mediums including role-play, experiential exercises, and work with personal cases. The goal is to focus on challenges encountered in each of the ACT core components and personal challenges such as difficult clients or personal barriers. Participants are encouraged to bring a challenging case to the workshop. Example role -plays and opportunities to use the core components, mindfulness and metaphor with these cases will be provided.



Mary Sawyer is a psychologist and one of the most experienced and foremost ACT therapist and trainer in Australia. She has engaged in over 100 hours of professional development with expert ACT clinicians and has trained with leading ACT researchers and clinicians such as Robyn Walser, JoAnne Dahl, Steve Hayes, Kelly Wilson and Kirk Strosahl and Rob Zettle in Australia, Britain, New Zealand, the Netherlands, Italy, Germany and USA. With such broad experience as an ACT therapist in private practice, Mary uses ACT working with a variety of psychological presentations such as; depression and anxiety, grief and loss, post traumatic stress disorder, all addictions including gambling, alcohol and other drug problems, adult survivors of sexual abuse and relationship, separation and divorce issues. Mary regularly presents at national and international ACT conferences and provides clinical supervision for psychologists and other mental health care workers. She has been accepted by the ACBS as peer-reviewed ACT trainer and has facilitated ACT workshops around Australia. Mary is committed to enhancing ACT clinical skills and is based in Sydney Australia.

**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.**

The workshop presenter will be completing rounds during experiential work to give individual feedback. The three core steps in the ACT approach are (1) accept thoughts and feelings (2) choose directions and (3) take action.

ACT has three major goals:

- Fostering acceptance of unwanted thoughts and feelings whose presence and disappearance clients cannot control.
- Commitment and action toward living a life that they value and may have been longing for.
- To compassionately produce more psychological flexibility by helping clients contact the costs of psychological inflexibility.

#### Learning objectives of this training:

1. Move toward their work and life goals.
2. Be better able to manage difficult situations at work and with clients.
3. Learn strategies for dealing with the “psychological barriers” that can interfere with effective work and living.
4. Commit to valued directions and actions to work with psychological flexibility.
5. Learn to take these skills to their personal and professional lives.
6. Have experienced the practice of mindfulness to assist in defusing thoughts with difficult psychological content.

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**



**ACA:** Members can accrue 6 CPD points.

**AASW:** Members can accrue 3 CPD hours.



**ACWA:** Members can accrue 3 CPD hours.

**PACFA:** Members can accrue 3 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

**Morning Session:** Introduction to ACT core processes.  
Talking a walk around the hexaflix.  
The practice of Psychological Flexibility.  
Using metaphor with ACT.  
Relational Frame Theory (ACT) and the implications of language in psychopathology.

**Afternoon Session-** Group practice: working from the heart.  
Doing ACT in clinical practice.  
Perspective taking exercises.  
Committed action in the service of your values.  
Evaluation and closing.

***“This workshop is for anyone wishing to include ACT in their practice regardless of prior training. You’ll take away a set of skills that can really benefit your client work and, also have a positive effect on your own wellbeing and how you care for yourself.”*** Mary Sawyer

**How will you benefit from attending this training?**

- Have a basic understanding of the ACT model
- Understand the ACT process
- Experience and practice techniques and understand when and how to implement them
- Promote psychological flexibility within themselves and their clients
- Foster acceptance of unwanted thoughts and feelings whose occurrence or disappearance people cannot control
- Develop commitment and action toward living a work/personal life they value

**Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

**We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**This practical training is suitable for all clinicians working in any health-care setting in direct patient contact, especially psychologists, counsellors, school counsellors, psychiatrists, mental health nurses, GPs, GP registrars, practice nurses, and other allied health practitioners.**

**Feedback for Mary’s recent training presentations:**

*“A really interesting and engaging intro to ACT. Mary is a thorough and thoughtful presenter. Very aware of our needs and willingness to engage. Excellent.”*

*“It was great to start this journey which has value to me as a person and counsellor.”*

*“Thank you Mary for being so approachable and for sharing so generously with your skills and experiences.”*

*“A really terrific, elucidating workshop. Thankyou. I learned valuable techniques.”*

*“My expectations were exceeded and my anxieties about the experiential nature were easily overcome in a very relaxed and accepting atmosphere.”*

*“Enjoyed the workshop. Was interesting and engaging. Thought it was very beneficial for my professional development.”*

*“Such a wonderful workshop – thank you Mary! I got so much out of it at a personal and professional level. It was a transformational experience for me as a therapist. Very grateful.”*

*“Mary, not only ran a great course but she facilitated a group that bonded very well – a very warm and collegial group”*

*“Mary paced the course extremely well and gave space and time to explore the concepts.”*