

AGENDA

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

- 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