

Acceptance and Commitment Therapy for Anxiety Disorders: A Practical Introduction

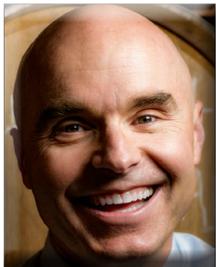
FRIDAY, JUNE 14, 2019

Anxiety disorders are common, chronic, and disabling. This 1-day workshop, co-led by a husband and wife team, is for mental health professionals who wish to further enhance their knowledge, skills, and clinical sensibilities using ACT for anxiety disorders and exposure-based strategies within the ACT model.

ACT is an evidence-based transdiagnostic approach that balances mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life. This work can be challenging for both therapists and clients alike, for much of ACT work involves contacting difficult and painful psychological content without defense and for a purpose other than psychological relief. Thus, understanding the application and integration of the ACT model of psychological health and suffering is essential for effective ACT work with anxiety concerns.

Led by a dynamic husband and wife team, this workshop will introduce ACT, both as a model and intervention technology, and illustrate its use across the spectrum of anxiety-related concerns.

This workshop will use a combination of didactic and experiential activities and will be intensely practical. Participants will be encouraged (but never forced or coerced) to engage the material at a personal level, as it applies to their own lives, and then also in the context of their clinical work. Worksheets and other practical tools will be provided.



John P. Forsyth, Ph.D. is an internationally recognized author, speaker, researcher, and trainer in the use of Acceptance and Commitment Therapy (ACT) and practices that cultivate mindfulness, loving kindness, and compassion. For over 20 years, his work has focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and to nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path out of suffering and into wholeness.

He has written several popular ACT books, including *Acceptance and Commitment Therapy for Anxiety Disorders* (for mental health professionals), and several ACT self-help books for the public: *The Mindfulness & Acceptance Workbook for Anxiety*, 2nd ed., and *ACT on Life, Not on Anger*, and *Your Life on Purpose*. His latest ACT self-help book, *Anxiety Happens: 52 Ways to Find Peace of Mind*, was released in April 2018.

John holds a Doctorate in Clinical Psychology, and is a Professor of Psychology and Director the Anxiety Disorders Research Program at the University at Albany, SUNY in Upstate New York. He is a licensed clinical psychologist, with expertise in the use and application of ACT for several forms of psychological and emotional suffering. He is also widely sought after ACT trainer and consultant and serves as a senior editor of the ACT book series with New Harbinger Publications. Collectively, his work has helped foster growing interest in acceptance and mindfulness in psychology, mental health, medicine, and society.



Jamie R. Forsyth, Ph.D. is an active and gifted clinician and clinical supervisor, with extensive expertise in the use and application of Acceptance and Commitment Therapy (ACT) with severe forms mental illness (e.g., psychosis and personality disorders) and forms of psychological and emotional suffering in inpatient, outpatient, and college mental health settings. Beyond ACT, Jamie is a skillful integrationist and researcher, with specialized knowledge in relational and process-oriented therapeutic work, addictions, motivational interviewing, including mindfulness and self-compassion practices.

Jamie holds a Doctorate in Clinical Psychology and is a licensed clinical psychologist in New York. She is a clinician and clinical supervisor at Union College, where she offers ACT-based outpatient psychotherapy to college students presenting with significant psychological, emotional, and behavioral challenges. Her clinical work, grounded in evidence-based know-how, offers unique insights into the subtle nuances of ACT as it unfolds in clinical practice. Jamie is also actively engaged in the dissemination of ACT and mindfulness practices within her college community and, along with her husband John, co-lead ACT professional workshops in the United States and abroad.

Although ACT is her primary theoretical orientation, Jamie considers herself to be an integrationist and thus draws upon relational and psychodynamic theories to help create a holistic person-centered approach to treatment. Jamie's clinical wisdom, coupled with the depth and scope of her knowledge and skills, bridges various approaches and streams of practice within an ACT point of view.

Speakers Drs. John and Jamie Forsyth have trained thousands of mental health professionals in the practical use of ACT. They are known to infuse their teaching and trainings with energy, humility, and compassion, and their down-to earth workshops are consistently praised for their clarity, depth, and practical utility. Together, they offer what promises to be a powerfully unique and dynamic ACT training experience.

John and his wife Jamie regularly give ACT talks and workshops to the public and professionals in the United States and abroad. They are well known for offering intensive week-long retreat-style ACT trainings at the Omega Institute for Holistic Studies in Rhinebeck, NY, the Esalen Institute in Big Sur, CA, and the Cape Cod Institute in Eastham, MA, where John and Jamie are members of the teaching faculty. In 2020, Jamie and John will be offering a week-long training at Kripalu in MA, dates to be determined.

<p>Learning Objectives:</p> <p>At the conclusion of the workshop, the participant will be able to:</p> <ul style="list-style-type: none"> • Describe the ACT model of human suffering linked with six central treatment targets of ACT in practice; • Conceptualize anxiety and fear within an ACT transdiagnostic framework • Identify excessive struggle and avoidance while promoting more mindful and compassionate actions • Define and identify “fusion” and “experiential avoidance” and their role in various forms of anxious suffering; • Demonstrate clarifying values and barriers to valued action and how this can be useful for their patients and for themselves; • Create a healthy space for contacting difficult thoughts and emotions while helping clients take steps in the direction of their chosen values and life goals. 	<p>Schedule:</p> <p>8:00 – 8:30 am (ET)</p> <p>8:30 – 10:00 am</p> <p>10:00 – 10:10 am</p> <p>10:10 – 11:40 AM</p> <p>11:40 am – 12:50 pm</p> <p>12:50 – 2:20 pm</p> <p>2:20 – 2:30 pm</p> <p>2:39 – 4:00 pm</p>	<p>Registration / Check-in</p> <p>ACT Model and Case Conceptualization</p> <ul style="list-style-type: none"> • Getting Inside the ACT Model of Psychological Suffering & Health • ACT for Anxiety Transdiagnostic Case Conceptualization • Why the ACT Model Matters! <p>Break</p> <p>Creating Space For Something New</p> <ul style="list-style-type: none"> • Why Creative Hopeless in ACT? • Exploring Workability • Establishing Creative Hopelessness <p>Lunch (on your own)</p> <p>Doing Effective Values Work in ACT</p> <ul style="list-style-type: none"> • The Nature of Values in ACT • Connecting with Values • Barriers to Valued Action <p>Break</p> <p>Cultivating a New Relationship With Anxiety and Fear</p> <ul style="list-style-type: none"> • Mindfulness, self-as-context, and defusion work: Overview and Purpose • Self-Compassion and Kindness – Powerful Antidotes to Suffering • Cultivating Acceptance in the Service of Valued ACTion • Framing Exposure in ACT • Wrap up & the Journey Ahead
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Who Should Attend:

Social workers, licensed mental health counselors, psychologists, psychiatric nurses, psychiatrists, life-coaches, and other mental health professionals, including graduate students and post-doctoral fellows. Some general familiarity with ACT will be helpful, but is not required

Questions and Auxiliary Aids

To register: visit www.parkcenter.org or contact Morgan Taylor, Workshop Registrar at (260) 482-9125, ext. 2019. For workshop questions: contact Emily Liechty at (260) 482-9125, ext. 2148
E-mail address: emily.liechty@parkcenter.org

Sponsor

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Acceptance and Commitment Therapy for Anxiety Disorders: A Practical Introduction

Featuring: **Drs. John & Jamie Forsyth**

REGISTRATION FEE: \$150.00 / \$110.00 per person for four or more registrations submitted together from the same organization / \$55 for students. Light continental breakfast and training materials included. Lunch is on your own.

CANCELLATION: Up to 5 days prior, \$10.00 administrative fee; less than 5 days, non-refundable.

LOCATION: Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100.

LODGING: The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. If you need assistance with obtaining room reservations, please call Fran Howard at toll free (866) 481-2700, ext. 2019.

PARKING: Parking is available for a fee within a two-block radius of the workshop location.

FACILITY ACCESSIBILITY: The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Morgan Taylor, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

QUESTIONS OR CONCERNS: Contact Emily Liechty at (260) 482-9125, ext. 2148 or Morgan Taylor at ext. 2019

Workshop rooms are typically cool, please dress appropriately.

Continuing Education Credits

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| American Psychological Association | ↔ | Park Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Park Center maintains responsibility for this program and its content. Credit: 6 Continuing Education Hours. |
| Indiana Behavioral Health Board | ↔ | Approved provider of Category I continuing education for LSW, LCSW, LMFT, LMFTA, LMHC, LMHCA LCAC and LAC. However, licensees must judge the program's relevance to their professional practice. Credit: 6 Continuing Education Hours. |
| Indiana State Psychology Board | ↔ | Approved sponsor of continuing education programs for psychologists. Credit: 6 Hours. |
| Indiana Law Enforcement Training Board | ↔ | Approved provider for training of Indiana law enforcement officer and support personnel. Credit: 6 Continuing Education Hours. |
| National Board for Certified Counselors  | ↔ | Park Center is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Credit: 6 Continuing Education Hours. |
| NAADAC - The Association of Addiction Professionals | ↔ | Approved NAADAC education provider. Credit: 6 Continuing Education Hours. |
| Ohio Counselor, Social Work, Marriage & Family Therapist Board | ↔ | Approved sponsor of continuing education programs. Approved for counselors and social workers only. Provider number: RCS038704 Credit: 6 Hours. |

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June 14, 2019

Registration Deadline: 6/07/19

Name: _____
Degree: _____
Organization: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Day Phone: _____ Evening Phone: _____
E-mail: _____

Indicate Continuing Education Credit Requested

- APA NAADAC LCSW LMFT/LMFTA LMHC/LMHCA LSW
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Method of Payment

Check enclosed (payable to Park Center, Inc.)

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Mail Checks & Registration Form To:

Morgan Taylor, Workshop Registrar, Park Center, Inc.,
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