

Acceptance & Commitment in Psychotherapy

A Mindful Approach to Rapid Clinical Change

Steven C. Hayes, Ph.D.
WORKSHOP LEADER

Institute for the Advancement of Human Behavior

4370 Alpine Road, Suite 209
Portola Valley, CA 94028

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 1096

WORKSHOP OBJECTIVES

Attend this exciting workshop and enhance your ability to:

- EXPLAIN why experiential avoidance and cognitive fusion underlie most forms of psychopathology
- DESCRIBE the six core ACT processes
- FORMULATE clinical problems in terms of acceptance, defusion, self, now, values, and committed action
- FOSTER psychological acceptance in clients
- MOBILIZE the power of spirituality when working with clients
- DEMONSTRATE three specific clinical interventions based on the ACT model
- DESCRIBE how the ACT model is particularly useful and effective with difficult clients

"Once in a while, there is a unique contribution to psychotherapy. Even more rare is the grounding of that contribution in sound philosophy on the one hand, and (firm) data on the other. Acceptance and Commitment Therapy represents such an effort."

– David Barlow, Ph.D.

Discounts Available! See Registration Page.

Earn 12 CE/CME Credit Hours | Space is Limited. Register Early!

INSTITUTE FOR THE ADVANCEMENT OF HUMAN BEHAVIOR

Steven C. Hayes, Ph.D.
WORKSHOP LEADER

Best-selling author of
Get Out of Your Mind and Into Your Life



Acceptance & Commitment in Psychotherapy

A Mindful Approach to Rapid Clinical Change

December 1-2, 2011 – Baltimore, MD
January 19-20, 2012 – St. Paul, MN
February 9-10, 2012 – Eastlake, OH
April 20-21, 2012 – Ann Arbor, MI*

ABOUT THE WORKSHOP

A **Acceptance and Commitment Therapy (ACT)** is a revolutionary approach to psychotherapy that challenges even our most basic assumptions of mental well-being. ACT encourages clients to recognize and abandon the avoidance patterns that, paradoxically, exacerbate their suffering – and learn what emotional pain, anxiety, or sadness may have to teach. It helps clients and therapists alike become more aware and psychologically flexible.

The workshop will be presented by Steven C. Hayes, Ph.D., ACT's founder and a primary contributor to its development. Participants will (1) learn the six features of psychological flexibility, (2) practice useful clinical techniques based on the model, and (3) leave knowing how they can use these concepts and techniques to augment and empower their own clinical practices. *This workshop is open to therapists without prior experience with ACT. However concepts, techniques and new clinical material will be presented that will help take more experienced ACT professionals to the next level.*

**The content of the training for the Ann Arbor workshop may be updated after the printing of this brochure. Please visit www.IAHB.org for any content updates prior to registering.*

"(Steve Hayes' workshop was) ... practical, inspiring, challenging and fun. It not only transformed my clinical practice, it gave me a whole new way of seeing the world. I'd highly recommend Steve's workshops to anyone."

– Russ Harris, M.D., Author of *The Happiness Trap*

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

ELIGIBILITY: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.

Day 1: Dr. Hayes will provide a comprehensive understanding of the psychological flexibility model and how it helps solve the problem of human suffering. Using the ACT 'hexaflex' he will describe the six core processes of ACT, and how therapists can use them to formulate cases and develop powerful, individualized treatment interventions.

During the afternoon, a detailed analysis of a videotaped clinical session will give participants a 'moment-by-moment' sense of ACT in action.

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Day 2: Participants will learn and practice methods that increase awareness in session, foster a powerful therapeutic relationship, and help clients connect with their deepest values.

Demonstrations and practice sessions will help you learn several interventions particularly representative of the ACT philosophy. During lunch, Dr. Hayes will review a second videotaped clinical session. The strategic use of creative hopelessness, fostering defusion, and choosing whether to go "left or right" in the ACT model are among specific topics covered.

WORKSHOP AGENDA

DAY ONE

Why We Suffer – And What We Can Do About It

The Trap of Human Cognition – and How to Escape

- ACT in an nutshell
- Cultural myths that trap us
- The counter-intuitive wisdom of evolution
- The paradox of the "normal mind"

Breaking Free: ACT in Action I

- The 6 processes of psychological liberation
- Flexibility within and without
- Defusion methods
- Finding the transcendent sense of self

Moving Ahead: ACT in Action II

- Values methods
- Acceptance methods
- Relationship considerations
- Reading flexibility processes

Videotaped ACT Therapy Session

- Step-by-step analysis of the clinical process
- What went right, what went wrong
- Questions, discussion

DAY TWO

Applying the Psychological Flexibility Model

Getting Off on the Right Foot

- Mindfulness for two: Connecting with consciousness
- Listening with ACT ears
- Creative hopelessness
- Informed consent: Clinical contracts that don't entrap

Rapid Defusion/Rapid Acceptance

- Defusion as a skill
- Acceptance as a skill
- Rapid clinical change methods

Videotaped Clinical Session

(Optional Luncheon Presentation – bring a sack lunch!)

- Dealing with complicated grieving
- Detailed session analysis

Getting to Values

- How to choose values
- Two quick ways to dig down to values
- An overarching metaphor

Psychological Flexibility: An Evolving Model

- Possibilities exercises
- Acceptance and commitment
- Using ACT with yourself in session

Registration opens at 7:45 AM. Workshop begins at 8:30 AM and adjourns at 4:30 PM both days. Lunch is from 12 Noon to 1:30 PM. There will be breaks at about 10 AM and 3 PM.

WORKSHOP LEADER

Steven C. Hayes, Ph.D. is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of 32 books and nearly 450 scientific articles, he has shown in his research how patterns of language and thought can lead to human suffering, and has developed acceptance, mindfulness, and values-based methods as a way of correcting these processes. His popular book 'Get Out of Your Mind and Into Your Life' was featured in *Time Magazine* among several other major media outlets and for a time was the number one best selling self-help book in the United States.

Dr Hayes is one of the original developers of Acceptance and Commitment Therapy (ACT), and continues to evolve the model today. He is one of the world's most influential clinical psychologists, and has won numerous awards for his contributions to the field. A past president of several scientific societies, he is an inspired and inspiring educator and an internationally-recognized speaker. His seminars are immensely popular and invariably receive rave reviews.



Taping of this workshop is not permitted.

Speakers periodically update workshops based on attendee feedback - please see website for current agenda.

"A broadly useful and accessible model that will empower your work regardless of orientation."

– Hugh Baras, Ph.D., Stanford University Medical School

WORKSHOP INFORMATION

DEC. 1-2, 2011 Sheraton Baltimore City Center 101 West Fayette St Baltimore, MD 21201 (410) 752-1100	JAN. 19-20, 2012 Hilton Garden Inn 411 Minnesota St St. Paul, MN 55101 (651) 291-8800	FEB. 9-10, 2012 Radisson Hotel- Eastlake 35000 Curtis Blvd Eastlake, OH 44095 (440) 953-8000	APRIL 20-21, 2012* Four Points by Sheraton Ann Arbor 3200 Boardwalk Ann Arbor, MI 48108 (734) 996-0600
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Registration opens at 7:45 AM. Workshop begins at 8:30 AM and adjourns at 4:30 PM both days. Lunch is from 12 Noon to 1:30 PM. There will be breaks at about 10 AM and 3 PM.

DISCOUNTS
Must be noted on original registration (one discount per person on two-day registration only)

» **GROUPS:** Organize a group of three or more and save! Mail your registrations together and deduct \$20 from each.

» **FULL-TIME STUDENTS:** Deduct \$50 from applicable tuition. Proof of full-time status (undergraduate: 12 + units; graduate: 6 + units) must accompany your registration.

» **ALUMNI:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 from your tuition.

» **UNA** All UNA members - \$50 discount. Phone registration only.

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CANCELLATIONS
Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES
Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. If you would like to be considered for an aide position, please email staff@iahb.org.
In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

ADDITIONAL BENEFITS TO ATTENDEES

IAHB is excited to be able to offer the following additional benefits to workshop participants:

ONE Each paid registrant will automatically receive a **free one-year membership** to the Association for Contextual Behavioral Sciences (ACBS). Membership includes full use of the ACBS Website where you will find supplementary clinical tools, recordings, transcripts, forms and other materials – as well as access to the worldwide ACT community.

TWO Deep discounts to special webinars offered through IAHB by Dr. Hayes through the Spring of 2012. These webinars will be 1-2 hours in length, and will be as interactive as we can make them. Their purpose will be to answer questions, trouble-shoot problems, and help you develop a deeper understanding of the concepts, ideas, and clinical techniques that are a part of the evolving ACT model.

For additional information, please visit our Website at www.iahb.org.

Note: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.

IAHB EDUCATIONAL MATERIALS

Most of IAHB's home studies were recorded at live workshops. They may be ordered in either CD or audiotape format (exceptions are marked), and include all course materials and a post-test. Detailed descriptions of these and other IAHB home studies may be found on our website, www.iahb.org.

TO ORDER: Complete the form indicating your selections, and mail it with payment to IAHB/Seminar Services, 6 Trowbridge Dr., Ste. 5, Bethel, CT 06801. Please note: Orders can only be shipped to your street address (no P.O. box). Please allow 1 to 2 weeks for delivery.

	Quantity	Amount
ACT in Action DVD Set (No CE/CME available) <i>Steven Hayes PhD and associates</i> This 6-DVD series lets you observe the core processes of ACT as it is practiced in an actual therapy setting. Includes clinical footage with Dr. Hayes.		\$349.95
New 2-Hour Video! Overcoming Toxic Shame and the Fear of Being Judged: The Story of Melanie. With 6 CE/CME Credits: \$234.00. No CE/CME: \$195.00 Live therapy session. Dr. Burns and two co-therapists work with a woman struggling with feelings of shame, anxiety and the fear of being judged. Includes a 98-page interactive workbook with additional commentary.		

**FOR COMPLETE INFORMATION ABOUT OUR HOME STUDY PROGRAM
CALL (650) 851-8411 OR VISIT OUR WEBSITE AT WWW.IAHB.ORG.**

	Quantity	Amount
How to Overcome Anger and Interpersonal Conflict (13 CE/CME hrs) <i>David Burns, M.D.</i> In this exciting program, Dr. Burns presents Cognitive Interpersonal Therapy, a new treatment model used to help patients develop more satisfying relationships.		\$149.00
Feeling Good Now: Treating Depression and Low Self-Esteem (13 CE/CME hrs) <i>David Burns, M.D.</i> The 1980 publication of Feeling Good revolutionized the treatment of depression. Feeling Good Now is doing the same. Burns integrates 4 conceptual models and an array of clinical tools into the most powerful protocol available today for treating depression and low self-esteem. Recorded in mid-2007.		\$149.00
Fast, Effective Treatment for Anxiety Disorders (13 CE/CME hrs) <i>David Burns, M.D.</i> Dr. Burns describes 3 powerful models for the treatment of anxiety disorders and illustrates how to integrate all 3 into the effective treatment of GAD, specific phobias and other anxiety disorders. This is one of the most highly-rated and best-attended seminars IAHB has produced!		\$149.00
Reconsidering Trauma: Treatment Advances, Relational Issues and Mindfulness in Integrated Trauma Treatment (12 CE/CME hrs) <i>John Briere, Ph.D.</i> This exciting new home study describes treatment protocols integrating Buddhist philosophy and empirically-based mindfulness training with the latest research on the neurobiology and psychopharmacology of trauma.		\$149.00
Please visit www.iahb.org for a complete listing of our home studies, online courses, and other educational products.		
Shipping and handling: 1 item \$7.00, each add'l item \$2.00		
Subtotal		
CT residents add local sales tax		
Total (US dollars)		

Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.

HAY2A

Name _____ Degree _____ Tapes or CDs

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____ Email _____

Check payable to IAHB/Seminar Services

Card # _____ CVV# _____ Exp. Date _____ / _____

Signature _____

Cardholder _____

REGISTRATION FORM (HAYES)

DEC. 1-2, 2011
Baltimore, MD

JAN. 19-20, 2012
St. Paul, MN

FEB. 9-10, 2012
Eastlake, OH

APRIL 20-21, 2012*
Ann Arbor, MI

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Email Address (for confirmation) _____

Profession(s): Please provide your profession and license number(s).
Profession _____ License(s) # _____

If you are physically challenged and have special needs, please contact IAHB as soon as possible. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 (www.iahb.org)

\$289 Early Registration (Must be postmarked at least 14 days prior to workshop)

\$309 Regular Registration (Must be received by noon the day prior to workshop)

\$329 On-Site registration (If space is still available)

\$189 Workshop aide (Please e-mail for approval. No other discounts apply.)

DISCOUNTS

Groups: Deduct \$20.00 (Three or more registrations received together)

Full-time Students: Deduct \$50.00 (Proof of student status must accompany registration)

Alumni: Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)

UNA Members: Deduct \$50

_____ **TOTAL PAYMENT ENCLOSED**
(U.S. funds) Payment must accompany registration.

METHOD OF PAYMENT

Check enclosed made payable to IAHB (U.S. bank)

Card # _____ CVV# _____ Exp. Date _____ / _____

Cardholder name _____

Signature _____

Your Priority Code
Help us expedite your registration. Enter the characters printed above your name on the mailing label.

MAIL COMPLETED FORM TO:
IAHB | P.O. Box 5710 | Santa Rosa, CA 95402

REGISTER BY PHONE, FAX OR ONLINE:
PHONE (800) 258-8411 | FAX (707) 566-7474 | www.iahb.org

CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

Alcoholism & Drug Abuse Counselors: IAHB is approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #187) for 12 CEHs. Provider approved by CFAAP/CAADAC, Provider #4S-86-074-0113 for (12) CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states. Application filed with the Ohio Chemical Dependency Professionals Board, approval pending.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for 12 PDHs. EACC Approval Number pending.

Counselors and MFTs: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). This course meets the qualifications for 12 hours of continuing education credit for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. Co-Sponsor with R. Cassidy Seminars is Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for (12) clock hours. #RCST110701. This course has been submitted to the Minnesota Board of Marriage and Family Therapy for course approval.

Nurses: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on accreditation. (UNA=12.5 CEHs. Provider Code P09-03).

Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 12 contact hours.

Physicians: The Institute for the Advancement of Human (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Institute for the Advancement of Human Behavior designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: IAHB is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program and its content.

Social Workers: This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). IAHB is Co-Sponsor with R. Cassidy Seminars, ACE Provider #1082 approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 12 continuing education clinical social work clock hours for participating in this course. Co-Sponsor with R. Cassidy Seminars is Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for (12) clock hours, #RCST110701.

Note: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.