



Phoenix Health Programs

ACT II with Steven Hayes

Acceptance and Commitment Therapy: Clinical Skills-Building Intensive *Seating Limited*

This acceptance and commitment therapy (ACT) workshop is a single-track program covering two full days that is designed to support clinical-skills building in acceptance and commitment therapy (ACT) and relational frame theory (RFT).

The program is designed to present the psychological flexibility model underlying ACT; to relate that model to language and cognition from an RFT point of view; to apply the psychological flexibility model to case conceptualization; to provide experiential training on its key elements; to help attendees detect psychological flexibility processes in session; to develop flexible and productive core intervention skills in ACT; and to relate these skills to the creation of a powerful therapeutic relationship. Data on the effectiveness of ACT will also be presented.

This training presents ACT theoretical and practical information at an intermediate level. Participants should have had some formal training in ACT and should be reasonably familiar with mid-level ACT terms, specifically the six core ACT processes (mindfulness, self-as-context, acceptance, defusion, values, and commitment).

Continuing-education credit certification provided FREE*

13 CE Credit Hours

*This **FREE** training is provided by Phoenix Health Programs and made possible under a grant funded by:*



Missouri Foundation
for Health

Note: Because of limited seating, we cannot allow transfer of attendance or CEU's for this workshop. If you register and then cannot attend, please notify us as soon as possible so we may release your spot to another participant on the wait list.

Please note that complete attendance is necessary at all required training sessions for continuing education certification. **No partial CE will be awarded.*

- PraxisCET is licensed by the California Board of Behavioral Sciences as a Continuing Education Provider: license #PCE 5771.
- National Board for Certified Counselors ACEP #6759.

**Contact Danielle or Kassie for more
information or to register for this event:
573-777-3010
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