• **Session Title**
  o Skills Development Workshop in Acceptance and Commitment Therapy (ACT) – Intermediate Level

• **Outline**
  o ACT is an evidence-based transdiagnostic intervention that has its origins in the behavioural tradition. It is concerned with helping individuals identify their values and taking committed action in the service of them. ACT identifies key processes that enable individuals to develop greater ‘psychological flexibility’ and teaches skills that help to change the relationship between an individual and their experience. This workshop builds upon the introductory workshop, developing participants’ skills in using the ACT approach in clinical practice. Participants will be trained in case formulation, socialising the client to the ACT model and therapeutic relationship, flexible mindfulness exercises, values clarification and helping clients to develop willingness through the use of cognitive defusion methods. The training will link ACT’s underlying theory, Relational Frame Theory (RFT), with practical techniques, the psychological flexibility model and broader cognitive behavioural skills. Finally, participants will be introduced to the use of ACT as a brief intervention, in both individual and group formats.

• **Topics that will be covered**
  o Relational Frame Theory
  o The ACT model
  o The core processes in ACT
  o ACT intervention techniques
  o The evidence base for the application of ACT

• **Learning objectives**
  o To move towards more fluid and flexible formulating skills
  o To further develop links between ACT’s underlying theory (RFT) with one’s clinical practice
  o To develop practical skills in using defusion and willingness
  o To learn new mindfulness skills from an ACT perspective
  o To learn how to bring vitality and meaning into sessions

• **Teaching methods**
  o Lecture
  o PowerPoint Presentation
  o Group discussion
  o Experiential exercises
  o Case material
  o Video
  o Skills practice

• **Eligibility**
  o This workshop will be most suited to professionals who have undertaken an introductory course in ACT, either at The University of Birmingham or elsewhere. The workshop facilitators will assume that delegates have a basic knowledge of the ACT model and the core ACT processes. Some experience of using ACT in practice will be beneficial.
Facilitator
  - Dr John Boorman & Dr Elizabeth Burnside

Biography
  - Dr John Boorman is a Clinical Psychologist who worked and trained in the UK. He has also worked at the University of New South Wales in Sydney, Australia, as a clinical researcher and practicing psychologist in the counselling and psychological services (CAPS). Here John was responsible for conducting a large scale research project into the functional factors which affect student wellbeing. In addition to these roles, John works in a large private practice specialising in delivering a range of ACT interventions with children and adolescents. John has provided teaching on ACT for various institutions including UK Clinical Psychology doctoral training courses, the BABCP, BPS and several NHS and private organisations. John regularly attends and contributes at national and international psychology conferences. John has also written a book chapter on ACT for The Sage Handbook of Counselling and Psychotherapy. He is a committee member of the BABCP ACT Special Interest Group and the West Midlands Branch.
  - Elizabeth Burnside is a Clinical Psychologist working both at the University of Bangor and in the NHS. As a clinician, she works in Child and Adolescent Mental Health, and is interested in using and developing third wave therapies for young people, particularly Acceptance and Commitment Therapy (ACT). Before returning to Bangor in her current post as Academic Director of the North Wales Clinical Psychology Programme, she was Clinical Lead for CAMHS in North East Wales where she managed the complexity and challenges of strategic development of an NHS service. Elizabeth is an experienced trainer in ACT and is a committee member of the BABCP ACT Special Interest Group.

Date
  - Thursday 21st – Friday 22nd September 2017, 9:30am – 4:30pm

Venue
  - The University of Birmingham

Number of places
  - 80

Cost
  - £190