

## ACT/ Contextual Behaviour Science Conference

### **Beyond the Basics in Acceptance and Commitment Therapy: Advancing Through Use of the Therapeutic Relationship and Implementing the Processes with Flexibility and Effectiveness Advanced Workshop**

#### **Abstract:**

Acceptance and commitment therapy uses a variety of verbal and experiential processes and techniques to assist clients in making life enhancing choices based on personally held values. The behavioral processes implemented in ACT may be learned and understood at many levels, yet, they may also remain challenging to implement in a flexible, consistent, and effective fashion. This workshop will be an advanced training focusing on applying ACT to a broad range of issues. It will include role plays and guided skills development. Participants will engage in exercises designed to refine and develop their ACT skills. Didactics and discussion will be oriented to increasing flexibility in the use of the core processes and consistent application of the model.

#### **About Dr. Walser**

**Robyn D. Walser, Ph.D.** is Director of TL Consultation Services, Assistant Professor at the University of California, Berkeley, and works at the National Center for PTSD. As a licensed psychologist, she maintains an international training, consulting and therapy practice. Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 4 books on ACT including a book on learning ACT. She also has expertise in traumatic stress, depression and substance abuse and has authored a number of articles and chapters and books on these topics. She has been doing ACT workshops since 1998; training in multiple formats and for multiple client problems. Dr. Walser has been described as a “passionate, creative, and bold ACT trainer and therapist” and she is best known for her dynamic, warm and challenging ACT trainings. She is often referred to as a clinician’s clinician. Her workshops feature a combination of lecture and experiential exercises designed to provide a unique learning opportunity in this state-of-the-art intervention.

#### **A Few Actual Quotes Regarding Dr. Robyn Walser:**

*(Robyn).... is a dynamic leading ACT trainer, charismatic and creative.*

*“Best workshop I have attended. Excellent presentation. Gained a lot personally and professionally”*

*“This was one of the best training and workshops I have had the pleasure to attend (and I’ve been to some good ones!)”*

*“That was great! Come back!”*