

ACT/ Contextual Behaviour Science Conference

ACTivating Your Practice: An introductory Acceptance and Commitment Therapy (ACT) workshop for psychological therapists

Are you a CBT therapist, psychologist, nurse therapist, or counsellor with an interest in mindfulness and acceptance? Are you interested in dipping a toe in the water to see if this approach fits with your practice? Then this workshop is for you!

ACT is a unique transdiagnostic psychological intervention that uses acceptance and mindfulness strategies, together with behaviour change strategies, to increase psychological flexibility. It is concerned with helping individuals identify what is important to them and taking committed action in order that their behaviour is more consistent with their values. ACT also promotes skills that help to change the relationship between an individual and their experience. It is rapidly developing a wide-ranging evidence base across numerous areas of clinical practice

Based on the popular self-help book, *ACTivate Your Life* (Oliver, Morris & Hill, 2015), this 2-day workshop is designed for therapists working in physical/mental health care who want to enhance and develop their practice by developing skills in *acceptance*, *mindfulness* and *values* procedures.

You will learn to:

- Engage clients in exploring their personal values to drive purposeful life change
- Use mindfulness in a flexible, formulation-informed manner
- Supercharge your therapy relationship to develop strong and meaningful connections
- Develop a toolkit of powerful and new techniques to work with difficult thoughts and feelings

The workshop will be highly interactive, involving a variety of methods including didactic teaching, experiential exercises, group work, and live/video demonstrations of therapeutic interventions.

Previous feedback for this workshop

“An excellent introduction to ACT and how to start implementing it in practice...great use of metaphors to explain things to us but also to use with clients” (Stuart Randall, RMN)

“Fantastic. The best CPD I’ve done in a long time. Paced exceptionally well and responsive to the needs of the audience” (Sue Clohessy, Clinical Psychologist)

“Rich and Joe were skillful, informative, and delivered an interesting course...workable for use with clients” (Adrian Langham, BACP Accredited Counsellor)

“It really exceeded my expectations – just beautifully paced” (Karen Sutton, Clinical Psychologist)

Biographies

Dr Richard Bennett works as a Clinical Psychologist and Cognitive Behavioural Psychotherapist. He works on the CBT Programmes at The University of Birmingham where he leads the Postgraduate Diploma in High Intensity Psychological Therapies. He has trained and supervised a wide range of healthcare professionals across the UK, as well as overseas. He worked in the NHS for over 20 years in adult and forensic mental health and is now in independent practice in Birmingham, as Director of Think Psychology. He is also an active member of the Association for Contextual Behavioural Sciences and the British Association for Behavioural and Cognitive Psychotherapies.

Dr Joe Oliver is a Clinical Psychologist who has worked within the UK National Health Service for over twelve years. He currently holds a position within a North London NHS Trust as Cognitive Behavioural Therapies Training Lead. He has additionally been developing and researching ACT/mindfulness individual and group interventions at the Institute of Psychiatry, King’s College London. He is also Director for Contextual Consulting, a London-based consultancy offering ACT focused training, supervision and psychological therapy. He is co-editor of the book, "Acceptance and Commitment Therapy and Mindfulness for Psychosis" with Wiley-Blackwell, and co-author of the self help book, "ACTivate Your Life" with Constable Robinson.