



Acceptance and Commitment Therapy: Process in Clinical Practice Pre-Meeting Institute

May 6-7, 2025

A Live, Interactive Webinar

Description:

Acceptance and commitment therapy (ACT) employs a variety of verbal and experiential processes and techniques to assist clients in making life-enhancing choices based on personally held values. ACT, as a modern behavioral approach within the third wave of cognitive-behavioral therapies, emphasizes psychological flexibility, helping clients live in alignment with their values in the service of creating meaningful living. This training aims to deepen participants' understanding of how ACT promotes resilience and adaptive coping by encouraging clients to open up to difficult experiences instead of avoiding them. Attendees will gain insights into fostering an accepting, value-driven therapeutic relationship and experience ways to integrate mindfulness and experiential exercises within their practice, assisting the client to live meaningfully. Using case examples and role-play, participants will be equipped with practical tools to help clients cultivate awareness, respond flexibly to life challenges, and pursue meaningful goals. (Walser, R. D., & O'Connell, M., 2021; Walser, R. D., 2019; Gloster, A. T., Walder, N., Levin, M. E., Twohig, M. P., & Karekla, M., 2020).

Total CE Credits: 14.0

Total Contact Hours: 14.0

Learning Objectives:

Following the training, attendees will be able to:

1. Explain the six processes that underlie psychological flexibility/inflexibility.
2. Analyze the language-based processes (e.g., RFT) that create suffering.
3. Use “creative hopelessness” to motivate a change in the control agenda.
4. Explain how acceptance and defusion support openness to experience.
5. Integrate the concepts of present moment and self-as-context into the process of establishing awareness.
6. Analyze how values and commitment action can support meaningful living.
7. Develop strategies for implementing ACT processes across various client presentations and contexts.



8. Evaluate the state of ACT as an evidence-based treatment.
9. Demonstrate perspective-taking and its relationship to creating flexibility.
10. Apply committed action and values clarification together to create meaning and behavioral goals.
11. Use ACT to address multiple clinical issues and presenting problems.
12. Analyze the essential characteristics of the therapeutic relationship from an ACT point of view, including intrapersonal and interpersonal processes.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Intermediate

Agenda:

Agenda Day 1:

9:00–10:30	Language and Psychological Flexibility
10:30–10:45	Break
10:45–12:00	Creative Hopelessness in Motivation and Change Over Time
12:00 – 1:00	Lunch
1:00 – 3:00	Willingness/Acceptance
3:00 – 3:15	Break
3:15 – 5:30	Defusion and Present Moment

Agenda Day 2:

9:00–10:30	Self as Context
10:30–10:45	Break
10:45–12:00	Values and Committed Action
12:00 – 1:00	Lunch
1:00 – 3:00	Integrating the ACT Core Processes
3:00 – 3:15	Break
3:15 – 5:30	Essential Characteristics of the ACT Therapeutic Relationship

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits



cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available via CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 14.0 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at Jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 6-7 May, 2025

Time: 9:00am – 5:30pm Eastern

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: One week prior to the start of the class or when registration meets capacity.

Cancellations/Questions: Please contact Jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.



Registration Cost/Refunds: Free for those with a .mil email address. \$40 for all others. Refunds will be authorized if registration is cancelled within 2 weeks prior to the class start.

Required Materials: None

Location Information: Online via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanely-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Robyn D. Walser, Ph.D., is Director of TL Consultation Services, Assistant Professor at the University of California, Berkeley, Director of Research at Trauma Recovery Clinical Services, and works at the National Center for PTSD. She maintains an international training, consulting, and therapy practice as a licensed psychologist. Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 9 books on ACT, including a book on learning ACT. She recently wrote *The Heart of ACT- Developing a flexible, process-based, and client-centered practice using acceptance and commitment therapy*. Dr. Walser has expertise in traumatic stress, depression and substance abuse and has authored a number of articles, chapters, and books on these topics. She has been doing ACT workshops since 1997; training in multiple formats and for multiple client problems. Her workshops feature a combination of lecture and experiential exercises designed to provide a unique learning opportunity in this state-of-the-art intervention.

<http://robynwalser.com>

****Dr. Walser has the following disclosure to report:** receives a royalty from New Harbinger Publications.