



ACCEPTANCE AND COMMITMENT THERAPY (ACT)

5/9/2023-5/10/2023

A Live, Interactive Webinar

Description:

This workshop will be highly experiential with a focus on helping participants practice and build skills that they can readily integrate into their work with military clients. It's designed to give participants a strong foundation in Acceptance and Commitment Therapy (ACT) theory and practice. The workshop is ideal for beginning practitioners new to the model as well as those already practicing ACT at an intermediate level who want to broaden their repertoire.

Over the course of two days, we will work with participants to assess psychological problems using the Psychological Flexibility model, learn and practice skills relevant to each of the 6 core psychological flexibility processes, use the ACT skills to help clients differentiate between ineffective and meaningful actions, and to identify and address key indicators of psychological inflexibility. In addition, the training will explore the ways in which language and metaphor influence behavior and can be used in therapy to help change behavior. We will use experiential exercises, small group work and dyad work to encourage participants to practice and enhance new skills.

Total CE Credits: 14

Total Contact Hours: 14

Learning Objectives:

Following the training, attendees will be able to:

1. Appraise the utility of the assumption of healthy normality when making sense of human suffering.
2. Formulate presenting problems of military clients from a functional contextual perspective
3. Distinguish between the 6 processes that promote psychological flexibility
4. Apply the Psychological Flexibility Model of psychopathology to create unique ACT treatment plans
5. Use key theoretical concepts related to functional contextualism and relational frame theory to enhance clinical interventions
6. Integrate conversations about the unworkability of control-based strategies for managing presenting problems into client interactions.
7. Develop client motivation to consider acceptance and willingness as an alternative to struggling with unwanted internal experiences.



8. Apply “open” skills to address experiential avoidance and cognitive fusion
9. Use “aware” skills to address over identification with ones’ self-concept and rigid attention to the past and/or future
10. Demonstrate “engage” skills to address lack of meaning and purpose and ineffective behavior (e.g., procrastination, avoidant persistence)
11. Evaluate options for continued education and training in the ACT model of treatment.

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

Instructional Content Level: Intermediate

Agenda:

Day One

Introductions, Opening Exercise	9:00am – 9:30am
Idiographic Assessment using the Matrix	9:30am – 11:00am
Break	11:00am – 11:15am
Foundations: ACT in Historical Context, Functional Contextualism, Core Yearnings	11:15am – 1:00pm
Lunch	1:00pm – 2:00pm
Foundations: Relational Frame Theory, Psychological Inflexibility Processes	2:00pm – 3:30pm
Break	3:30pm – 3:45pm
Pretreatment Assessment, Informed Consent, and Preparing Clients for ACT	3:45pm – 5:30pm



Day Two

Opening Exercise	9:00am – 9:15am
<u>Open Skills</u> : Cognitive Defusion and Acceptance	9:15am – 11:00am
Break	11:00am – 11:15am
<u>Aware Skills</u> : Flexible Attention to Present Moment and Perspective Taking	11:15am – 1:00pm
Lunch	1:00pm – 2:00pm
<u>Engage Skills</u> : Values Clarification and Committed Action	2:00pm – 3:30pm
Break	3:30pm – 3:45pm
<u>ACTplications to Military Clients</u> : Case conceptualization, Research related to ACT and military clients, peer-to-peer consultation	3:45pm – 5:30pm

** Two 15-minute breaks and 1 hour for lunch on each day

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 social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged, but if you are seeking New York State Education Department psychology credit hours then you are required to complete an evaluation. If you do not wish to complete the evaluation but desire to receive non- New York State Education Department psychology CEs, please contact the POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be emailed 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 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).

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

Participate:

Online Platform: Zoom

Date: May 9-10, 2023

Time: 9:00am – 5:30 pm Eastern

Registration Information: Registration is done through event management system Eventbrite, and the link will be provided to prospective attendees via the CDP website.

Registration Deadline: Registration for this training closes one week prior to the training date.

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

Registration Cost/Refunds: \$45

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

Location Information: Training will be held on Zoom, the manager for this training will send the Zoom link prior to the training.

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: 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 Milochik, via email at Amanda.milochik.ctr@usuhs.edu.



Instructor Biographies:

Andrew Santanello, Psy.D is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology of the Uniformed Services University of the Health Sciences with expertise in the areas of PTSD, mindfulness, Cognitive Processing Therapy and Acceptance and Commitment Therapy. In addition to being an Acceptance and Commitment Therapy and National Cognitive Processing Therapy trainer, Dr. Santanello is also a member of the *CDP Presents* team, a regular contributor to the *Bottom Line Up Front (BLUF)*, and co-host of CDP's podcast, *Practical for Your Practice* . In addition to his work with CDP, Dr. Santanello is the President-Elect of the ACT for Military Special Interest Group and Member-At-Large of the Mid-Atlantic Chapter (MAC) of the Association for Contextual Behavioral Science (ACBS).

Erin Frick, Psy.D. is a clinical psychologist serving as a Senior Military Behavioral Health Psychologist for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she develops and leads Evidence-Based Psychotherapy (EBP) trainings and is integrally involved in diversity, equity, and inclusion efforts within CDP. Dr. Frick earned her bachelor's degree in psychology from Manchester University (formerly Manchester College) in Indiana. She graduated with her master's degree in mental health counseling from Purdue University in West Lafayette, IN and her doctorate in Clinical Psychology from Wright State University in Dayton, OH. Prior to joining CDP, she worked as a contract psychologist treating active duty military members at Travis Air Force Base, CA utilizing multiple EBPs. Before this, she worked primarily in university counseling and community mental health centers. Over the course of her career, Dr. Frick's clinical work has focused on suicide prevention, the dissemination and implementation of EBPs, developing group therapy services in mental health clinics, training and supervising staff, mindfulness-based treatments, and the assessment and treatment of trauma-related mental health conditions.

**There is no commercial support or conflict of interest to report for these presenters.