

ACT Essentials (Acceptance & Commitment Therapy)

'Once in a while there is a unique contribution to psychotherapy.'

A 3-day course for 6-15 people.

Executive Summary:

ACT adopts a new strategy that moves away from the 'rational strategies of behaviour and thought change' that many people have tried and failed with. Focusing mainly on how people understand and perpetuate their difficulties through language, ACT concentrates on exciting interventions based on metaphor and paradox, with experiential exercises to show how to break free of language traps, overcome common behavioural problems and enhance life satisfaction.

In three days you will cover a great deal:

- The differences between ACT and traditional cognitive behavioural therapy. Noticing, accepting and embracing thoughts and feelings, including unwanted ones, and taking action on them.
- Getting in touch with "self-as-context" - the part of you that observes and experiences but is different from the part of you that has feelings, sensations, and memories.
- Clarifying personal values and acting in accordance with them, thereby enhancing the quality of one's life.
- The idea that the normal human state is one of distress, rather than distress being pathological.
- Experiential avoidance, cognitive entanglement, and psychological rigidity, all of which may prevent one from acting in line with one's real values.
- The FEAR acronym as a summary of what causes us problems:
 - Fusion with your thoughts
 - Evaluation of experience
 - Avoidance of your experience
 - Reason-giving for your behaviour
- And the ACT acronym that summarises a more adaptive way of behaving:
 - Accept your reactions and be 'present'
 - Choose a valued direction
 - Take action
- Cognitive defusion: Learning how to overcome the natural tendency to regard our thoughts, images, emotions, and memories as sacred.

- Acceptance: Accepting our thoughts and allowing them to come and go without fighting them.
- Awareness of the here and now, experienced with openness, interest, and receptiveness.
- Observing the self: Accessing a transcendent sense of self, the ever-present part of you that observes and experiences.
- Values: Finding out what is most important to you and having clarity on it.
- Committed action: Acting responsibly in line with your values.

What this course will do for you:

1. You will have a clear idea of what is meant by the 'third wave' in therapy – and the first and second too.
2. You will know exactly what is involved in ACT, and be able to use ACT approaches with your patients, and perhaps especially with those for whom traditional CBT has proved less effective.
3. You will be better at accepting your own thoughts and feelings, as a prerequisite for helping others.
4. You will be more in contact with your own personal values and more prepared to act responsibly on them, and to help others do the same.
5. You will be less distressed by your distress when you are distressed, and able to show others how to achieve that.

Delegates' Feedback

Average presentation rating: **94%**



Average relevance rating: **88%**



Written Feedback:

"Wow! What a great course, informative, challenging, interesting and really well delivered."

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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