

Registration Form

Registration is limited, so please register early to ensure your place in this workshop.

Please tick the correct box:

Early Registration (before Feb. 28th) \$255

Registration (after Feb. 28th) \$285

Student Rate \$145

Buffet lunch for 2 days, include \$20

Registration Deadline: April 16th, 2010

Check-in May 6th – 8:30 a.m.

Name _____

Mailing Address _____

E-mail _____

Phone (____) _____ (home)

(____) _____ (work)

(____) _____ (cell)

Employer: _____

Position: _____

University Program: _____

Cancellation Fee: \$30

Send payment along with Registration form to:

South Shore Mental Health

c/o Judy Garber

Dawson Centre, Level II

197 Dufferin Street

Bridgewater, NS B4V 2G9



Disarming Anxious Suffering Using Acceptance and Commitment Therapy

With

John P. Forsyth, Ph.D.

May 6th & May 7th, 2010

**Oak Island Resort & Spa
Western Shore, NS**

(off Route 3 between Chester and Mahone Bay)

Special room rate for workshop attendees.

Contact Oak Island Resort & Spa at
1-800-565-5075 before March 30th, 2010.

Website: www.oakislandresortandspa.com



Dawson Centre, Level II
197 Dufferin Street
Bridgewater, NS B4V 2G9

Phone: (902) 527-5228

Fax: (902) 543-3120

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jgarber@ssdha.nshealth.ca

David. H. Barlow, famous for his work on anxiety, writes that ACT is... ***“a must for everyone in the field of psychotherapy..... Challenging the assumptions and methods of cognitive therapy, this is amongst the most significant new approaches to behaviour change of the past three decades.”***

ACT is a newer third-generation evidence-based behavior therapy that balances mindfulness and acceptance processes with commitment and behavior change processes to (a) undermine unhelpful thoughts and emotional avoidance, while (b) promoting greater experiential and psychological flexibility in the service of valued ends. In short, ACT teaches clients how to be with their hurts and do what works – to live well, richly, and meaningfully, without first having to defeat sources of emotional and psychological pain.

ACT is a broadly applicable process-guided approach to human suffering and its alleviation, not simply a set of intervention technologies for specific psychological disorders. Thus, this two-day workshop will introduce ACT, both as a model and intervention technology, and illustrate its practical application with an eye on processes that feed and maintain anxious suffering.

Our two days together will be filled with didactic teachings, live and video demonstrations, and practical experiential exercises that will be done individually, in dyads, and small groups. The exercises will highlight the integration of mindfulness and acceptance strategies (along with kindness and

compassion exercises) to disarm forms of anxious suffering and also focus on strategies to promote greater clarity of values and action in the service of living well. Participants will be encouraged (but never forced or coerced) to engage the material at a personal level, as it applies to their own lives, and then also in the context of their clinical work. All I ask is that participants are willing to get inside the ACT model and approach, if only for just 2-days. Clinical worksheets and other practical tools will be provided.

Workshop Overview & Program:

This introductory workshop will explore the use of ACT with clients suffering from anxiety and related disorders. A general familiarity with ACT will be helpful, but is not required. The only requirement is that participants come with an openness to learn.

Day 1 – May 6, 2010

9:00 am – 12pm ACT#1:

The ACT model of human suffering and its successful alleviation: Overview, processes, and outcomes. When and how psychological and emotional pain turns into human suffering

12pm – 1pm: Lunch

Dr. Forsyth will provide a luncheon presentation of his research, and that of others, using ACT for anxiety-related disorders.

1pm – 2:30pm: ACT #2:

Creative hopelessness: Making room for new possibilities. Strategies to weaken the struggle and control agenda as a way out of anxiety and fear.

2:45pm – 4:30pm: ACT #3:

Values clarification: A context for the work & what are we working toward identifying.

Values and barriers that get in the way of vital action.

Day 2 – May 7, 2010

9am – 12pm: ACT #4:

Disarming an unhelpful mind: Acceptance, mindfulness & defusion. Cultivating space, self-kindness & compassion, and a new relationship with anxiety

12pm – 1pm: Lunch

1pm – 4:30pm: ACT #5:

Framing exposure-based strategies: Nurturing willingness and valued action Getting with anxious discomfort in the service of a more vital life.

John Forsyth, Ph.D. is an internationally recognized expert in the treatment of anxiety disorders and a leader in the growth of newer acceptance and mindfulness-based behavior therapies. He is also Associate Professor of Psychology, and serves as Director of both the Doctoral Program in Clinical Psychology and the Anxiety Disorders Research Program at the University at Albany, State University of New York. In 2006 he was honored with both the University at Albany and SUNY Chancellor's Awards for Excellence in Teaching.

Dr. Forsyth has an active research program focused on ACT and the anxiety disorders. He is also a coauthor of three widely acclaimed books: *"Acceptance and Commitment Therapy for Anxiety Disorders,"* and *"ACT on Life, Not on Anger."* His latest book is, *"The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free From Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy."*