



Acceptance and Commitment Therapy: Underlying Philosophy & Basic Processes

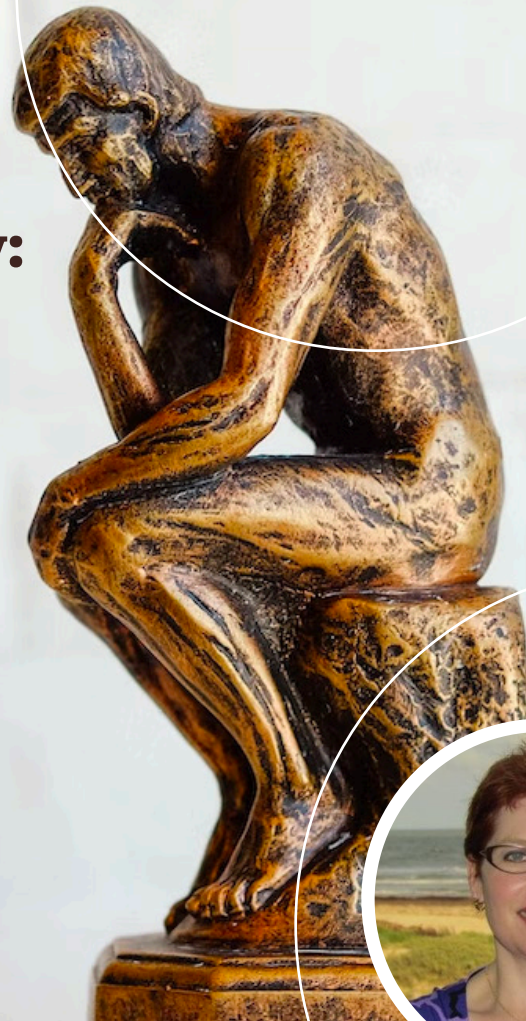
June 22

11am-1pm MT

1PM EST · 12PM CT · 10AM PST

Presented by:

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Summary:

In this two-hour session we will explore the philosophies behind Acceptance and Commitment Therapy. We will review the six core processes and practice specific techniques for each process. We will finish by reviewing the ACT matrix and discuss ways to use the ACT tools in and out of the therapy room.

Learning Objectives:

Learners will be able to:

- describe the 6 processes of ACT
- describe the underlying concepts of ACT
- describe the ACT Hexaflex and ACT Matrix
- immediately implement ACT techniques into their practice



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