

# Acceptance and Commitment Therapy

5 day applied workshop



funktionel psykologi

OPEN UP  
BE PRESENT  
CHOOSE

## ACT *Acceptance and Commitment Therapy*

2018 Norway

### Godkendt af NPF

5 day (30 hours) intensive workshop approved by Norsk Psykologforening as "Specialkurs" and "Vedlikeholdskurs".

### Oslo

Part 1: 29-31 Jan 2018

Part 2: 19-20 Feb 2018

Video supervision\*: 21 Feb 2018

\*Optional supervision

### Price

12.500 NOK (5 day)

2.000 NOK Optional supervision (limited places)

### Early Bird Discount

Price before Dec 1<sup>st</sup> 2018  
10.000 NOK

### Workshop facilitator

Max H Bøhling, phd

### Sign-up

[www.ACTillustrated.com](http://www.ACTillustrated.com)

### Experiential ACT Workshop

Over the course of 5 days and 30 hours you will receive an intensive hands-on introduction to **Acceptance and Commitment Therapy (ACT)**. The program consists of two modules and one optional day of video supervision. The break between modules allows you to practice your ACT skills and bring challenges to the workshop. The workshop is limited to max. 14 participants.

### ACT

ACT is an evidence based 3rd wave cognitive therapy and an extension of Skinners behavioural therapy. It is a transdiagnostic model where client challenges are understood in terms of unhelpful attempts at controlling the natural interplay between context, emotions, thoughts and bodily sensations. Research supports its application as a treatment of a range of psychological challenges such as anxiety, OCD, depression, chronic pain and schizophrenia. ACT is also helpful in non-clinical settings where it can help motivate and provide clarity in difficult situations.

### Learning by doing

You will build skills through demonstrations, practice, guidance and reflections. It is often a fun and rewarding approach benefitting both your development as a therapist and as a person. The small group (max. 14) enables lots of feedback and guidance from the instructor. You are encouraged to bring client challenges and /or own challenges. The program consists of two modules and an optional supervision day. After module 1 you will be able to start working with ACT in your own practice.

**Module 1 (3 days):** Introduction to science, theory, ACT, six core processes, case formulation, functional analysis, hopelessness, metaphors and homework.

**Module 2 (2 days):** Follow-up on own experiences, case supervision, training of functional analysis (micro and macro), detecting and intervening client rigidity, use of self in therapy, challenging clients and case analysis.

**Optional video supervision:** One day of optional video supervision of your recorded sessions (max. 4 participants).

After signing up you will receive links to articles and Podcasts that help you prepare.

### Workshop facilitator

Max H Bøhling, specialist in psychotherapy, phd and international peer reviewed ACT trainer. Max works with clients individually and in groups, and help professionals learn ACT. Max also works with the Australian trainer and writer Russ Harris with supervision and training in ACT.