



Understanding ACT - An Experiential and Practical Introduction to ACT (part 1 of 2)

Overview

This workshop is designed to facilitate behaviour change and personal development. It is designed to introduce Acceptance and Commitment Therapy (ACT) and teach practical techniques, tools and strategies for beginning to work with ACT. All workshops are taught with a variety of teaching methods, including instruction, practical exercises, and role-play in small groups.

Objectives

Participants will gain knowledge and understanding of :

- the ACT model of psychological inflexibility
- the six core processes of ACT
- tools and strategies for each of the processes

Who should attend?

This is an introductory workshop suitable for all who work supporting people to develop self-awareness and make changes. It is not necessary to have prior knowledge and experience of ACT, just an interest in learning more about effective and evidence-based interventions. Workshops are inclusive, encouraging and supporting the development of ACT knowledge and practice across a wide variety of people and professions.

Length

Face to Face - 2 days

Online - 3 days (4 hours each day)