

Training

Acceptance and commitment therapy: from theory to practice – English only
Certified training OPQ - 14 hrs - RA00482-13

Place and schedule

Montréal
June 22nd and 23rd 2015

Space is limited

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Level attended

Intermediate to advanced level

Summary

Problem : ACT is an acronym for a new model of psychotherapy used for working with emotions and understanding language : Acceptance and commitment therapy (ACT). Taken from fundamental psychology work, and related to actual research, ACT demonstrated its efficiency for an average of fifteen years from now for all categories of psychological disorders. ACT consists in changing the way the patient relates to his emotions and his thoughts, by helping him find psychological flexibility. Instead of struggling in vain to remove negative psychological events, ACT helps patient learn to gradually remove this energy to commit oneself to actions which really matter for him/her, which enrich life. Therefore, ACT is mostly an « active » therapy. Emotions and thoughts, once perceived as psychological events to be controlled or feared, become more and more experiences to be lived, whether they are welcomed or not at first.

Need : This training answers the need of deepening ACT practice by the use of examples from various problems.

Prerequisite : An introduction to ACT therapy model.

Goals :

Deepen and practice the ACT psychotherapy model. The goal is to allow the psychologist to use ACT in his/her everyday clinical practice.

Teaching methods

Throughout the workshop, case illustrations, group exercises and role play demonstrations will be utilized to give workshop participants a “hands-on”, experiential learning opportunity

Training on

Process and rating methods
Process and intervention.

Prices

Prepayment (until two weeks before training)	340,00 \$ + taxes
Regular price	400,00 \$ + taxes
Student (Proof required)	190,00 \$ + taxes

Monday, 22th June and Tuesday 23rd June 2015 (8 :30AM – 4 :30PM)

Address

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