

## Introduction to Acceptance & Commitment Therapy (ACT) for Students

This workshop is intended to introduce postgraduate psychology students to an innovative and effective form of cognitive-behaviour therapy applicable to many clinical problems.

### **What is ACT?**

Acceptance & Commitment Therapy (pronounced "act" for short) is an approach to psychological therapy defined in terms of theoretical processes that successfully describe problem formation and resolution. ACT utilises experiential exercises, mindfulness and metaphors to help clients to:

- Experience their struggles in a way that allows for decisive action
- Contact their present moment experience willingly and without defence
- Experience aversive thoughts and feelings that they have previously avoided
- Discover or reconnect with their deepest values to set a direction for change and to motivate change.

### **Who should attend?**

This workshop is only open to postgraduate psychology students, preferably with experience of at least one clinical placement or practicum. Open-mindedness and willingness to take part in experiential exercises will maximise learning benefits.

### **What will the workshop involve? What are the learning objectives?**

This workshop will involve both didactic and experiential components with an emphasis on the latter. Experiential activities you will be invited to take part in will include mindfulness processes, observation and reflection with other participants, roleplays of both clinical and personal relevance and small-group or partnered discussion. In this workshop you will learn to:

- Understand the theory supporting ACT and how this has led to the development of unique intervention processes

Continued... →

---

### Registration

|                     |             |          |
|---------------------|-------------|----------|
| First name          | Family name |          |
| Phone (pref mobile) | Email       |          |
| Street address      | Suburb      | Postcode |

Currently enrolled in (choose the highest if more than one enrolment):

M. Psych.  D. Psych  PhD  Grad. Dip.  Other \_\_\_\_\_

Discipline/specialisation:

Psychology  Clinical psych  Counselling psych

Educational/developmental/child psych  Health psych

Forensic psych  Other \_\_\_\_\_

Mail this form to Julian McNally, 609 Nicholson St, North Carlton, 3054.

Contact me on 0425 823 173 or act@julianmcnally.com if you have any questions.

- Describe the empirical support for ACT interventions and understand why they work successfully across diagnostic categories
- Conduct a case formulation using the ACT model
- Effectively implement basic ACT interventions
- Utilise ACT techniques for your own personal growth

**About Julian McNally**

Julian McNally is a counselling psychologist in private practice and a senior counsellor at RMIT University. He has fifteen years experience in counselling having worked in prison, community and educational settings in roles that included assessment, individual and group interventions, therapist training, clinical supervision and program development and evaluation. He has completed ACT training with Robyn Walser, Russ Harris, Kirk Strosahl and Kelly Wilson among others. Julian currently convenes the Melbourne ACT Peer Supervision Group and also supervises individual therapists in their development as ACT practitioners.

**Registration:** The registration fee for this workshop is \$30.00 (inc. GST). To book your place, mail the form above or complete the online form at [www.julianmcnally.com](http://www.julianmcnally.com).

Payment can be made by EFTPOS or PayPal – details of how to do this will be emailed to you.

**Note: There will be no facility for registering on the day. Places in the workshop are limited.**

**Date:** Friday, October 5, 2007

**Time:** 9.00 am to 5.00 pm

**Venue:** Northcote Town Hall, 189 High St, Northcote.

**Parking:** There is free all-day parking in almost all of the surrounding streets.

However, you usually have to drive at least halfway down the street to get to the all-day parking zone.