

Basic Training in Acceptance and Commitment Therapy and its Application in a Busy Clinic 12–13 October 2017

Dr. Robyn D. Walser

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Associate Clinical Professor at University of
California, Berkeley



Date & Time

12 – 13 October 2017
(Thursday & Friday),
9:00a.m. – 5:30p.m.

Course Fee

HK\$2,800 per person
(HK\$2,400 per person for early bird
registration on or before 11 August 2017)

Venue

Lecture Theatre, 2/F, Block S
Castle Peak Hospital, Tuen Mun

Special price for full-time students of mental health related subjects:

HK\$1,600 per person
(HK\$1,300 per person for early bird
registration on or before 11 August 2017)

Target Participants

- Mental health professionals who are interested to know about Acceptance and Commitment Therapy
- No prior knowledge is required

** Limited seats are available on a first-come, first-served basis.*

Application Deadline

22 September 2017

Please visit IMH website www.imh.org.hk for more details
and the enrolment form.

Enquiry

Tel: 2456 7774 (Ms. Chung)

Email: cph_imh@ha.org.hk

Fax: 2455 9330 Website: www.imh.org.hk

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Course Description

The two-day workshop will discuss and demonstrate Acceptance and Commitment Therapy (ACT) techniques that are broadly useful in a busy clinic for intervening with multi-problem clients dealing with a variety of issues.

It will provide participants with a basic understanding of ACT, and with personal experiences that allow further development of the skills.

Course Content

- Introduction to Acceptance and Commitment Therapy: Theory and Concepts
- Core Components of Treatment: The Hexaflex as a Model of ACT

After the workshop, participants will be able to describe:

- Psychopathological impact of experiential avoidance as it is related to various pathological experiences;
- How human language participates in suffering and effects our relationship with private internal experiences;
- How mindfulness is related to ACT;
- Major steps in ACT and how each is related to suffering;
- How to use ACT processes in brief fashion to maximize ACT work resulting from quick/brief interactions with clients.

Medium of Teaching

Both lecture and handouts are in English.

Accreditation

CME/CNE/CPD/CE accreditation in application.

Certificate of attendance will be issued with 75% or above attendance.

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About Dr. Robyn D. Walser

Dr. Walser is the Director of TL Consultation Services, staff at the National Center for PTSD and the Associate Clinical Professor at University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting and therapy practice.

She is an expert in Acceptance and Commitment Therapy (ACT), as well as in traumatic stress and substance abuse and has authored a number of articles, chapters and books on these topics. She has been doing ACT workshops since 1998; training in multiple formats and for multiple client problems.

Dr. Walser has been described as a “passionate, creative, and bold ACT trainer and therapist” and she is best known for her dynamic, warm and challenging ACT trainings. She is often referred to as a clinician’s clinician. Her workshops feature a combination of lecture and experiential exercises designed to provide a unique learning opportunity in this state-of-the-art intervention.

Besides being invested in developing innovative ways to translate science-into-practice, Dr. Walser continues to do research and education on dissemination of ACT and other therapies. She has had a number of leadership roles in national and international organisations and she served as Member At Large and President for the Association for Contextual and Behavioural Science, the main association that houses ACT.