

## Outline

### Acceptance and Commitment Theory: The myth of “normal”

What does wellbeing look like?  
The Human Condition: Pain vs suffering  
Why Acceptance and Commitment Therapy?

### The ACT Model: Psychological Flexibility

The problem of avoidance: the Inflexahex model  
How ACT is different from other approaches  
Evidence of ACT  
Limitations of the research and potential risks

### Components of the ACT Model

#### Present Moment Awareness (PMA)

The power of anchoring in the present  
Common obstacles to Present Moment Awareness  
Metaphor for PMA: Your experience of a musical band  
PMA experientials to contact the “here and now”

Watching experiential STUF  
Turning into 5 senses

**Case example:** A veteran presenting with unprocessed trauma

#### Acceptance

The opposite of control  
What’s possible with non-reactivity  
Acceptance of painful emotions and realities  
What acceptance is not  
Obstacles to acceptance  
Metaphor for acceptance: The blow-up ball in a swimming pool  
Acceptance experientials:

Dropping the rope  
Audio exposure

**Case example:** A performing artist presenting with avoidance of social situations

#### Defusion

Benefits of holding thoughts lightly  
The power of language  
Obstacles to defusion  
Metaphor for defusion: The mind as a 24/7 streaming station  
Defusion experiential:

“My mind made up the thought that...”

Don’t do what I say

**Case example:** A stay at home mother presenting with hopeless thinking

### Self As Context (SAC)

3 levels of ‘selfing’  
Benefits of flexible perspective taking  
Obstacles to Self as Context  
Metaphor for Self as Context: Sky and weather as observer and experience  
SAF experientials:

I am  
Prosecute yourself

**Case example:** A CEO presenting with rigid thinking patterns

### Values

The power of values  
Values vs. scripts or goals  
Obstacles to clarifying values  
Values clarification  
Values-based action plan  
Metaphors for clarifying values:

Jar of fullness  
The Scoreboard

**Case example:** A grad student presenting with a lack of clear direction and meaning

### Committed Action

Benefits of values-based moves  
Pivoting from default to intention  
Using functional inquiry to stay on track  
Obstacles to committed action  
Committed action metaphor:  
Monsters on the Bus  
Committed action experiential:  
Creating a committed action plan  
Imaginal rehearsal of targeted behavior in context

**Case example:** A couple presenting with avoidance of conflict

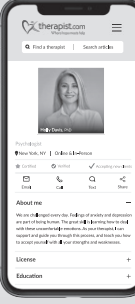
### Pulling it all together

Embodying ACT to be a psychologically flexible clinician  
Workability as a guide  
ACT case conceptualization  
Pop culture examples  
Integrating other therapies with ACT:  
Dialectical Behavioral Therapy  
Exposure therapy  
Schema therapy

Common obstacles to PF in therapy  
**Case example:** A public figure presenting with compulsion to use drugs

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# Acceptance and Commitment Therapy

Activating Psychological Flexibility for Anxiety, Trauma, and Emotional Dysregulation

**Live Interactive Webinar**

**Friday, March 31, 2023**

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# Acceptance and Commitment Therapy

Activating Psychological Flexibility for Anxiety, Trauma, and Emotional Dysregulation



Featuring  
**Aprilia West, PsyD, MT, PCC,**  
Internationally Recognized Psychologist,  
Author, Coach, and ACT Trainer

- Clinical ACT tools and experientials to help your clients make difficult behavior changes
- Diverse case conceptualizations, real time demos and dyad practice to boost your ability to use ACT in practice
- Integrative examples for combining ACT with DBT, exposure therapy, and schema therapy

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## Acceptance and Commitment Therapy:

Activating Psychological Flexibility for Anxiety, Trauma, and Emotional Dysregulation

**Getting stuck when working with clients who are psychologically inflexible is a normal experience for therapists.** But it can often feel like fighting a losing battle where, despite your most powerful clinical tools, there is little to no real progress.

This often happens because, in addition to knowing **WHAT** to do to expand your client's behavioral repertoire, you also need the skills and confidence to know **HOW** to create the context for real learning to happen.

**While many clinicians learn and understand the basics about ACT, they often lack confidence when it comes to disrupting psychological inflexibility in session.**

In this 1-day training Dr. Aprilia West, MT, PCC, takes you all the way through the ACT model using process-based cognitive-behavioral strategies **to accelerate psychological flexibility across a wide range of diagnoses and improve client outcomes.**

By learning to make **expert-level therapeutic moves with ACT** you can help clients decrease suffering and live a more meaningful life -- regardless of their diagnosis or level of functioning. This ACT workshop will help you enhance your ability to work with common clinical presentations including:

- Chronic Stress, Anxiety and Depression
- Emotional Reactivity and Emotional Dysregulation
- Unprocessed Trauma/PTSD
- Substance Abuse and Compulsive Behaviors

Register Today!!

### Objectives

1. Identify core underlying processes related to mental health and wellbeing.
2. Distinguish between the 6 psychological flexibility processes in the ACT hexaflex model.
3. Apply "open" skills to address experiential avoidance and past and/or future focus.
4. Utilize "aware" skills to address over identification with self as content and cognitive fusion.
5. Demonstrate "engage" skills to address lack of meaning and purposeful action in context.
6. Conduct experiential exercises to enhance the learning, retention and recall of new ACT skills.



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### Live Webinar Schedule

(Times listed in Pacific)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

### Meet Your Speaker



**Aprilia West, PsyD, MT, PCC**, is an internationally recognized psychologist, coach, trainer, author, and expert in the field of psychotherapy and coaching. Dr. West is a licensed clinical psychologist in private practice and a professional certified coach providing executive leadership and team coaching in the workplace where she utilizes ACT principles, along with other contextual behavioral interventions.

Dr. West is an ACT expert and has trained thousands of therapists and coaches in applying contextual behavioral science worldwide. She is the former president of the Association for Contextual Behavioral Science (ACBS), Southern California chapter, part of the international ACT organization with over 8,000 members worldwide.

In addition, Dr. West is known for developing the construct of emotional efficacy, an integration of emotional intelligence, psychological flexibility, and resilience. She also developed and piloted an evidence-based protocol, Emotion Efficacy Therapy (EET) which combines emotion psychoeducation with components of Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT) and exposure therapy. Subsequent RCTs show significant results for the treatment of depression, anxiety, stress, emotion avoidance, distress intolerance, emotion dysregulation, internet dependency, impulsivity, and stuttering.

West is author of *What You Feel Is Not All There Is* (EnMasse Media) and co-author of the professional guide to *Emotion Efficacy Therapy* (Context Press), *Acceptance and Commitment Coaching in the Workplace* (Springer), and the upcoming *ACT For Your Best Life* card deck (in press, 2023), as well as several other academic publications.

#### Speaker Disclosure:

Financial: Aprilia West maintains a private practice and has an employment relationship with Bay Area Trauma Recovery Clinic. She receives royalties as a published author and is a research advisor for Emotion Efficacy Training. Aprilia West receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Aprilia West is a member of the Association for Behavioral and Cognitive Therapies and the Association for Contextual Behavioral Science.

### Target Audience:

Social Workers • Counselors • Psychologists • Physicians • Marriage and Family Therapists  
Addiction Counselors • Psychotherapists • Case Managers • Nurses  
Mental Health Professionals • Therapists • Other Mental Health Professionals

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88318>.

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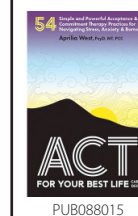
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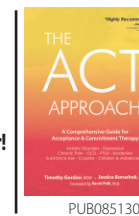
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### Recommended Reading:



**ACT for Your Best Life**  
54 Simple and Powerful Acceptance & Commitment Therapy Practices for Navigating Stress, Anxiety & Burnout  
Aprilia West, PsyD, MT, PCC - Your Speaker!  
~~\$18.99~~ **\$14.99\***



**The ACT Approach**  
A Comprehensive Guide for Acceptance and Commitment Therapy  
Timothy Gordon, MSW, RSW, Jessica Borushok, PhD, Kevin Polk, PhD  
~~\$29.99~~ **\$22.99\***

\* Discount Included with purchase of the Webinar

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