

2005 ACT Summer Institute
La Salle University, Philadelphia, PA
July 18-22; Pre-Institute Workshops July 15-17

Program Content

Among both therapists and clients, the prevailing view is that a more vital life can be attained by directly changing negative thoughts and feelings. Yet despite efforts to achieve these goals, many people continue to suffer with behavior disorders, adjustment difficulties, and low life satisfaction. Acceptance and Commitment Therapy (ACT) is a unique psychotherapeutic approach based on Relational Frame Theory that addresses this question by altering the very ground on which rational change strategies rest.

Within a coherent theoretical and philosophical framework, ACT illuminates the ways that language entangles clients into futile attempts to wage war against their own inner lives. It shows how interventions based on metaphor, paradox, and experiential exercises can help clients make contact with thoughts, feelings, memories, and physical sensations that have been feared and avoided. Clients learn to recontextualize and accept these private events, develop greater clarity about personal values, and commit to needed behavior change.

The overall *purpose* of the institute is to increase the skill of attendees in implementing ACT in applied settings through a combination of brief lectures, video demonstrations, live modeling, case discussions, experiential work, and extensive supervised role-playing practice. The primary *target audience* is practitioners, students, and researchers who wish to learn more about ACT and RFT, including those at beginning, intermediate, and advanced levels of expertise. The Institute is focused primarily on applied training. There will be data presented, but that is not the primary purpose of the Institute. The *program* will extend across five full days, beginning at 8:30AM and ending at 6:00 PM each day, with pre-Institute workshops the weekend before the Institute (July 15-17). Several additional events will occur on some evenings. The basic program will consist of your choice of one of several three-hour workshops in the morning, one of several three hour workshops in the afternoon, and at least an hour each day in small group study sessions. In addition, several plenary sessions are scheduled that will bring together all the attendees in one room and will deal with various issues including the state of the evidence on ACT / RFT and the future development of this program of research and practice.

Learning Objectives

After attending this program, the participant should be able to:

- Understand and discuss the basic theoretical model underlying ACT.
- More effectively implement ACT across a variety of clinical populations, settings, or problems.
- More effectively utilize relational frame theory to guide clinical applications of ACT.
- Discuss the core competencies of an effective ACT therapist.
- Discuss current trends in research, assessment, and intervention in ACT.

Accreditation: La Salle University is approved by the American Psychological Association to offer continuing education for psychologists. La Salle University is recognized by the National Board for Certified Counselors to offer Continuing Education for National Certified Counselors. The University adheres to NBCC Continuing Education Guidelines.

La Salle University will be issuing certificates of completion. Please note that APA and NBCC rules require that we only give credit to those who attend entire workshops. Those arriving more than 15 minutes after the scheduled start time or leaving before a workshop is completed will not receive CE credit.

There are 37 credits/hours available for the week-long summer institute. Participants at the weekend experiential workshops will also be eligible for 20 CE credits/hours.

Program Agenda

The institute has several target audiences. Attendees are not restricted to any level and workshops are self-selected. Workshops will include video demonstrations, clinical and case supervision, role playing, discussion of transcripts, and so on.

Workshops intended for beginners include a series of workshops aimed at developing the skills of those new to ACT. Sessions will focus on learning the basic components of ACT, case conceptualization, the role of the therapeutic relationship in ACT, integrating ACT with other therapeutic approaches, and working with difficult clients. This area of the program is primarily focused on general ACT skills.

Applications focused on particular populations and settings are mostly at the intermediate or (occasionally advanced) level. As the program shows, a wide variety of areas are being covered.

There will also be user friendly versions of RFT for clinicians, sessions on exploring RFT implications for applied problems, and on practical “how to” and tactical sessions on the entire ACT / RFT research program.

Finally some offerings are designed to improve the skillfulness and consistency of ACT trainers. Activities involve attending discussion groups on such topics as guidelines for training the core processes of ACT, approaches to supervision, and the like. Attendees in sessions oriented to ACT supervision are invited to bring in video or audio based examples of their clinical work and to undergo the same type of analysis and feedback process that they would later use in their training activities. Some of the workshop leaders will also have the opportunity for feedback and supervision on their training activities from more experienced ACT trainers.

Those who have not attended a more experiential workshop are encouraged to consider one of the introductory two-day experiential workshops on the weekend before the conference. For those who have already done so, we will have two advanced, experiential pre-Institute workshops also available.

Faculty

Faculty include the following:

Catherine Adams, University of Mississippi

Patricia Bach, Illinois Institute of Technology

Dermot Barnes-Holmes, National University of Ireland, Maynooth

Yvonne Barnes-Holmes, National University of Ireland, Maynooth

Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine

John Billig, Minneapolis VA

Frank Bond, Goldsmiths College, University of London

Ann Branstetter, Southwest Missouri State University

Kara Bunting, University of Nevada, Reno

Glenn Callaghan, San Jose State University

LeeAnn Cardaciotto, Drexel University

Lisa Coyne, Brown Medical School

Joanne Dahl, University of Uppsala, Sweden

Sarah Dew, Vanderbilt University

Evan Forman, Drexel University

Eric Fox, Western Michigan University

Frank Gardner, La Salle University

Laurie Greco, Vanderbilt University Medical Center

Jennifer Gregg, Mental Illness Research Education and Clinical Center, VA Palo Alto, CA
Brandon Gaudiano, Brown University
Steven C. Hayes, University of Nevada, Reno
James Herbert, Drexel University
Jason Lillis, University of Nevada, Reno
Carmen Luciano, University of Almeria, Spain
Tobias Lundgren, University of Uppsala, Sweden
Jason Luoma, University of Nevada, Reno
John McElwee, Step by Step
Rhonda Merwin, University of Mississippi
Zella Moore, La Salle University
Daniel J. Moran, MidAmerican Psychological Institute
Amy Murrell, University of Mississippi
Susan Orsillo, Suffolk University
Jacqueline Pistorello, University of Nevada, Reno
Hank Robb, Pacific University
Patricia Robinson, Toppenish Yakima Valley Farmworkers Clinic, WA
Leslie Rogers, University of Mississippi
Lizabeth Roemer, University of Massachusetts at Boston
Vijay Shankar, LifeQual, LLC, Portland, OR
Rainer Sonntag, private practice, Germany
Ian Stewart, National University of Ireland, Galway
Kirk Strosahl, Mountainview Consulting Group, Moxie, WA
Niklas Törneke, psychiatrist in private practice, Sweden
Robyn Walser., National Center for PTSD, VA Palo Alto Health Care System, CA
Rikard Wicksell, Astrid Lindgren Children's Hospital, Stockholm, Sweden
Kelly Wilson, University of Mississippi
Robert Zettle, Wichita State University

Overall structure of the 2005 ACT Summer Institute

The general outline is that each day will consist of two, three-hour workshops and 1.5 hours in “consolidation and consultation sessions” in the late afternoon, except for the first day of the conference, on which only one workshop will be offered. Consolidation and Consultation (C&C) Sessions will be devoted primarily to consolidation of knowledge (e.g., answering questions and discussion) and case consultation. Each small group will hopefully consist of 15 or less attendees and will be lead by 2-3 “trainers.” Each participant will be assigned to one group at the start of the institute and will stay with that group throughout.

Accompanying each session title is a label to indicate the target audience. An explanation of each label is listed below:

Beginners – Intended for those who are relatively new to ACT and have attended no or possibly a single limited previous ACT training and have used ACT with clients in a limited fashion or not at all. We would recommend that people new to ACT participate in the Core Competency trainings on days one and two, and consider attending one of the pre conference intensive workshops. We would expect anyone who has attended to the three core competencies trainings to be able to then participate in the intermediate level

workshops from then on. For that reason only a few events specifically cast to include beginners are available after the first two days.

Intermediate – Intended for all those with more experience than a beginners’ level. If you have attended an ACT intensive workshop, and have a working familiarity with ACT and some experience implementing the treatment, then this is your level.

Advanced/Trainers – Open to all but primarily intended for those who are interested in either training or supervising others to do ACT. A major purpose of the Summer Institute is to serve the development needs of ACT trainers, and the entire structure of the Summer Institute involves this purpose.

Workshops are intended to be as interactive and horizontal as possible. Toward this end, most presenters will keep presentation/theory to no more than an hour of each workshop and will focus the majority of workshop time on more hands-on activities such as video review, audio review, transcript review, role play, case vignettes, etc.

We strongly encourage attendees to bring in video or audio-based examples of their clinical work or have cases ready to discuss in order to get the most from the institute. Multiple opportunities will be available during the conference to obtain consultation on your own clinical cases in order to see how ACT might apply or to improve your implementation of ACT.

Time	Monday, July 18
8-8:55	Trainers Meeting
9-10:30	Opening- Full Conference Plenary Session Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine Steven Hayes, University of Nevada, Reno Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA
10:45-11:30	Opening Consolidation and Consultation Session: Initial meetings in small groups- Introductions, help people get experientially in contact with their purpose for being there, and begin planning out what they want out of the conference
Lunch	
12:45-3:20	<p>An Introduction to RFT for Clinicians <i>RFT/BA/ACT research</i> Dermot Barnes-Holmes, National University of Ireland, Maynooth Yvonne Barnes-Holmes, National University of Ireland, Maynooth Ian Stewart, National University of Ireland, Galway</p> <p>ACT Core Skills and Competencies – Part 1 <i>Beginner Level</i> Tobias Lundgren, University of Uppsala, Sweden Jason Luoma, University of Nevada, Reno Niklas Törneke, psychiatrist in private practice, Sweden</p> <p>ACT in Group Therapy <i>Intermediate Level</i> Jacqueline Pistorello, University of Nevada, Reno Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA</p> <p>Interpersonal Process and the Integration of ACT and FAP <i>Intermediate Level</i> Glenn Callaghan, San Jose State University</p>

	<p>Special Considerations when using ACT with Children and Adolescents <i>Intermediate Level</i> Lisa Coyne, Brown Medical School Sarah Dew, Vanderbilt University Laurie Greco, Vanderbilt University Medical Center Amy Murrell, University of Mississippi Rikard Wicksell, Astrid Lindgren Children's Hospital, Stockholm, Sweden</p> <p>Using ACT to Combat Prejudice: Confronting the Osama Within <i>Advanced/Trainer Level</i> Steven Hayes, University of Nevada, Reno Jason Lillis, University of Nevada, Reno Akihiko Masuda, University of Nevada, Reno</p>
3:30-4:20	Consolidation and Consultation Sessions
4:30-6	<p>Plenary Session- State of the Evidence in ACT and RFT Dermot Barnes-Holmes, National University of Ireland, Maynooth Steven Hayes, University of Nevada, Reno</p>
7-9:00	Opening Reception- Blue and Gold Hall

Time	Tuesday, July 19
8:30-11:30	<p>Early Intensive Behavioral Intervention and Relational Frame Theory <i>RFT/BA/ACT research</i> Dermot Barnes-Holmes, National University of Ireland, Maynooth Yvonne Barnes-Holmes, National University of Ireland, Maynooth Eric J. Fox, Western Michigan University John McElwee, Step by Step, Pennsylvania Ian Stewart, National University of Ireland, Galway</p> <p>ACT Core Skills and Competencies -- Part 2 <i>Beginner Level</i> Tobias Lundgren, University of Uppsala, Sweden Jason Luoma, University of Nevada, Reno Niklas Törneke, psychiatrist in private practice, Sweden</p> <p>ACT for Substance Abuse <i>Intermediate Level</i> Kelly Wilson, University of Mississippi</p> <p>What might ACT add to Traditional Behavioral Parent Training? <i>Intermediate Level</i> Lisa Coyne, Brown Medical School Amy Murrell, University of Mississippi Rikard Wicksell, Astrid Lindgren Children's Hospital, Stockholm, Sweden</p> <p>ACT Management: Creating a Values-Driven Workplace <i>Intermediate Level</i> Frank Bond, Goldsmiths College, University of London</p> <p>Live Clients/Role Plays <i>Advanced/Trainer Level</i> Steven Hayes, University of Nevada, Reno Kirk Strosahl, Mountainview Consulting Group</p>

Lunch (and Trainers Meeting)	
12:45-3:20	<p>ACT Methods and Possible Process Involved in the Transformation of Function <i>RFT/BA/ACT research</i> Dermot Barnes-Holmes, National University of Ireland, Maynooth Yvonne Barnes-Holmes, National University of Ireland, Maynooth Carmen Luciano, University of Almeria (Francisco Molina, Olga Gutiérrez, Mónica Hernández, Francisco Montesinos, Marisa Paéz, Miguel Rodriguez, Sonsoles Valdivia, Carmelo Visdómine)</p> <p>ACT Core Skills and Competencies -- Part 3 <i>Beginner Level</i> Tobias Lundgren, University of Uppsala, Sweden Jason Luoma, University of Nevada, Reno Niklas Törneke, psychiatrist in private practice, Sweden</p> <p>ACT for Posttraumatic Problems in Living <i>Intermediate Level</i> Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine</p> <p>ACT in the School Setting <i>Intermediate Level</i> Catherine Adams, University of Mississippi Leslie Rogers, University of Mississippi</p> <p>Integrating ACT into Primary Care <i>Intermediate Level</i> Patricia Robinson, Toppenish Yakima Valley Farmworkers Clinic, WA Kirk Strosahl, Mountainview Consulting Group</p> <p>ACT and End of Life Issues: Death and Dying <i>Advanced/Trainer Level</i> Ann Branstetter, Southwest Missouri State University Jennifer Gregg, Mental Illness Research Education and Clinical Center, VA Palo Alto, CA</p>
3:30-5	Consolidation and Consultation Sessions
5-6	<p>Plenary Session- Vision for the Future of ACT Yvonne Barnes-Holmes, National University of Ireland, Maynooth Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine JoAnne Dahl, University of Uppsala, Sweden Carmen Luciano, University of Almería, Spain Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA</p>
7-9:00	Poster Session Reception

Time	Wednesday, July 20
8:30-11:30	<p>An Introduction to RFT for Clinicians <i>RFT/BA/ACT research</i> Patricia Bach, Illinois Institute of Technology Daniel J. Moran, MidAmerican Psychological Institute</p> <p>Practical Guide: Discussion on the Variations Across Diagnostic Categories <i>Beginner Level</i> Vijay Shankar, LifeQuall LLC., Portland</p>

	<p>ACT and Rehabilitation of Chronic Illness <i>Intermediate Level</i> JoAnne Dahl, University of Uppsala, Sweden Jennifer Gregg, Mental Illness Research Education and Clinical Center, VA Palo Alto, CA Tobias Lundgren, University of Uppsala, Sweden</p> <p>Brief Therapy: Applications of ACT <i>Intermediate Level</i> Kirk Strosahl, Mountainview Consulting Group</p> <p>Boldness and ACT <i>Intermediate Level</i> Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA</p> <p>ACT and “Self”: From Basic Science to Case Conceptualization and Treatment <i>Advanced/Trainer Level</i> Dermot Barnes-Holmes, National University of Ireland, Maynooth Yvonne Barnes-Holmes, National University of Ireland, Maynooth Rhonda Merwin, University of Mississippi Kelly Wilson, University of Mississippi</p>
Lunch	
12:45-3:20	<p>Assessment of Processes in ACT <i>RFT/BA/ACT research</i> Frank Bond, Goldsmiths College, University of London Steven Hayes, University of Nevada, Reno Rikard Wicksell, Astrid Lindgren Children’s Hospital, Stockholm, Sweden</p> <p>Experiential Skills Training via the “Supported Role-Play Method” <i>Beginner Level</i> Rainer Sonntag, Behavioral Psychiatrist in Private Practice, Germany</p> <p>ACT for Social Anxiety <i>Intermediate Level</i> James Herbert, Drexel University</p> <p>ACT in Private Practice <i>Intermediate Level</i> Vijay Shankar, LifeQuall LLC., Portland</p> <p>ACT with Athletes <i>Intermediate Level</i> Frank Gardner, La Salle University Tobias Lundgren, University of Uppsala, Sweden Zella Moore, La Salle University</p> <p>Experiential Role Plays <i>Advanced/Trainer Level</i> Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine Kelly Wilson, University of Mississippi</p>
3:30-5	Consolidation and Consultation Sessions

5-6	<p>Plenary Session- How does ACT fit into the existing landscape?; Is ACT just the latest therapeutic fad?; To combine or not combine: Theoretical and intellectual reasons; ACT and systems of care</p> <p>James Herbert, Drexel University Jacqueline Pistorello, University of Nevada, Reno Kirk Strosahl, Mountainview Consulting Group</p>
8-11:00	Free night – If interested, pick a local bar and meet up with others.

Time	Thursday, July 21
8:30-11:30	<p>Consultation on Developing ACT/RFT Protocols/Research <i>RFT/BA/ACT research</i> Dermot Barnes-Holmes, National University of Ireland, Maynooth Steven Hayes, University of Nevada, Reno</p> <p>ACT vs. CBT: Similarities, Differences and Relative Effectiveness <i>Beginner Level</i> Evan Forman, Drexel University James Herbert, Drexel University</p> <p>ACT and Chronic Pain: Innovations with Children and Adults <i>Intermediate Level</i> Tobias Lundgren, University of Uppsala, Sweden Patricia Robinson, Toppenish Yakima Valley Farmworkers Clinic, WA Rikard Wicksell, Astrid Lindgren Children’s Hospital, Stockholm, Sweden</p> <p>ACT for Multiproblem Suicidal Patients <i>Intermediate Level</i> Kirk Strosahl, Mountainview Consulting Group</p> <p>ACT for Co-Morbid PTSD and Substance Abuse <i>Intermediate Level</i> Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine</p> <p>Live Clients/Role Plays <i>Advanced/Trainer Level</i> Yvonne Barnes-Holmes, National University of Ireland, Maynooth Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA</p>
	Lunch
12:45-3:20	<p>Getting Heard: Decreasing the Divide Between Psychological Theory and Practice <i>Beginner Level</i> Catherine Adams, University of Mississippi Leslie Rogers, University of Mississippi</p> <p>Assessment and Treatment of ACT-Relevant Processes in Child and Adolescent Populations <i>Intermediate Level</i> Sarah Dew, Vanderbilt University Laurie Greco, Vanderbilt University Medical Center</p> <p>ACT for Anxiety <i>Intermediate Level</i> Steve Hayes, University of Nevada, Reno</p>

	<p>Living ACT in the Therapeutic Relationship <i>Intermediate Level</i> JoAnne Dahl, University of Uppsala, Sweden Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA</p> <p>Eroding the Illusion of Separation: The Interplay of Core ACT Processes in Group Training <i>Intermediate Level</i> Kelly Wilson, University of Mississippi</p> <p>Clinician's Roundtable on Training and Supervision in ACT <i>Advanced/Trainer Level</i> James Herbert, Drexel University Jason Luoma, University of Nevada, Reno</p>
3:30-5	Consolidation and Consultation Sessions
6:00-???	<p>Banquet 6:00-7 Dinner 7-8:00 Preparation for follies 8-??? Closing remarks and follies</p>

Time	Friday, July 22
8:30-11:30	<p>Using RFT to Construct New Metaphors and Exercises for Therapy <i>RFT/BA/ACT research</i> Dermot Barnes-Holmes, National University of Ireland, Maynooth Yvonne Barnes-Holmes, National University of Ireland, Maynooth Ian Stewart, National University of Ireland, Galway</p> <p>Maybe Some ACT Principles can be more Directly Taught: Let's See <i>Beginner Level</i> Hank Robb, Pacific University</p> <p>ACT for Psychotic Clients <i>Intermediate Level</i> Patricia Bach, Illinois Institute of Technology Brandon Gaudiano, Brown University Daniel J. Moran, MidAmerican Psychological Institute</p> <p>ACT for Depression <i>Intermediate Level</i> Robert Zettle, Wichita State University</p> <p>Acceptance, Body Image, and Health in Adolescence <i>Intermediate Level</i> Kerstin Blomquist, Vanderbilt University Sarah Dew, Vanderbilt University Laurie Greco, Vanderbilt University Medical Center</p>

	<p>Panel- How to do ACT Supervision: Theory and Demonstration <i>Advanced/Trainer Level</i> JoAnne Dahl, University of Uppsala, Sweden Steven Hayes, University of Nevada, Reno Jacqueline Pistorello, University of Nevada, Reno Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA Kelly Wilson, University of Mississippi</p>
Lunch	
12:45-3:20	<p>Behavioral Principles for Non-Behavioral Clinicians <i>RFT/BA/ACT research</i> Patricia Bach, Illinois Institute of Technology</p> <p>ACT and Mindfulness <i>Beginner Level</i> John P. Billig, Minneapolis VA LeeAnn Cardaciotto, Drexel University JoAnne Dahl, University of Uppsala, Sweden Tobias Lundgren, University of Uppsala, Sweden Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA</p> <p>DBT and ACT in the Treatment of Extreme Emotional Dysregulation: A Sequential Approach <i>Intermediate Level</i> Jacqueline Pistorello, University of Nevada, Reno</p> <p>Acceptance Based Approach to Treating GAD <i>Intermediate Level</i> Susan Orsillo, Suffolk University Lizabeth Roemer, University of Massachusetts at Boston</p> <p>Stigma and Clients <i>Intermediate Level</i> Kara Bunting, University of Nevada, Reno Jason Luoma, University of Nevada, Reno</p> <p>Development of ACT Group Cultures and Institutional Development “Creating a Whole Life” <i>Advanced/Trainer Level</i> Sonja Batten, VA Maryland Health Care System and University of Maryland, School of Medicine Frank Bond, Goldsmiths College, University of London Kelly Wilson, University of Mississippi</p>
3:30-4:45	<p>Consolidation and consultation sessions- after workshop training/work support</p>
5-6:00	<p>Closing Plenary Session- Looking Ahead: World Conference, Dissemination, and Challenges Chair: Robyn Walser, National Center for PTSD, VA Palo Alto Health Care System, CA Yvonne Barnes-Holmes, National University of Ireland, Maynooth Frank Bond, Goldsmiths College, University of London JoAnne Dahl, University of Uppsala, Sweden Steven Hayes, University of Nevada, Reno</p> <p>Closing Remarks- Sonja Batten and Robyn Walser</p>

Registration: ACT Summer Institute II

Name: _____ Profession: _____
 Institutional Affiliation: _____ Degree: _____
 Mailing Address: _____
 City: _____ State: _____ Zip: _____
 Daytime Phone: _____ Fax: _____
 Email address(required): _____

Please Register Early (Priority for your session choices will be based on order of received registrations). An email confirming receipt of your registration materials will be sent within 7 days of receiving your information.

For the Weeklong Summer Institute (July 18-22, La Salle University, Philadelphia, PA)

Note: Fees include \$50 to cover dinner and evening events on 7/18, 7/19, and 7/21. We strongly encourage attendance at the three dinners and evening events (including the ACT Follies on Thursday night). These events are not only fun, but provide the opportunity for attendees to network with others and become an active part of the vibrant ACT community. It is possible to opt out of the evening activities; however, we strongly encourage all participants to participate in ALL aspects of the institute.

_____ Professionals \$485 (includes the cost of continental breakfast and lunch all 5 days)
 _____ Students \$235 (includes the cost of continental breakfast and lunch all 5 days)
 _____ please check here if you require vegetarian meals

_____ Subtract \$50 if you're positive you can't attend the evening events and dinners – (onsite registration for these events will **not** be available)

For the Weekend Experiential Workshops (July 15-17, La Salle University, Philadelphia, PA) (meals not included)

Beginners Workshop _____ Advanced Workshop (you need to have attended a 3-day experiential workshop prior to this one, in order to be prepared for this workshop)

_____ Professionals \$285 _____ Professionals \$285
 _____ Students \$135 _____ Students \$135

* These costs include fees for some meals, which will be included

If you are registering for an experiential workshop, you may indicate your preference for a particular workshop leader. Space with specific workshop leaders will be provided on an availability basis.

Beginners Workshop _____ Advanced Workshop _____

_____ Sonja Batten _____ Robyn Walser
 _____ Steve Hayes _____ Kelly Wilson
 _____ No preference _____ No preference

Continuing Education Credits - If you need CE hours for the weeklong institute, weekend workshop, or both.

_____ APA Credit, \$20 _____ NBCC Credits, \$20

_____ **Total Cost (ADD UP THE INSTITUTE COST, WEEKEND WORKSHOP IF ANY, AND CE COST)**

__ Visa __ MasterCard

No. _____ Exp. _____ 3-digit sec. code _____

Signature: _____

If paying by credit card, you may fax your registration to: (215) 951-1351. Please include a cover sheet on the fax, addressed to **Katie Appolonio, CE Coordinator, LaSalle University Doctoral Program in Clinical Psychology**

Please make checks/money order payable to *La Salle University*

Mail this completed form and payment to:

ATTN: CE Coordinator

Doctoral Program in Clinical Psychology

La Salle University

Box 782

1900 W. Olney Ave

Philadelphia, PA 19141

Note: A \$25 processing fee will be charged for Institute registration refunds up to June 18, 2005. After June 18, refunds will be granted only at the discretion of the organizers.

Enrollment may be limited due to the limitation of our venue to accommodate additional sessions and attendees.

Choice of workshop sessions will be granted based on order of registration.

Deadline for registration is June 30, 2005. Those interested in later registration should contact Katie at ceworkshops@lasalle.edu.

NAME _____
Email Address _____

Please put a “1” and “2” next to your first (most preferred) and second choices for each session. Early registration will ensure your choice. More details about presenters for the sessions can be found above or by clicking on the link for the full program at: <http://www.acceptanceandcommitmenttherapy.com/training/summerinstitute Philly.html>

Monday, July 18th

12:45-3:20 workshops

- An Introduction to RFT for Clinicians
- ACT Core Skills and Competencies– Part 1
- ACT in Group Therapy
- Interpersonal Process and the Integration of ACT and FAP
- Special Considerations when using ACT with Children and Adolescents
- Using ACT to Combat Prejudice: Confronting the Osama Within

Tuesday, July 19th

8:30 – 11:30 workshops

- Early Intensive Behavioral Intervention and Relational Frame Theory
- ACT Core Skills and Competencies – Part 2
- ACT for Substance Abuse
- What Might ACT Add to Traditional Behavioral Parent Training?
- ACT Management: Creating a Values-Driven Workplace
- Live Clients/Role Plays

12:45 – 3:20 workshops

- ACT Methods and Possible Process Involved in the Transformation of Function
- ACT Core Skills and Competencies – Part 3
- ACT for Posttraumatic Problems in Living
- ACT in the School Setting
- Integrating ACT into Primary Care
- ACT and End of Life Issues: Death and Dying

Wednesday, July 20th

8:30 – 11:30 workshops

- An Introduction to RFT for Clinicians (repeat session...same as Monday)
- Practical Guide: Discussion on the Variations Across Diagnostic Categories
- ACT and Rehabilitation of Chronic Illness
- Brief Therapy: Applications of ACT
- Boldness and ACT
- ACT and “Self”: From Basic Science to Case Conceptualization and Treatment

12:45 – 3:20 workshops

- Assessment of Processes in ACT
- Experiential Skills Training via the “Supported Role-Play Method”
- ACT for Social Anxiety
- ACT in Private Practice
- ACT with Athletes
- Experiential Role Plays

NAME _____
Email Address _____

Thursday, July 21th

8:30 – 11:30 workshops

- ___ Consultation on Developing ACT/RFT Protocols/Research
- ___ ACT vs. CBT: Similarities, Differences, and Relative Effectiveness
- ___ ACT and Chronic Pain: Innovations with Children and Adults
- ___ ACT for Multi-problem Suicidal Patients
- ___ ACT for Co-Morbid PTSD and Substance Abuse
- ___ Live Clients/Role Plays

12:45 – 3:20 workshops

- ___ Getting Heard: Decreasing the Divide Between Psychological Theory and Practice
- ___ Assessment and Treatment of ACT-Relevant Processes in Child and Adolescent Populations
- ___ ACT for Anxiety
- ___ Living ACT in the Therapeutic Relationship
- ___ Eroding the Illusion of Separation: The Interplay of Core ACT Processes in Group Training
- ___ Clinician's Roundtable on Training and Supervision in ACT

Friday, July 22th

8:30 – 11:30 workshops

- ___ Using RFT to Construct New Metaphors and Exercises for Therapy
- ___ Maybe Some ACT Principles Can Be More Directly Taught: Let's See
- ___ ACT for Psychotic Clients
- ___ ACT for Depression
- ___ Acceptance, Body Image, and Health in Adolescence
- ___ Panel- How to do ACT Supervision: Theory and Demonstration

12:45 – 3:20 workshops

- ___ Behavioral Principles for Non-Behavioral Clinicians
- ___ ACT and Mindfulness
- ___ DBT and ACT in the Treatment of Extreme Emotional Dysregulation: A Sequential Approach
- ___ Acceptance Based Approach to Treating GAD
- ___ Stigma and Clients
- ___ Development of ACT Group Cultures and Institutional Development "Creating a Whole Life"

Please be sure to fax or mail your session preferences with your registration. Confirmation of session choices and details about locations of sessions will be provided at the time of the Institute. If your first and second choice of sessions are both closed (due to large enrollment) for any given time, we will contact you via email to reschedule.

Name: _____ Profession: _____
Institutional Affiliation: _____ Degree: _____
Email address(required): _____

ACT is an empirically-based technology and this value extends to our training programs. We would appreciate if you would include the following information so we know more about our attendees (this is optional):

1. What is your discipline/ profession? (check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Behavior Analyst | <input type="checkbox"/> Psychologist |
| <input type="checkbox"/> Addictions Counseling | <input type="checkbox"/> Other Counseling |
| <input type="checkbox"/> Researcher | <input type="checkbox"/> Vocational Rehabilitation |
| <input type="checkbox"/> Social Work | <input type="checkbox"/> Medicine: Primary Care |
| <input type="checkbox"/> Medicine: Psychiatry | <input type="checkbox"/> Medicine: Other |
| <input type="checkbox"/> Nurse | <input type="checkbox"/> Administration |
| <input type="checkbox"/> None, not currently employed | <input type="checkbox"/> Postdoctoral Fellow (clinical) |
| <input type="checkbox"/> Postdoctoral Fellow (research) | <input type="checkbox"/> Student |
| <input type="checkbox"/> Professor | <input type="checkbox"/> Other (specify): _____ |

2. How many hours of psychological intervention do you conduct in a typical week? _____

3. Have you read **Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change** by [Steven C. Hayes](#), [Kirk D. Strosahl](#), [Kelly G. Wilson](#) (1999)? ___ Yes ___ No

4. Have you read **Relational Frame Theory: A Post-Skinnerian Account of Human Language and Cognition** by [Steven C. Hayes](#), [Dermot Barnes-Holmes](#), [Bryan Roche](#) Eds. (2001)? ___ Yes ___ No

5. Have you read **A Practical Guide to Acceptance and Commitment Therapy**, Steven Hayes and Kirk D. Strosahl, Eds. (2005)? ___ Yes ___ No

6. Please provide a rough estimate how many hours you have used ACT with clients: _____

7. Have you ever received any training focused on Acceptance and Commitment Therapy (ACT)? (*check all that apply*)

- I have attended an intensive weekend experiential workshop on ACT.
 I have attended a half or full day workshop on ACT.
 I have attended a two day workshop on ACT.
 I have received supervision in how to do ACT. If so, how many hours approximately? _____

8. How would you rate your knowledge of ACT? (*check only one*)

- I have very little/no knowledge about this topic.
 I have some familiarity with this topic.
 I have a fairly good grasp of the main principles and strategies.
 I consider myself competent to apply ACT to a variety of clinical situations.
 I would consider myself a knowledge expert on this topic.

9. Are you willing to be contacted about possible participation in a study evaluating the training you will participate in as part of this institute? _____Yes _____No