

## COUNSELLING & CLIENT WORK COURSES

# ACCEPTANCE COMMITMENT THERAPY (ACT)

### Course overview

This training program will provide participants with an overview of the key concepts, approaches and application of Acceptance & Commitment Therapy (ACT).

### Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

**DURATION:** 1 Day

**FEE:** Varies depending on venue, sector, numbers & service provided

**IN-HOUSE TRAINING:** By arrangement with your organisation

**CUSTOMISED TRAINING:** To meet the specific requirements of your service and sector

**VENUE:** Available **Australia-wide including remote & regional areas**

Discounts for NGOs

### Course content

- The evidence-base for ACT and the conceptual basis being a theory of language and cognition known as Relational Frame Theory (RFT).
- The application of ACT across a range of client conditions (e.g. pain, substance misuse, depression) and populations (couples & families).
- ACT definitions, key concepts, framework, model, practice, principles and techniques.
- ACT models of human suffering (inflexahex), and model of growth (hexaflex).
- The stages of the counselling process, the role of the counsellor and the aims of the process.
- Experiential techniques and exercises for engaging and working with the client, and knowing what to target.
- The six core processes of ACT: contacting the present moment; diffusion; acceptance; the observing self; values; committed action.
- Understand and apply techniques such as: creative hopelessness; walking the hexaflex; willingness as an alternative; valuing as choice; self as context; present moment awareness.
- The assumptions, strengths and limitations of the ACT approach to your context role and profession.
- Practical experiential exercises, tools, resources.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

### Contact us for an obligation free quote!

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