

The Heart of Acceptance and Commitment Therapy

WEBINAR: Saturday 14 August 2021, 10.00am - 4.30pm NZST (UTC+12h)

Developing a flexible, process-based, and client-centred practice presented by Robyn D. Walser, PhD.

Life contains suffering. But acknowledging this truth is only the first step on the path to transcending it. It is in this transcendence that vital and meaningful lives are born.

As ACT therapists, it is hoped that we can assist our clients in this process. Helping them to acknowledge and hold pain while continuing to take steps, each day, each moment, that are connected to personal meaning. This is done, as is often said in ACT, with head, hands, and heart. So verbal knowledge, an intellectual understanding of the intervention is needed.

The work of the “hands” is about behaviour; physical movement and taking action are fundamental.

ACT’s heart however appears to be more elusive. Done with intention and presence, ACT links us to the very qualities of what it means to be alive and whole, to be a conscious and experiencing being. ACT may be learned and understood at many levels but may remain challenging to implement in a flexible, consistent, process-based, and effective fashion. Multiple levels of process are present in any therapy, including those processes beyond ACT’s 6 core. Moving beyond simple technique and into a fluid ACT intervention requires attending to intrapersonal, interpersonal, and overarching and ongoing processes in the context of the psychotherapeutic relationship.

Engaging in an ongoing functional analysis feeds these processes and informs the case conceptualization.

Connecting workshops participants to ongoing functional analysis and the multiple levels of process found in ACT from a more in-depth, experiential, or heartfelt place will be the focus of this workshop.

Didactic presentation, role-play and experiential exercises will be used to convey the material.

Registration

You need to register in advance for this webinar. Click the green button below to register and pay via The University of Auckland Eventbrite page.

The cost for this event is \$150 - 350 NZD (*inc GST*). You will receive a receipt once your payment is processed.

Register via Eventbrite

To participate in the webinar:

Registrants will be sent a unique zoom webinar link via email one week out from the event, and a reminder email the day, and an hour before the session starts.

Presenter



Robyn D. Walser, PhD

Robyn is Director of TL Psychological and Consultation Services, Assistant Professor at the University of California, Berkeley, and works at the National Center for PTSD.

As a licensed psychologist, she maintains an international training, consulting and therapy practice. Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 6 books on ACT, including a book on learning ACT.

She has most recently written a book entitled: The Heart of ACT. Dr. Walser has expertise in traumatic stress, depression 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 various client problems.

Find out more about Robyn through her [website](#).