

Tēnā koutou,

Firstly, I just want to say a big thank you for awarding me the Institute of Health Psychology Student Grant for 2020. I recently attended the ACT workshop delivered by Louise Hayes ***ACT for adults - Learning to become fluid and flexible with the ACT core processes*** at the Sorrento in Cornwall Park. Due to the Trans-Tasman bubble being closed a few days prior to the workshop being held Louise was unable to attend in person. However, a 'hybrid' version of the workshop went ahead with participants meeting at the venue and Louise joining us via Zoom. This still worked really well and it was a great backup option considering the circumstances.

The ACT workshop was incredibly helpful for me in terms of building on my general knowledge about ACT and my development as a clinician. It was an active workshop involving role plays, observation and discussion. I really enjoyed learning about becoming a 'function spotter', what being with people's pain may look like in comparison to 'fixing' and learning how to create metaphors. Although there were a number of key take homes from the workshop something that I found super useful were discussions about ACT as a process based experiential therapeutic approach. From these discussions and related exercises, I could see how moving away from content (non-experiential) exercises and engaging in more experiential processes can feel quite powerful for patients/clients. This is something I certainly want to build on in my own work.

I still have a lot to learn about ACT but this workshop certainly gave me some direction in where I want to head in terms of building on my ACT skills. I just want to express my gratitude to the IHP committee for offering me this wonderful opportunity. It was a very valuable experience.

Ngā mihi nui,
Samantha Lisipeki