

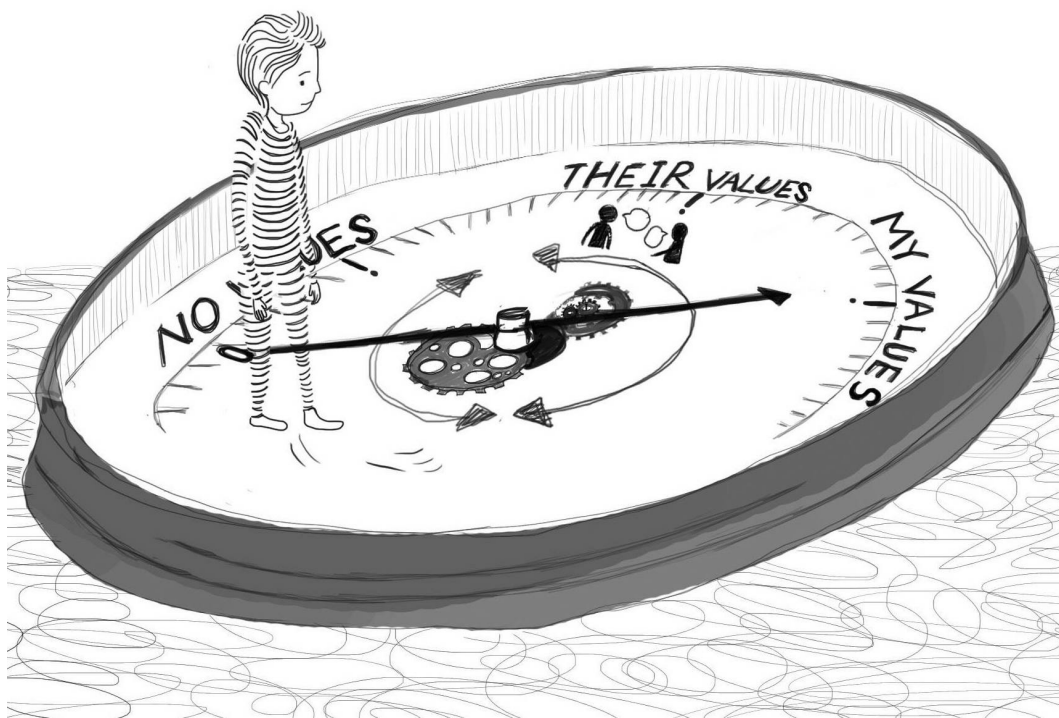
# Acceptance and Commitment Therapy (ACT) Introductory Workshop

Monday & Tuesday, 2 & 3 November 2020, Wellington

Join us to discover what makes ACT different from other approaches and how to use it in your practice.

This two day workshop includes didactic teaching, demonstrations, experiential learning, networking and fun, so you'll learn the ACT model from many angles. No prior ACT experience or training is necessary.

You'll cover the basic ACT processes and therapeutic stance; dive into relational frame theory which underpins ACT; and leave ready to use ACT in your clinical setting.



For more information, contact [training@actwellington.co.nz](mailto:training@actwellington.co.nz)

Bookings at <https://www.eventbrite.co.nz/e/acceptance-and-commitment-therapy-act-introductory-workshop-november-2020-registration-106271855982>