

Sharpen Your Skills: Intermediate ACT Workshop

Monday & Tuesday, 16 & 17 September 2020, Wellington

You've learned about ACT assumptions and processes, and practised ACT with clients. Now it's time to use your ACT skills with more precision, flexibility and heart.

This two day workshop is available to clinicians who have already completed our 2 day Introduction to ACT workshop (or a 2 day equivalent by another ACT trainer). Using demonstrations, experiential exercises, role-plays, real-plays and self-reflection, key workshop topics are:

- Troubleshooting values
- Increasing client awareness of self
- Using RFT principles to sharpen your clinical observations and focus your therapy questions
- Helping clients observe and track their own experiences
- Developing clinician psychological flexibility
- ACT formulation



For more information, contact training@actwellington.co.nz

Bookings at <https://www.eventbrite.co.nz/e/sharpen-your-skills-intermediate-act-workshop-tickets-73764889771>