

The New Zealand Psychological Society is proud to host:

ACT for adults – Learning to become fluid and flexible with the ACT core processes

New Zealand
Psychological Society
Rōpū Mātai Hinengaro o Aotearoa



presented by:

Louise Hayes

Auckland 19 & 20 July, Wellington 22 & 23 July, Christchurch 26 & 27 July 2021

9.00am - 4.30pm

This workshop will engage you in learning ACT as a process based approach to therapy. The six-core process of ACT are often first learned as exercises, but to deepen our understanding we need to move beyond that and practice using them as processes in our therapy. ACT done in this way rests on an explicitly contextual focus and working with this in the room.

This workshop has two aims: (1) Participants will deepen their knowledge of the core processes of ACT by seeing real play and case work; and (2) participants will engage in practice to build their skills. We will also build knowledge of case conceptualisation and treatment planning. The workshop aims to deepen your skills and ability to use ACT flexibly by spotting processes and having a go at moving our clients' behaviour toward vital living.

Day 1

Function in context: Would you like to deepen your understanding of behaviour as it unfolds in your therapy room? Working with the function of behaviour in context means learning to see and change patterns like avoidance, escape, or coherence as they appear. Clients so often say things like, "I am like this because....." and a functional understanding will help you know how to transform that stuckness into flexible living.

Fluid Processes: ACT has six core processes that are best understood as processes rather than exercises. We will learn how to fluidly use the processes of ACT in order to help clients change their behaviour and move toward greater flexibility. Participants will take part in real-plays, role-plays and demonstrations to build their skills.

Day 2

Fluid Processes (part 2): ACT has six core processes that are best understood as processes rather than exercises. We will learn how to fluidly use the processes of ACT in order to help clients change their behaviour and move toward greater flexibility. Participants will take part in real-plays, role-plays and demonstrations to build their skills.

Case conceptualisation and treatment planning – We will work with building your knowledge on case conceptualisation and how to move this into a formulation and coherent treatment plan for clients.

Client and therapist: Becoming skilled in ACT requires us to know how our own behaviours unfold in our work. Throughout the workshop we will examine how the ACT processes can be deeply learnt by looking within ourselves as we work. We will practice self-care and compassion exercises for ourselves as therapists and later used with clients.



Louise Hayes is a clinical psychologist using acceptance, mindfulness, and positive growth treatments. She is an active clinician working with adolescents and adults and understands the challenges of using ACT in practice. She is well known for her work using Acceptance and Commitment Therapy for young people and is Past President of the Association for Contextual Behavioural Science. She is an author, international speaker, a senior fellow with The University of Melbourne and Orygen Youth Health, and a peer reviewed Acceptance and Commitment Therapy/Training (ACT) trainer. She is the co-author of the best-selling book, *Get Out of Your Mind and into your Life for Teenagers: A Guide to Living an Extraordinary Life*, and the newly released book, *The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection*, and the new book to be



released in 2020, *Your Life Your Way*. Louise is also an active humanitarian, taking mental health professionals into the Himalaya to develop their mindfulness skills and raising funds for poor children in remote Nepal. For more information on Louise go to – www.louishayes.com.au conducts research and treatment development; the latest work is DNA-v, a treatment model for young people. Louise is an active humanitarian, taking mental health professionals into the Himalaya to develop their mindfulness skills and raising funds for poor children in remote Nepal. For more information on Louise go – www.louishayes.com.au

Suggested reading

Reading will be provided 4 weeks prior to the event.

Venue:

AUCKLAND - Sorrento in the Park, 670 Manukau Rd, Royal Oak

WELLINGTON- Fusion Meetings, 90 The Terrace, Level 6

CHRISTCHURCH- BreakFree on Cashel, 165 Cashel Street

Online registration available here: <http://www.psychology.org.nz/pd-events/nzpss-events/#cid=884&wid=301>

Morning tea: 10.30am - 11.00am; Lunch: 12.30-1.30pm; Afternoon tea: 3.00pm-3.30pm

Participants can register for Day 1 only or for Day 1 & Day 2.

REGISTRATION & TAX INVOICE

Name

City.....

E-Mail

Phone

- ☐ **Auckland - 19 & 20 July**
☐ **Wellington - 22 & 23 July**
☐ **Christchurch - 26 & 27 July**

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.

Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified. The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

☐ I accept the booking conditions

Signed

Date

Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the Professional Development Coordinator:

pd@psychology.org.nz

register online (see link above) or scan and email completed form to: pd@psychology.org.nz
or post to PO Box 10536, The Terrace, Wellington 6143

PAYMENT

All prices are GST Inclusive - GST Number 42-486-864

NZPsS member	Day 1 only	\$220.00
NZPsS member	Day 1 & 2	\$400.00
Non Member	Day 1 only	\$280.00
Non Member	Day 1 & 2	\$500.00
NZPsS Student	Day 1 only	\$90.00
NZPsS Student	Day 1 & 2	\$160.00

Cost (incl. GST) covers:

- m/tea, lunch, a/tea; workshop materials

☐ I have special dietary requirements
(please specify).....

Payment method: Please tick one box

☐ Cheque payable to: NZ Psychological Society Inc

☐ Direct Credit Payment to: New Zealand Psychological
Society BNZ, 02-0560-0262471-000

Payment reference

☐ Credit Card Payments: MasterCard or Visa only.

Card Number:

Cardholder Name

Expiry Date:/.....