

When:

Thursday, October 27th

9:00 a.m. – 12:00 p.m.

Where:

Live online via Zoom

The link will be sent to the email
you use to register.

Registration:

www.bookeo.com/octraumainstitute

Cost: \$30

Continuing Education

This educational offering is acceptable for 3 continuing education contact hours for psychologists, social workers, mental health counselors, psychoanalysts, creative arts therapists, and marriage and family therapists. Full attendance at all sessions is required to receive credit; variable credit for partial attendance may not be awarded based on state board guidelines.



Orange County
NEW YORK

Treating Trauma with ACT: Utilizing Acceptance and Commitment Therapy and Additional Evidence-Based Interventions to Alleviate Post-Traumatic Suffering & Improve Quality of Living

Acceptance and Commitment Therapy (ACT) is a promising intervention for treating people diagnosed with post-traumatic stress disorder (Muscara et al., 2020). This training event will cover the practical aspects of ACT and how they can be tailor-made for individuals with trauma histories. The main theme of this workshop will be demonstrating how ACT can serve as a platform to supplement other empirically-supported treatments for PTSD. The traditional ACT Hexagon components will be reviewed (acceptance, defusion, contact with the present moment, values, self-as-context, and committed action), and linked to the practical aspects of other interventions effective for PTSD, such as exposure therapy. Case examples will be drawn from work with clients from the Veterans Administration (VA), the Wounded Warrior Project (WWP), and the Survivors Network for those Abused by Priests (SNAP).

Learning Objectives

1. Discuss the six basic tenets of Acceptance and Commitment Therapy
2. Recognize the problem of experiential avoidance with individuals with trauma histories
3. Utilize acceptance approaches with each client's avoidance problems
4. Discuss how ACT undermines problematic language functions related to PTSD
5. Utilize defusion exercises to deal with verbal entanglement related to PTSD
6. Discuss values authorship to increase motivation for committed action for treatment
7. Utilize contacting the present moment exercises and mindfulness practice in therapy
8. Discuss the use of self-as-context for alleviating suffering from trauma histories

Trainer Biography

D.J. Moran, Ph.D., BCBA-D is a clinical psychologist who has been in the ACT community for over 25 years, has given ACT workshops all around the world, and is an ACBS Fellow and Recognized ACT trainer. He coauthored ACT in Practice, a book specifically written to teach clinicians how to actually use the therapeutic concepts in the therapy room. The Treating Trauma with ACT workshop can be enjoyed by novices to the ACT material, and has additional elements that will be instructive for experienced ACT clinicians in the mental health field