



## Teach Your Clients to Accept Changes for the Better, 2-day ACT Basic Workshop

This workshop provides you with the knowledge, skills and experience to help your clients:

- Deal with painful thoughts and feelings
- Identify barriers to effective living
- Use mindfulness strategies to distance from limiting patterns of thinking
- Turn goals into committed action
- Defuse from limiting patterns of thinking
- Help maintain effective patterns of living

### Who Will Benefit

- Psychologists
- Psychiatrists
- Social workers
- Mental health nurses
- Occupational therapists
- Counsellors

### About the facilitator: Dr. Graham Taylor

A Clinical Psychologist for 35 years, Graham has provided therapist training throughout Australia and overseas in the areas of Basic and Advanced CBT, Schema Focused therapy, EMDR, hypnosis, and Mindfulness. He is listed as an ACT trainer on the official ACT website ([www.contextualpsychology.org](http://www.contextualpsychology.org)). He has assisted at over 10 ACT trainings conducted by Steven Hayes and Kelly Wilson (developers of ACT) and Dr. Robyn Walser, a leading ACT trainer. ACT forms the foundation of his therapy practice. Background ACT readings can be found on his website, [www.therapist-training.com.au](http://www.therapist-training.com.au)

## ACT for Depression (One-day Workshop)

In this one-day workshop, you will explore the many aspects of treating depression with ACT, including:

- Differences between CBT and ACT treatments
- Similarities and differences between ACT and Mindfulness-based Cognitive Therapy for depression
- ACT approaches to assessment, with therapist guides and client questionnaires
- ACT case formulation and treatment planning
- Interventions to help clients break free from limiting beliefs
- Identifying barriers to effective living, and weakening these barriers
- Interventions for promoting commitment and behaviour change
- Interventions to promote mindful contact with the present
- Identifying valued living and interventions to move the client in that direction
- Putting it all together: detailed outline of a 12 session ACT treatment
- The Chronic Depression – differences from “simple” depression and how to tackle them

### Sign-up Now

Phone:

**6741 9293**

To register,

Website:

**www.shanyou.org.sg**

We look forward to hearing from you

## Registration

Participant Information:

First Name	Last Name	Middle Name	Salutation
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Email

Name of Organisation

Address 1

Address 2

Post code

Telephone

Mobile

Time: 9am to 5pm

Venue: NVPC (National Volunteer & Philanthropy Centre) Multipurpose hall

Preference Schedule:

- ACT Basic workshop on 24<sup>th</sup> and 25<sup>th</sup> Nov 2009
- @\$750 before VCF subsidy
- @\$300 after VCF subsidy for Singaporeans/PR
- @\$450 after VCF subsidy for Foreigners
  
- ACT for Depression on 26<sup>th</sup> Nov 2009
- @\$450 before VCF subsidy
- @\$180 after VCF subsidy for Singaporeans/PR
- @\$270 after VCF subsidy for Foreigners

Method of Payment:

- Check
- Online payment using Visa/Visa Debit/MasterCard
- VCF Reference no., if applicable\_\_\_\_\_