



Acceptance and Commitment Therapy (ACT): Moving Beyond Traditional CBT

Applied evidence-based cognitive behavioural therapy with a creative difference!

Are you mandated to use evidence-based interventions in your approaches to clinical problems but find traditional CBT limiting? Acceptance and Commitment Therapy (ACT) moves beyond traditional problem-solution models. Instead of seeking to resolve symptoms, it focusses on the creation of a more adaptive relationship between the client and their symptoms. Paradoxically, this approach often results in symptom abatement.

Acceptance and commitment therapy (ACT) is an action-oriented approach to psychotherapy that stems from traditional behaviour therapy and cognitive behavioural therapy. Clients learn to stop avoiding, denying, and struggling with their inner emotions and, instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent them from moving forward in their lives. With this understanding, clients begin to accept their issues and hardships and commit to making necessary changes in their behaviour, regardless of what is going on in their lives, and how they feel about it. The objective of ACT is not elimination of difficult feelings; rather, it

is to be present with what life brings us and to "move toward valued behaviour". ACT invites people to open up to unpleasant feelings, and learn not to overreact to them, and not avoid situations where they are invoked.

This course will provide clinicians with an overview of Acceptance and Commitment Therapy. Participants will experience the difference ACT can make and will gain experience applying ACT to a variety of different clinical issues.

Learning objectives of this training:

1. Comprehend the theory, research and effectiveness of Acceptance and Commitment Therapy
2. Understand and apply the six core principles of ACT to a wide variety of clinical problems
3. Develop your understanding of mindfulness and how to use it to resolve clients' problems



Jackie Burke is a registered psychologist with 20 years of experience in counselling and supervision services. She has worked in remote Australia, regional and metropolitan NSW and has directed national programs for people affected by sexual, domestic and family violence. She is an awarded researcher, and her training programs about trauma, sexual and domestic violence, clinical supervision, trauma informed practice, and vicarious trauma are popular nationally and internationally.

After holding senior management roles for the past 15 years, Jackie established her own private practice and consultancy business in early 2017. She is a published author with an adjunct position at Western Sydney University. When not working, Jackie tries to maintain a regular yoga practice and enjoys a good murder mystery.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

MELBOURNE: 2nd September 2020
MANTRA ON RUSSELL

SYDNEY: 7th May 2020
UTS SHORT COURSE ROOMS

BRISBANE: 19th November 2020
PARK REGIST NORTH QUAY

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

Morning Session

includes a short
morning tea break

Theoretical Underpinnings

Defusion and Acceptance

Values and Commitment

Afternoon Session

includes a short
afternoon tea break

Present Moment and Self as Context

ACT Techniques

Applying ACT to a variety of clinical issues

Evaluation and closing

“Acceptance and Commitment Therapy has resolved some of my most difficult client presenting problems.”

Jackie Burke

How will you benefit from attending this training?

- Understand the theory, research and evidence behind Acceptance and Commitment Therapy.
- Apply the six core principles of ACT in your clinical work.
- Strengthen your ability to use mindfulness interventions with clients.

Registration details:

Registration fee: **\$298**

A current PDP ‘Student and New Graduate’ discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

Register at www.PDPseminars.com.au or call us on 1300 887 622

This seminar has been designed to extend the clinical knowledge and applied skill of Psychologists, Counsellors, Psychotherapists, Coaches, Social Workers and Psychiatrists who work with individuals and couples who are experiencing distress about their relationship.

Feedback form Jackie’s recent presentations:

‘Best training I’ve had in years! Thank you!’

‘I found all the information very useful for my client work.’

‘Clear, great content.’

‘Engaging style.’

‘Really interactive - thanks’

‘Jackie is fabulous!’

‘Awesome day – thank you!’

‘I really appreciated your systemic approach and upbeat style.’

‘Great training day - I learnt heaps.’