



# ACT FOR GROUPS & ACT FOR THE SELF

This 12-hour workshop delivered over two days November 16th and 17th will explore how Acceptance and Commitment Therapy (ACT) is conveyed through the group therapy setting, and how therapists can apply it to their own lives through self-reflection and self-practice.

**Day 1:** We will discuss the theoretical underpinnings of ACT; Relational Frame Theory (RFT) and walk through the six core processes of the ACT model. Afterward, we will examine and practice experientially how the processes of ACT work within the group therapy room based on the manual co-authored by Dr. Wright "Learning ACT for Group Treatment: A Skills Training Manual for Therapists."

**Day 2:** We will turn our attention inward to explore applying ACT to your own life through self-practice/self-reflection methods, for which there is a growing body of research support, and are revealed in the book "Experiencing ACT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists," co-authored by Dr. Wright. We will work together through exercises to reveal how you can apply the core processes of the ACT model to enhance your values-based life.

**Where:** Oakland

5674 Shattuck Ave, Oakland, CA 94609

**When:** 11.16 -11.17.2019

**Fee:** \$265.-

**Registration:**

Send payment through Paypal at

[intakes@eastbaybehaviortherapycenter.com](mailto:intakes@eastbaybehaviortherapycenter.com)

**Subject:** ACT for groups & self workshop.

**Info:** 925.956.4636

**About:** Dr. M. Joann Wright, Ph.D. is the Founder of ACT One, a globally available place to receive supervision, consultation and workshops. Dr. Wright is a Peer-Reviewed ACT Trainer and Fellow of the Association for Contextual Behavioral Science (ACBS). She has co-authored two books, "Learning ACT for Group Treatment: A Skills Training Manual for Therapists" and "Experiencing ACT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists". Her passion for ACT is strong...because – simply stated - it works.