



## **Understanding Acceptance & Commitment Therapy Workshop - ACT Skills Development Workop (part 2 of 2)**

### ***Overview***

This workshop is designed for participants who have previously completed an ACT Introductory Workshop to increase and develop their ACT Knowledge and Clinical Skills.

Participants will engage in a range of experiential exercises which are focused on developing knowledge of the different ACT processes and develop practical skills to develop their ACT Clinical Practice.

### ***Objectives***

Participants will:

- practice the core processes of ACT in clinical work through live demonstrations and role play
- Learn and develop practical skills to enhance their ACT practice
- develop skills in ACT assessment and formulation
- start to work with the model as a whole

### ***Who should attend?***

Clinicians who have already completed any ACT Introductory Workshop. Workshops are inclusive, encouraging and supporting a multidisciplinary approach to the development of ACT knowledge and practice.