

# Case Conceptualization in Acceptance and Commitment Therapy

Acceptance and Commitment Therapy (ACT), part of the “third wave” of mindfulness and acceptance-based treatments, is rooted in modern behaviorism and a philosophy of science known as functional contextualism. This workshop provides an overview of case conceptualization from an ACT perspective and a chance to practice in small and large groups. It offers a brief introduction to each of the 6 core processes in the ACT hexaflex. Participants will learn to conceptualize clients in terms of the hexaflex and understand where they may intervene with each of the core processes. Participants will be provided with handouts to use with their clients for assessment and homework assignments to augment in-session interventions. Worksheets will also be distributed for the participants to use to facilitate ACT case formulation.

## *AUDIENCE*

This workshop is intended for therapists who have some knowledge of ACT and want to deepen and refine their understanding. This workshop is highly recommended for those who have previously attended an experiential weekend workshop, since this is more of a “how-to” workshop.

## WHEN:

Saturday, May 8<sup>th</sup>, 2010  
8:30 AM - 4:00 PM.

The workshop will be a total of 6 hours after breaks and lunch.

## FEES:

\$100 for professionals  
\$60 for students

A CE certificate will be provided documenting attendance which is adequate CE documentation for psychologists in Oregon.

## REGISTRATION:

For more information, email Brian Thompson (brian.l.thompson@gmail.com) or call 503-281-4852.

Registration is online, via credit or debit card:

<http://actworkshopmay2010.eventbrite.com/>

Full refunds (minus a \$15 administrative fee) are given up to 7 days before the event.

## LEARNING OBJECTIVES

After attending this training, participants will be able to:

- 1) Create a case conceptualization within an ACT framework.
- 2) Understand how the different ACT techniques relate to each other and to the basic principles of ACT.
- 3) Do ACT case conceptualization with their own clients.
- 4) Learn how to apply these same methods to themselves and to the impact of working with clients.

## WORKSHOP LEADERS



**Jason Luoma, Ph.D.** is director of the Portland Psychotherapy Clinic, Research, & Training Center, in Portland, OR. His research focuses on the application of ACT to the alleviation of burnout in counselors, ACT as an intervention for stigma and shame in addiction, and the dissemination and training of evidence-based therapies. He has provided training in Acceptance and Commitment Therapy at national and international venues worked with Steven Hayes in Reno for 3.5 years. He is author of over a dozen articles and chapters on ACT, shame, and stigma and a book called *Learning Acceptance and Commitment Therapy*.



**Brian Thompson, Ph.D.** is a psychologist resident at the Portland Psychotherapy Clinic, Research, & Training Center, in Portland, OR. Before earning his doctorate in psychology, he obtained a masters degree at Naropa University where he developed a personal commitment to meditation. He has published articles in peer-reviewed scientific journals on acceptance and mindfulness-based interventions and is currently focusing on the application of mindfulness and acceptance to the treatment of trauma and PTSD.

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