



Fees

Workshop

ACBS Chicago member Professional: \$130

Non-member Professional: \$135

**Discounts available for Early bird,
Students, and Early Professionals!
Email us for Details!**

Fee includes attendance and materials. We will return full payment if the workshop is cancelled. Attendees may cancel registration by March 16th for a full refund less a \$25 processing fee and before March 31st for a 50% refund less a \$25 processing fee. Continuing education credits for psychologists (pending approval) and social workers are available for a \$15 fee.

Focused Acceptance and Commitment Therapy (FACT) is a brief, powerful, contextual behavioral intervention approach rooted in the three principles of acceptance, mindfulness and values based change. Clinicians are being faced with the ever growing pressures of how to optimize client outcomes with as few treatment sessions as possible. FACT is useful for clinicians who work in settings that require brief interventions, such as hospitals, jails, primary care clinics, and community clinics.

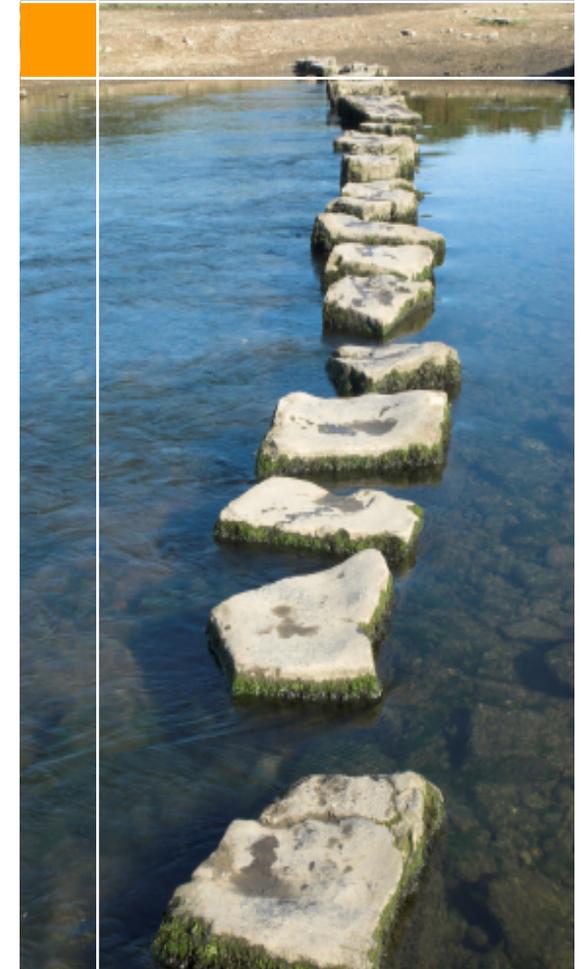
This workshop will introduce participants to FACT in individual and group formats using a variety of teaching methods including: didactic lectures, video demonstrations, live clinical demonstrations, experiential exercises, and guided skill training.

In addition to reviewing research pertaining to the clinical impact of brief interventions and the rapid response phenomenon in psychotherapy, this workshop will describe the evolution of the ACT "hexaflex" approach to the FACT three "pillars" approach (Open, Aware, Engaged). Dr. Strosahl will then describe and demonstrate the new "five facet" approach (focused on the Aware pillar) to conducting brief, life changing present moment awareness interventions.

Most of the workshop will revolve around skill demonstration and skill practice periods. Participants will learn these FACT skills: how to create expectancies for rapid change, use of change oriented interview skills, methods for rapid case formulation, development of problem summary statements that reframe the presenting problem, skills for following the "pillar dance" in clinical interactions, and a variety of interventions.

ACBS Chicago Spring Workshop: FACT: Brief Interventions for Radical Change

April 14, 2018



Kirk Strosahl, Ph.D.

Dr. Strosahl is one of the founders of Acceptance and Commitment Therapy and specializes in the application of ACT as a brief intervention. He has also written several professional and self-help books on the brief applications of ACT, including "Brief Interventions for Radical Change: Principles and Practice of Focused Acceptance and Commitment Therapy" and "Inside This Moment: Promoting Radical Change in Acceptance and Commitment Therapy" (Robinson & Gustavsson, co-authors, 2012, 2015). Dr. Strosahl has conducted numerous training workshops around the world; his approach to teaching is clinician oriented and skill based. Because of this, Dr. Strosahl has been referred to as the "hands of ACT".

Disclosure

Kirk Strosahl, Ph. D.

Relevant Financial Relationships:

He receives a fee for speaking at this workshop

He is the Staff Psychologist at Central Washington Family Medicine in Yakima, WA And Training Director at the Mountainview Consulting Group in Zillah, WA.



2018 ACBS Chicago Spring Workshop: April 14

Brief Interventions for Radical Change: Mastering the Basics of Focused Acceptance and Commitment Therapy

Schedule and format:

8:30-9:00 registration*

9:00-10:30 workshop

- Evolution of ACT into brief, focused treatment

10:30-10:45 break*

10:45-12:15 workshop

- Change-oriented interviewing
- Problem summaries
- Behavioral experiments

12:15-1:15 lunch*

1:15-2:45 workshop

- Applying the CARE approach

2:45-3:00 break*

3:00-5:00 workshop

- FACT case conceptualization and interventions

**6.5 CEs available for Psychologists
(pending approval), professional
counselors, and Social Workers**

* Not for CE credit

Location:

Replogle Center for Counseling and Well-Being
at Fourth Presbyterian Church
126 East Chestnut Street, Chicago, IL

Intended audience:

Targeted audience for the conference is all mental health professionals with a minimum of Master's level degree and graduate students at the Master's level or higher, beginner through advanced learners.

Learning objectives:

Participants will be able to

1. List and describe evidence for client preferences in therapy, the rapid response effect, and outcomes of brief therapies
2. Discuss the evolution of the ACT psychological flexibility model
3. Describe the three pillars approach to flexibility of being Open, Aware and Engaged
4. Utilize components of change oriented interviewing
5. Demonstrate application of problem summary statements
6. Identify advanced strategies for setting up powerful behavioral experiments
7. Apply the CARE approach to individual FACT clinical conversations
8. Utilize core FACT case conceptualization methods
9. Demonstrate basic FACT interventions

To register, email:

acbschicago@gmail.com

OR:

<https://acbschicago.wufoo.com/forms/acbs-chicago-spring-workshop-2018/>