

# *Experiencing ACT*

## A Two-day Hands-on Workshop

Thursday, Feb 2, 2017  
Friday, Feb 3, 2017

### **This Workshop**

Using a combination of didactic presentation and experiential exercises, this workshop will delve into the ACT model and its application with a wide range of clinical concerns. A variety of ACT strategies, exercises, and metaphors will be demonstrated and practiced and later unpacked in our discussion. You will leave this training with a better understanding of ACT approaches to therapy, use of the Matrix and other exercises as clinical tools, and with specific skills you can employ immediately.

### **Format**

This workshop will be highly experiential. We plan to use a variety of exercises to give you a true taste of using ACT for yourself and with others. These exercises will encourage you to encounter the six ACT core processes directly with personal challenges you experience as a person and a helper (therapist, healthcare worker, etc.) and to role-play the types of challenges your clients or patients bring to you for help. You will experience ACT "from the inside" and get your hands dirty using ACT metaphors and exercises. Many of these exercises have been used in past workshops and were well-received by other participants. This will not be a "sit back and listen" lecture.

### **About ACT**

Acceptance & Commitment Therapy (ACT) is a contemporary form of Cognitive-Behavioral Therapy (CBT) that has shown much promise in helping clients with a wide range of emotional and behavioral difficulties. ACT introduces a comprehensive model of human functioning and change including a creative set of metaphors and experiential exercises to help clients (a) move away from unworkable change strategies, (b) make healthy contact with thoughts, feelings, and other private reactions they have feared and avoided, (c) re-connect with their deepest values to set a direction for change and to motivate change, and (d) experience their struggles differently and in a manner that permits them to move forward with their lives now.

For more info and to register:

[www.ACTinMaine.com](http://www.ACTinMaine.com)



Joel Guarna, PhD is a licensed psychologist. He currently does health psychology and general practice working in multiple locations around Portland. He has been

providing ACT presentations and workshops since 2005.



Teresa Valliere, LCSW, LADC, CCS is a licensed clinical social worker, addiction specialist and clinical supervisor. In addition to providing direct service and supervision, Teresa is an experienced trainer in

ACT, MI, groups and supervision.

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