

Running Effective Group ACT

Using mindfulness and values-based action to empower change



Groups can be an effective and cost-efficient way to deliver training in psychological skills, and promote a sense of common humanity and mutual support.

Group ACT is based on behavioural principles (functional analysis, shaping, exposure and behavioural activation) that underpin effective change.

This 1-day workshop introduces participants to using Acceptance and Commitment Therapy (ACT) as a group therapy.

ACT is a contextual CBT that strengthens skills in mindfulness and values-based action to promote wellbeing, quality of life and functioning. The workshop will focus on developing fundamental skills in doing ACT in groups, using didactic and experiential methods:

For bookings and further information:
anzact.com/2019-anzacbs-conference/

ANU, Canberra, Sat Feb 9th, 2019

Dr Eric Morris (La Trobe University) is the current ANZ ACBS President. He researches the use of ACT groups across multiple settings: to support recovery from mental health problems, to strengthen caregiving, to promote wellbeing and effectiveness at work. Eric is co-author of the self-help guide, ACTivate Your Life, and the groupwork manual, ACT for Psychosis Recovery.



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