

Nurturing roots to reach new heights

Revisiting Foundations for Mastering Flexible, Process-Based ACT Implementation



Dr Emily Sandoz

ANU, Canberra, Sat 9 & Sun 10th Feb, 2019

Acceptance and Commitment Therapy (ACT) is defined, not topographically in terms of techniques or exercises, but functionally in terms of its focus on building flexibility into the behavioral repertoire (through whatever techniques or exercises work to do so). Often, however, ACT training involves didactic descriptions of flexibility linked to experiential training of techniques and exercises.

An alternative approach to ACT mastery involves experiential training in the direct clinical applications of functional contextual philosophy and behavior

analytic theory, which naturally extends into flexible, process-based implementation of ACT. In this way, creativity, sensitivity, and generativity are directly targeted in the therapist repertoire.

This two-day workshop offers an experiential return to the philosophical and theoretical roots of ACT, and, working from solid foundations, extensive process-based practice toward mastery.

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

Dr. Emily K. Sandoz is a Professor of Social Sciences in the Psychology Department at the University of Louisiana at Lafayette. She is also the Director of the Louisiana Contextual Science Research Group and the Editor-in-Chief of the Journal of Contextual Behavioral Science. She has co-authored three books and many book chapter and papers. Emily has led more than 60 professional training workshops around the world, and serves as a peer-reviewed ACT trainer. She also practices as a Clinical Psychologist, focusing on clinical behavior analysis of body-related difficulties.

**2019 ANZ ACBS
Conference, Canberra,
Feb 9-12th 2019**

