

Using **Values, Self-Care,** and **Self-Compassion** to improve long-term health conditions

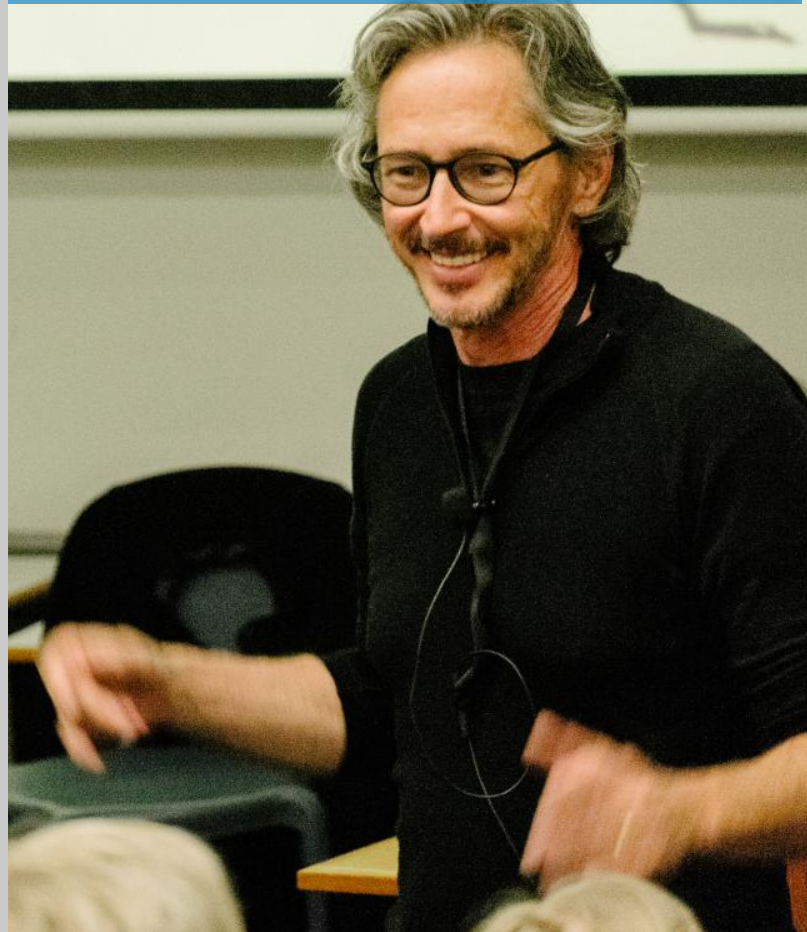
This workshop will provide two days focused on values work in ACT. ACT is an integrated model, so our work together will necessarily touch upon other components of the model. However, the workshop will show how other components facilitate valued living.

Self-care and self-compassion are often experienced as competing with “other-focused” values, such as parenting, intimate relations, and work. Very often, self-care is last on the list. In this workshop, we will learn through direct experience how powerful acts of self-care and self-compassion can enrich and empower all other areas of valued living.

ACT principles will guide participants in new interventions, worksheets, and interviews that can be used in any human services environment, including mental health clinics, but also, medical settings, workplaces, schools, and community centers.

The workshop will be densely experiential and will focus on a set of tools and skills that participants will be prepared to use immediately following the workshop.

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



Professor Kelly Wilson is a co-founder of ACT with research interests in the application of behavioural principles to understanding topics such as purpose, meaning and values.

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



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