

Organizer:



隸屬於基督教聯合那打素社康服務

Sub-organization of United Christian Nethersole Community Health Service

Co-organizers:



Department of  
**Psychology** HKU  
The University of Hong Kong



Clinical Psychology Service  
Kowloon East Cluster

# Three-Day ACT Intensive

An Introductory and Intermediate Skill-Building Workshop in  
Acceptance and Commitment Therapy



## Prof. Steven C. Hayes

- ◆ **Founder of Acceptance and Commitment Therapy**
- ◆ **Nevada Foundation Professor,  
Director of Clinical Training,  
Dept. of Psychology, University of Nevada, USA**
- ◆ **Author of more than 38 books and over 540 scientific  
articles**

**10-12 December 2015 (Thu- Sat)**

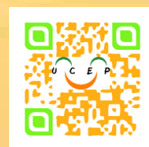
**Venue: The University of Hong Kong (Graduate House)**

**Time: 9:30am – 5:30pm**

This workshop is a single-track, three-day program led by Prof. Steven C. Hayes, who is an influential psychologist and behavioral researcher acknowledged as a cofounder of a major movement in third-wave behavior therapy. This workshop is designed to establish a beginning set of skills in Acceptance and Commitment Therapy (ACT) and beginning knowledge of Relational Frame Theory (RFT) and to support intermediate skill-building in these areas. *(Please see the flyer below for more details and registration)*

**GROUP RATE AVAILABLE**

**REGISTRATION DEADLINE – 30 NOV 2015**



Enquiry: 2349-3212    Email: [info@ucep.org.hk](mailto:info@ucep.org.hk)    Website: [www.ucep.org.hk](http://www.ucep.org.hk)

Supporting Agency:



Department of  
**Social Work &  
Social Administration**  
The University of Hong Kong

Organizer:



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# Three-Day ACT Intensive

An Introductory and Intermediate Skill-Building Workshop  
in Acceptance and Commitment Therapy

Trainer

**Prof. Steven C. Hayes**

Founder of Acceptance and Commitment Therapy  
Nevada Foundation Professor & Director of Clinical Training  
at Department of Psychology, University of Nevada, USA

**10-12 December 2015 (Thursday - Saturday)**  
**at The University of Hong Kong (Graduate House)**

This workshop is a single-track, three-day program (18.5 training hours) led by Prof. Steven C. Hayes of the University of Nevada, Reno, in the United States. Prof. Hayes is an influential psychologist and behavioral researcher who is acknowledged as a cofounder of a major movement in third-wave behavior therapy. The workshop is designed to establish a beginning set of skills in Acceptance and Commitment Therapy (ACT) and beginning knowledge of Relational Frame Theory (RFT) and to support intermediate skill-building in these areas.

The program is designed to present the psychological flexibility model underlying ACT, and to describe the six flexibility processes:

- Acceptance,
- Defusion,
- Self,
- Now,
- Values, and
- Committed Action

...that are commonly used in ACT interventions. It will relate psychological flexibility to language and cognition from an RFT point of view and embed this work in the contextualistic behavioral and evolutionary perspectives from which they come.

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Department of  
**Social Work &  
Social Administration**  
The University of Hong Kong

The workshop will show you (i) how to apply the psychological flexibility model to case conceptualization and treatment planning; (ii) how to form a therapeutic agreement in ACT; and (iii) how to help shift clients away from a needless control agenda. You will have an opportunity to explore the ACT model experientially and to learn a set of core intervention skills in the major flexibility processes and will learn to target treatment toward specific flexibility processes at will.

Case presentations and video examples will help you see how the model appears in the real world of clinical work. The goal is to provide a workable set of core intervention skills in ACT, to sense the space within which the work is done, and to gain some flexibility in the use of ACT methods. In the latter part of the workshop, you will learn how to approach traditional cognitive-behavioral technologies (e.g., exposure, behavioral activation, cognitive reappraisal) from an ACT perspective. Throughout the workshop, we will discuss current data on the effectiveness of ACT.

### **About the Trainer:**



Steven C. Hayes, PhD is Nevada Foundation Professor and Director of Clinical Training at the Department of Psychology at the University of Nevada. An author of 38 books and over 540 scientific articles, his career has focused on an analysis of the nature of human language and cognition and the application of this to the understanding and alleviation of human suffering.

He is the developer of Relational Frame Theory (RFT), an account of human higher cognition, and has guided its extension to Acceptance and Commitment Therapy (ACT), a popular evidence-based form of psychotherapy that uses mindfulness, acceptance, and values-based methods. Dr. Hayes has been President of Division 25 of the APA, of the American Association of Applied and Preventive Psychology, the Association for Behavioral and Cognitive Therapy, and the Association for Contextual Behavioral Science (ACBS). He was the first Secretary-Treasurer of the Association for Psychological Science, which he helped form and has served a 5 year term on the National Advisory Council for Drug Abuse in the National Institutes of Health. ACBS, the scientific and professional society that is largely focused on his work, has nearly 8,000 members, half of them outside of North America. In 1992, he was listed by the Institute for Scientific Information as the 30th "highest impact" psychologist in the world.

His popular book "Get Out of Your Mind and Into Your Life" was featured in Time Magazine among several other major media outlets and for a time was the number one best-selling self-help book in the United States. His work has been recognized by several awards including the Exemplary Contributions to Basic Behavioral Research and Its Applications from Division 25 of APA, the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy.

### Three-day ACT Intensive Workshop

An Introductory & Intermediate Skill-Building Workshop in Acceptance & Commitment Therapy

Date: **10-12 Dec 2015 (Thu – Sat)** Time: **9:30am – 5:30pm**

Venue: **The University of Hong Kong** [Wang Gungwu Lecture Hall, Graduate House]

Accreditation from Professional Bodies (In progress)

### REGISTRATION

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and mail to United Centre of Emotional Health and Positive Living, 2/F, Block A, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: info@ucep.org.hk

Website: www.ucep.org.hk

**Title:** Prof. Dr. Mr. Ms. Miss Other (pls specify) \_\_\_\_\_

**^Name:** \_\_\_\_\_  
(Last name) (Given Name)

*^Please give your name you wish to be printed on the "Attendance Certificate"*

**Occupation:** Psychologist Social Worker Counselor Doctor  
Nurse Teacher Researcher  
Occupational Therapist Physiotherapist  
Others (please specify): \_\_\_\_\_

Full-time Student# Part-time Student#

# student who is studying undergraduate or post-graduate program at university in a full-time or part-time mode.  
Please send a copy of your student card together for verification.

***For student, which program are you studying?***

**Job Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email :** \_\_\_\_\_

**Fees:** Standard Registration (Deadline 30 Nov 2015)  HK\$6,000  
Full Time Student (Deadline 30 Nov 2015)  HK\$3,000  
Part Time Student (Deadline 30 Nov 2015)  HK\$4,200

**Group Registration available for 2 person**

Group Registration (Deadline 30 Nov 2015)  HK\$11,000 (for two)  
(each participant please complete a separate form with personal particulars but send both forms together with appropriate cheque payment) Whom I register with \_\_\_\_\_

**I know this program from:**  via UCEP promotion (email/ website/ Facebook/ other\*)  
 via HKU Psychology promotion (email/ other\*)  
 via HKU Social Work & Social Admin. promotion (email/ other\*)  
 via HA promotion (email/ other\*)  
 via Accreditation Body \_\_\_\_\_  
 from a friend  
 Other \_\_\_\_\_

I **do/ do not\*** wish to be contacted by UCEP through email / direct mail / phone calls\* for any direct marketing purposes of events and professional trainings in the future. UCEP shall not so use your personal data without your consent. (\*please delete as inappropriate)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_