

ORGANIZER:



聯合情緒健康教育中心

United Centre of Emotional Health and Positive Living

隸屬於基督教聯合那打素社康服務

Sub-organization of United Christian Nethersole Community Health Service

TWO-DAY Advanced Training in Acceptance and Commitment Therapy (ACT):

*Deepening in Experiential Work and
Growth in Flexible Implementation*



Dr. Robyn D. Walser

- ◆ *Expert in Acceptance and Commitment Therapy (ACT)*
- ◆ *Director of TL Consultation Services*
- ◆ *Assistant Professor at the University of California, Berkeley*

Date : 16 - 17 October 2017 (Mon - Tue)

Time : 9:30am – 5:30pm
(registration starts at 9:10am)

Early Bird Deadline

Venue : Rm 1001-1002

16 Sept 2017

The Hong Kong Federation of Youth Groups Building
21 Pak Fuk Road, North Point, Hong Kong

**Enquiry: 2349-3212 Email: info@ucep.org.hk
Website: www.ucep.org.hk**



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TWO-DAY Advanced Training in

Acceptance and Commitment Therapy (ACT):

Deepening in Experiential Work and Growth in Flexible Implementation

By Dr. Robyn D. Walser

Worldwide expert in ACT and specializes in trauma and trauma related issues
Director of TL Consultation Services, Assistant Professor at University of California, Berkeley

Date: 16 - 17 October 2017 (Mon - Tue) Time : 9:30am – 5:30pm

Venue : Room 1001-1002, The HK Federation of Youth Groups Building (North Point)

Dr. Robyn D. Walser is a worldwide expert in Acceptance and Commitment Therapy (ACT) and specializes in trauma and trauma related issues. Dr. Walser's presentation on *“Advanced Training in Acceptance and Commitment Therapy (ACT): Deepening in Experiential Work and Growth in Flexible Implementation”* will be held on 16 -17 October, 2017.

In ACT, the combination of acceptance and mindfulness processes along with the values and behavioral commitment processes has a unique way of touching both the therapist and client's lives in the service of positive life change. While Acceptance and Commitment Therapy as well as other third wave therapy techniques have been widely disseminated over the past decade, their application within a truly experiential framework often remains a challenge for therapists. **The goal of this advanced training will be to assist participants in developing or furthering skills in experiential and process oriented ACT practice. The workshop will include conceptualization of cases, case consultation, and implementation of ACT centered on interpersonal, intrapersonal and the 6 core processes of ACT.** This work will be explored through role-plays, demonstrations, and skills practice, as well as didactics.

What will you learn in this workshop?

- Defining and moving toward more process and experiential work in ACT.
- Bringing the core processes into natural conversations with your clients.
- Connecting to the therapeutic process rather than relying on techniques and metaphors to carry your sessions.
- Selecting, building, and delivering experiential exercises and metaphors that are linked to the client's experience and housed in the therapeutic relationship.

About The Trainer



Dr. Robyn D. Walser, Ph.D. is Director of TL Consultation Services, Assistant Clinical Professor at the University of California, Berkeley, and works at the National Center for PTSD. As a licensed psychologist, she maintains an international training, consulting and therapy practice. Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 4 books on ACT including a book on learning ACT. She also has expertise in traumatic stress, depression and substance abuse and has authored a number of articles and chapters and books on these topics. She has been doing ACT workshops since 1998; training in multiple formats and for multiple client problems. Dr. Walser has been described as a “passionate, creative, and bold ACT trainer and therapist” and she is best known for her dynamic, warm and challenging ACT trainings. She is often referred to as a clinician’s clinician. Her workshops feature a combination of lecture and experiential exercises designed to provide a unique learning opportunity in this state-of-the-art intervention.

Prof. Steven C. Hayes’ Recommendation

Robyn Walser is one of my most accomplished former students. She is one of the most creative, skilled, and experienced ACT trainers on the planet.



Robyn has been doing ACT for 25 years and has spearheaded the roll out of ACT across the Veteran's Affairs hospitals in the United States over the last decade. Robyn did scores of trainings with clinicians from a broad range of backgrounds. This has given her an ability to address almost any kind of clinical question and to explain ACT in a way anyone can understand.

Passionate, smart, and funny, she is able to link ACT methods to the clinician's own experience so that trainees have a "gut feel" for ACT and are ready to apply what they have learned. If you have an opportunity to train with Robyn, here is my advice: JUST DO IT. She's the BEST.

Two-day Advanced Training on Acceptance & Commitment Therapy (ACT)

Date: 16-17 Oct 2017 (Mon – Tue) **Time:** 9:30am – 5:30pm

Venue: Room 1001-1002, The HK Federation of Youth Groups Building (North Point)

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: Early Bird Registration (Deadline 16 Sept 2017) HK\$2,700
Standard Registration (Deadline 07 Oct 2017) HK\$3,000
Full Time Student (Deadline 07 Oct 2017) HK\$1,500 (Limited Quota)
Part Time Student (Deadline 07 Oct 2017) HK\$2,100 (Limited Quota)

I know this program from: via UCEP promotion (email/ website/ Facebook/ 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:** _____