Demystifying ACT

Incorporating Acceptance and Commitment Therapy into your treatment approach will have a significant impact on your clinical effectiveness and the well-being of your clients. ACT is a rich, integrative approach, and has been shown to be effective for many clinically-relevant concerns. Because ACT takes a different perspective on psychotherapy, some clinicians wonder how to blend the applications into their own therapy approach. Other clinicians who have embraced the ACT concepts still have questions about certain aspects of the therapy. This webinar will explain ACT in a very clear, concise, user-friendly manner.

Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the six basic tenets of Acceptance and Commitment Therapy
2. Recognize the problem of experiential avoidance in clinical work
3. Utilize acceptance approaches with each client’s avoidance problems
4. Identify how ACT attempts to undermine problematic language functions
5. Utilize defusion exercises to deal with verbal entanglements

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

Psychologists, Social Workers, Marriage and Family Therapists, Clinical Social Workers, Psychiatric Social Workers, and Nurses are eligible to receive 3 CE's for attending.

Target Audience

This seminar is designed for psychologists, social workers, and counselors interested in learning about Acceptance and Commitment Therapy (ACT). It is suitable for those new to ACT as well as those with some experience.

General Information

The TZKseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminars.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yeeick, MSN, RN. This approval expires on March 1, 2022.

Tzkseminars

6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029

Our seminars are available in two formats: The first is a live, interactive webinar. The webinar is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.