

## SOUTH EAST BRANCH

# **ACTing Up: Taking your Acceptance & Commitment Therapy Skills to the Next Level (Intermediate Level Workshop)**

Presented by Dr Richard Bennett

Thursday 9<sup>th</sup> and Friday 10<sup>th</sup> May 2019

**Times:** 9.30am - 4.00pm on both days

**Venue:** St Julians Club, Rumshott Estate Ltd., St Julians, Sevenoaks, Kent, TN15 0RX

### **About the workshop**

This workshop aims to deepen participants' abilities in using the ACT approach in clinical practice. Participants will learn how to rapidly develop ACT based case formulation and apply it in a fluid and flexible way. The workshop will also teach a range of practical skills to use acceptance, defusion and mindfulness techniques effectively.

The workshop will focus on:

- Practical application of the model
- Skills training in key ACT processes
- Understanding and linking formulation and intervention
- Group work practice

Your presenter will create a fun and engaging learning environment in which new skills can be developed and extended. This will involve small skills group work, live and video demos and experiential exercises.

To attend this workshop, you need to have completed at least an introductory level workshop and have a familiarity with the ACT model, since the basics of the model will not be covered in depth.

### **About your presenter**

**Dr Richard Bennett** works as a Clinical Psychologist and Cognitive Behavioural Psychotherapist. He worked in physical and mental health services in the NHS for over 20 years as both an Occupational Therapist and Clinical Psychologist, before setting up Think Psychology, which is an independent psychology practice offering, therapy, supervision, training, and expert witness services. Richard is also an active committee member of the Association for Contextual Behavioural Sciences (ACBS) UK and Ireland Chapter.

In addition to his clinical experience, Richard has extensive experience of teaching and training. He is a Senior Academic Tutor in CBT within the School of Psychology at the University of Birmingham, where he leads the Postgraduate Diploma in High Intensity CBT, training NHS staff to work in IAPT services. He has trained and supervised a wide range of healthcare professionals across the UK, as well as overseas. He is recognised as a BABCP accredited psychotherapist, supervisor and trainer, and as an ACBS Peer-reviewed ACT trainer. He is also the co-editor of the book, "Rational Emotive Behaviour Therapy in Sport and Exercise", published by Routledge in 2017 and co-author of "Acceptance and Commitment Therapy: 100 Key Points and Techniques", also published by Routledge in 2019.

## **General Event Information**

Price includes lunch and refreshments.

A CPD certificate will be provided for 12 hours CPD.

Registration closes – Thursday 2<sup>nd</sup> May 2019

Please see the website for venue information - <http://www.stjulians.co.uk/>

## **Fees**

BABCP Member - £130

Non-Member - £160