

ISLE OF MAN BRANCH

Acceptance & Commitment Therapy:

2 Day Introductory Workshop

Presented by Dr Joe Oliver

9 & 10 December 2019

Times: 9.30am to 4.30pm (Registration from 9.00am)

Venue: Keyll Darree Health and Social Care Higher Education Centre, Strang, Isle of Man, IM4 4RH

About the Workshop

This workshop will provide participants with an introduction to ACT and the psychological flexibility model. Participants will be equipped with the core knowledge and theory of ACT and given opportunities to try out the model, with experiential exercises and demonstrations of the major techniques. Joe will create a fun and engaging learning environment in which new skills can be explored, developed and extended. No knowledge of ACT will be assumed. In this workshop, you will learn:

- About the 6 core ACT processes and how to practically apply them
- Relational Frame Theory in a fun (yes, fun), interesting and useful way
- How to engage clients in exploring their personal values to drive purposeful life change
- Five essential experiential exercises as demonstrations of the major techniques simple, but powerful methods to help clients untangle from difficult thoughts (without challenging them)
- How to use mindfulness in a flexible, formulation-informed manner that doesn't always rely on meditation
- How to build a toolkit of powerful and new techniques to work with even the most difficult negative thoughts
- Methods to effectively develop and use key ACT metaphors
- Ways to supercharge your working relationship to develop strong and meaningful connections

About the Presenter

Dr Joe Oliver is a Consultant Clinical Psychologist who is an experienced ACT practitioner, researcher and Association of Contextual Behavioural Science (ACBS) peer-reviewed ACT trainer. He is joint director for the University College London Cognitive Behavioural Therapy in Psychosis Postgraduate Diploma. He is also director for Contextual Consulting, an ACT based consultancy, providing ACT training, therapy coaching and supervision.

Joe is co-editor of the textbooks, *“Acceptance and Commitment Therapy and Mindfulness for Psychosis”* and *“ACT for Psychosis Recovery”* and co-author of the ACT self-help book – *“ACTivate Your Life”*. He has also recently published *“Acceptance and Commitment Coaching”* and *“ACT: 100 Key Points and Techniques”*.

General Event Information

Fees: BABCP Member: £110 Non-Member: £140

All BABCP events are VAT free.

Refreshments at breaks are included, but not lunch.

A CPD certificate for 14 hours will be issued – 50/50 skills and theory

Venue website - <https://www.gov.im/categories/education-training-and-careers/keyll-darree-health-and-social-care-higher-education-centre/>

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email workshops@babcp.com

Closing date for registrations is midday Friday 29th November 2019