

Post-conference Workshop

Saturday, 14⁰⁰-18⁰⁰

Acceptance and Commitment Therapy for Health Related Problems

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This workshop will cover the application of Acceptance and Commitment Therapy (ACT) for individuals with a variety of health related problems (e.g. smoking, cancer, diabetes etc). ACT is based on the view that most psychological difficulties and suffering are a result of experiential avoidance and fusion with literal thinking getting in the way of value guided action and living. ACT teaches clients how to connect with their values, become more accepting of the world within (thoughts, memories, experiences, sensations etc) and move towards valued action and change in their lives. Concepts will be illustrated using live demonstrations, experiential exercises (acceptance, mindfulness, defusion), metaphors, and worksheets. This workshop is designed to teach basic skills needed to explore ACT as an assessment model and intervention method. It will be both didactic and experiential and will balance an understanding of the model with a personal connection with the issues raised in ACT, and with skill development. Through this workshop participants will learn:

- The basic tenets and core processes of ACT and how they can be applied to health related problems
- How ACT processes help explain health related difficulties and provide a model of intervention
- How to conceptualize cases based on ACT processes and subsequently engage individuals to explore their values and commit to valued living
- How to use mindfulness, acceptance, experiential exercises, metaphors and defusion techniques to bring about health behaviour change
- How to foster ACT processes using already existing intervention skills and to amplify these skills using the technology developed by ACT researchers and practitioners.

Maximum number of participants: 30

This workshop would be suitable for any health psychology researchers or practitioners interested in learning a new model and method of intervention.