

# ACT I

## Acceptance and Commitment Therapy for Addictive Disorders

*and other stuff*

May 17-18, 2017

8:30am – 4:30pm (registration begins at 8:00 a.m.)

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12.5 ceu's

\$169 includes ACT manual

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### Objectives:

1. Describe the 6 processes of ACT
2. Detect signs of experiential avoidance—yours and theirs
3. Demonstrate at least 2 acceptance skills
4. Help clients move from Point A to Point B
5. Value the learning experience
6. Change your doing
7. Help clients define a rich, full, meaningful life