

AGENDA

8:30 - 9:00	Registration (Day 1 only)
9:00 - 12:15	Morning Session (break 10:30 - 10:45)
12:15 - 1:30	Lunch (on your own)
1:30 - 4:30	Afternoon Session (break 3:00 - 3:15)

DAY 1

MORNING

- **Introductions**
- **Overview**

ACT as 3rd Wave Behavior Therapy
Comparison to Other Models
Empirical Update

- **Underlying Theory & Application to Therapy**

Applied Behavioral Analysis
Functional Contextualism
Relational Frame Theory

AFTERNOON

- **ACT View of Suffering**

Therapeutic Stance
Happiness Myths
Experiential Avoidance

- **Therapeutic Processes:**

Learning ACT from the inside out

Mindfulness
Self as Context
Acceptance
Defusion
Values
Committed Action

MORNING

- **Review of Day 1**
- **Assessment and Formulation**

The Hexaflex, Choice Point & Matrix
Listening to teens with 'ACT ears'
Creative Hopelessness
Illusion of Control

AFTERNOON

- **Treatment Planning**

Functional Analysis
Exposure from within the ACT model
Applications to Individual, Group, and Family Therapy
Common Mistakes when Beginning ACT
Appreciations & Wrap up

For More Information

HQS PROFESSIONAL DEVELOPMENT

219 Yale Avenue, Winnipeg, MB R3M 0L3
Ph: (204) 477-5656 • Fax: (204) 477-9111

VISIT OUR WEBSITE AT
www.hqs-pd.ca

DESCRIPTION OF WORKING SESSION

ACT (pronounced as a single word) is a mindfulness-based, values-oriented behavioral therapy that was developed in the 1980s. A growing body of empirical data confirms that cultivating acceptance, mindfulness, and openness to experience is highly effective for the treatment of depression, anxiety disorders, substance use, chronic pain, PTSD, anorexia and psychotic symptoms. The aim of ACT is to maximize human potential for a rich and meaningful life.

This introductory ACT training will be of use for clinicians working with adolescents in a variety of settings both in brief and long-term therapeutic relationships. ACT is an emerging cognitive behavior therapy, based upon unique philosophical and theoretical foundations. While ACT is a behavior-based therapy, it differs from traditional CBT. First and foremost, ACT does not involve cognitive disputation or relaxation training. The therapeutic target is psychological and behavioral flexibility in the presence of whatever shows up inside (i.e., thoughts, emotions, urges). The stance of mindfulness and acceptance, central to ACT, reduces the power of thoughts and feelings and supports clients to take their life in a direction that matters.

ACT based research and available treatment protocols and assessment tools will be reviewed and discussed. Participants will then explore and practice setting the stage for ACT using role-play. Experiential exercises and metaphor will enhance learning the ACT processes, in terms of how and when to move through the processes in session. While there will be some didactic presentation of the therapeutic processes that make up ACT, participants will learn the model mostly from the "inside-out". There will be a focus on assessment, formulation and treatment planning from an ACT perspective as well as specific interventions that are appropriate for adolescents, in both individual and group treatment.

In this workshop, participants will learn:

- How ACT fits within the umbrella of cognitive-behavioral therapy
- The theoretical underpinnings of ACT and how they relate to therapy
- The ACT perspective of suffering and therapeutic stance
- The concept of creative hopelessness as it relates to our patients and ourselves
- To appreciate the role of experiential avoidance in anxiety disorders and other mental health struggles
- To recognize the core processes of ACT from the inside out
- The importance of metaphor and experiential exercises in ACT
- To conduct an assessment and formulation from an ACT perspective
- Things to consider when working with adolescents in particular
- To apply the ACT processes to individual, group, and family work
- A beginning sense of mindfulness

"TURRELL"

REGISTRATION FORM

NAME _____

OCCUPATION _____

AGENCY/COMPANY _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

PHONE _____

EMAIL: _____

By providing your email address you are authorizing HQS to email you twice a year about upcoming conferences

METHOD OF PAYMENT:

CHEQUE / MONEY ORDER
AMOUNT ENCLOSED: \$ _____

AGENCY PAYMENT \$ _____
IF INVOICE IS REQUIRED PLEASE EMAIL
INFORMATION TO LEIGH@HQS.CA

VISA MASTERCARD

CARD # _____

EXPIRY DATE _____

TYPE OF REGISTRATION:

ADVANCED SINGLE 250.00 ADVANCED GROUP 230.00

REGULAR SINGLE 275.00 REGULAR GROUP 255.00

FULL-TIME STUDENT 200.00

PLEASE MAKE CHEQUES PAYABLE TO: HQS PROFESSIONAL DEVELOPMENT

MAIL TO:

HQS Professional Development
219 Yale Ave., Winnipeg, MB, R3M 0L3

FAX TO: (204) 477-9111

PHONE: (204) 477-5656

ONLINE: Register online at:

www.hqs-pd.ca



REGISTRATION FEES

EARLY REGISTRATION:

RECEIVED ON OR BEFORE SEPTEMBER 18TH, 2017

SINGLE \$250.00 Full payment must be received on or before September 18th, 2017.

GROUP \$230.00 PER PERSON For groups of 3 or more, registration MUST be submitted together with full payment by September 18th, 2017.

REGULAR REGISTRATION:

AFTER SEPTEMBER 18TH, 2017

SINGLE \$275.00 Full payment must be received prior to conference date.

GROUP \$255.00 PER PERSON For groups of 3 or more, registration MUST be submitted together with full payment prior to conference date.

FULL-TIME STUDENTS \$200.00 For students who are attending 3 or more university credit courses this academic term. Full payment MUST be received prior to conference date.

RECEIPTS WILL BE DISTRIBUTED
OCTOBER 16TH, 2017
AT THE REGISTRATION TABLE

PARKING There is plenty of FREE parking

Cancellation / Refund Policy

If unable to attend, we will be happy to refund the full amount if notified IN WRITING or EMAIL 14 days prior to the conference date. OR a substitution may be made if notification IN WRITING or EMAIL is received prior to the conference.

Refunds will not be given to those participants who do not attend the conference and do not provide HQS with notice of their absence prior to the conference. In these circumstances, a voucher will be provided for the participants to attend an upcoming conference organized by HQS.

ABOUT THE PRESENTER



Dr. Sheri Turrell, Ph.D., C. Psych, is a clinical psychologist from Toronto, with over twenty years of work experience in mental health. She divides her professional time between her private practice, research endeavors, supervising students, and providing consultation and trainings, locally and internationally to graduate students and clinicians. Sheri is most passionate

about her work with Acceptance and Commitment Therapy (ACT) and has worked with patients of all ages with a special interest in the adolescent population. She has dedicated her life to helping adolescents experiencing symptoms associated with anxiety, depression, suicidality, self-harm, substance use, eating disorders, and a high level of emotional dysregulation. Sheri has been facilitating ACT groups for teens for over 5 years and recently started facilitating ACT-based parent groups. Her first book, *"ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy,"* co-authored with Mary Bell, was published in 2016. Sheri and Mary are now authoring their second book, an ACT based self-help book for teens that struggle with anxiety, and are developing a mobile ACT app for adolescents.

Complementing her work with ACT, Sheri is a senior candidate at the Toronto Institute for Contemporary Psychoanalysis. Her final paper will discuss the intersection between ACT and various streams of psychoanalysis in treating clients.

PUBLICATIONS:

- Turrell, S., & Bell, M. ACT for Adolescents: A transdiagnostic treatment guide for clinicians. (2016). Oakland, CA: New Harbinger Publications.
- Second book 'in the works' is an ACT-based self help book for teens who struggle with anxiety. Turrell, S., McCurry, C., & Bell, M. (Release Date: September, 2018). Oakland, CA: New Harbinger Publications.
- New Harbinger blog:
<https://www.newharbinger.com/blog/are-you-creeping-yet-new-way-talk-teens-about-sexual-media-content>

Location / Hotel Discount

CANAD INN POLO PARK

1405 St. Matthews

Phone for reservations: 1-888-332-2623

When making hotel reservation please quote "Group Block number #335859" for room discounts. Rooms must be booked 30 days prior to conference. Reserve early as rates are based on availability



HQS PROFESSIONAL DEVELOPMENT

PRESENTS

SHERI L. TURRELL, PHD.

**ACT – Acceptance & Commitment Therapy
for Adolescents:**

**Treating Teens and Adolescents
in Individual and Group Therapy**

Monday & Tuesday
OCTOBER 16 & 17
2017
9:00 a.m. to 4:30 p.m.

Canad Inn Polo Park
1405 St. Matthews Avenue
Winnipeg, MB
R3G 0K5



HQS PROFESSIONAL DEVELOPMENT
IS COMMITTED TO ORGANIZING QUALITY CONFERENCES AND
CONTRIBUTING TO THE PROFESSIONAL DEVELOPMENT
OF HEALTH CARE PROVIDERS IN OUR COMMUNITY

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