

## IPA CE REGISTRATION FORM

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_  
*(for confirmation & upcoming event announcements only)*

Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_

<u>Registration Fee</u>	<u>by Nov 1</u>	<u>after Nov 1</u>
IPA Member	\$144	\$164
IPA Student Member	\$ 29	\$ 49

Non-Member Professional	\$179	\$199
Non-Member F-T Students*	\$ 49	\$ 69

*\*copy of full-time student I.D. req'd for non-IPA students*

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_  
*Includes breakfast, afternoon refreshments & electronic handouts.*

Space is limited. Registrants will be accepted on a first-registered, first-served basis. As is customary, IPA is required to "guarantee" attendance numbers to the meeting facility several days before the event and, from that point on, is obligated for costs related to that number. Consequently, **all cancellation requests must be received by Thursday, November 1, 2018, to receive a refund. No refunds after November 1, 2018**, although substitutions may be allowed, if approved by the IPA Office prior to the event. Grievances about the workshop may be addressed to IPA at the address below.

If you have special physical requirements or medical-related dietary needs, please let our office know 14 days in advance.

IPA cannot be held liable for events beyond its control, such as acts of God, government regulations, disasters or weather-related hazards, civil unrest, war, acts of terrorism, or any other emergency, making it inadvisable or impossible to hold the event. If there is a workshop cancellation, IPA will make every effort to inform registrants as soon as possible.

**Questions?** Please call the IPA Office at 208.454.5594 or e-mail us at [IPAoffice@idahopsych.org](mailto:IPAoffice@idahopsych.org).

Please mail this completed form and payment to:  
**IPA, P.O. Box 1347, Eagle, ID 83616**

Or, register online at [www.idahopsych.org](http://www.idahopsych.org)



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Eagle, ID 83616  
208.454.5594  
[www.idahopsych.org](http://www.idahopsych.org)

**Register by Nov 1st  
for best rates!**

# FOCUSED ACCEPTANCE & COMMITMENT THERAPY WORKSHOP

Presented by Kirk Strosahl, PhD  
A co-founder of ACT



**Fri., November 9, 2018**  
**8:30AM-4:45PM**  
**6.0 CE Hours**  
*Breakfast & sign-in at 8:00AM.*

Arrow Rock South Room  
**Hampton Inn & Suites–Boise Spectrum**  
7499 W Overland Rd, Boise, ID

Sponsored by the  
**Idaho Psychological Association**

With **SPECIAL THANKS** to



## ABOUT THE WORKSHOP

Clinicians in a wide variety of practice settings are being faced with the challenge of getting positive client outcomes within as few therapy sessions as possible. This workshop will introduce participants to Focused Acceptance and Commitment Therapy (FACT), with the goal of helping participants develop specific clinical skills that can be applied in practice immediately after the workshop. As a prelude, participants will learn about the three toxic processes, based in human language, that lead to behavioral rigidity and psychological suffering. We will then explore the three “pillars” of psychological flexibility that can be used to combat these toxic processes: building present moment awareness, promoting openness to private experiences and stimulating engagement with valued life activities.

The majority of the workshop training will be devoted to demonstrating and practicing specific clinical techniques that allow the clinician to focus the clinical conversation, sequence clinical activities and complete powerful single session interventions. This includes, how to create expectancy for rapid change, how to conduct a change-oriented interview, how to rapidly engage in case formulation, and how to reformulate or “reframe” the presenting problem so that it seems solvable. Some core goal setting experiential exercises, such as the Bulls Eye and Life Path, will be demonstrated. Teaching methods will involve a combination of didactic lectures, live role plays, guided dyadic skills training and video demonstrations.

### Learning Objectives

After completion of this workshop, participants will be able to:

- Discuss the evidence pertaining to the impact of brief interventions and client preferences for brief therapy;
- Appreciate the “pillars” model and approach to psychological flexibility;
- Recognize the TEAMS approach to deciphering components of private experience;
- Discuss and apply the CARE algorithm for sequencing clinical activities during a single session;
- Demonstrate change oriented interviewing using the 3T, Love-Work-Play and FACT focusing questions;
- Recognize core FACT case conceptualization methods such as Flexibility Profile and the Four Square case analysis method;
- Demonstrate techniques for problem reframing and reformulating self-instructional rules; and
- Demonstrate core FACT interventions such as the life path and turnaround

### WORKSHOP SCHEDULE

8:00AM	Breakfast & sign-In
8:30AM	Workshop begins
10:00AM	Break
10:15AM	Optum announcement
10:30AM	Workshop continues
11:45AM	Lunch (on own)
1:00PM	Workshop continues
3:00PM	Break
3:15PM	Workshop continues
4:30PM	Q & A
4:45PM	Workshop concludes

### CONTINUING EDUCATION CREDITS

This intermediate-level workshop is intended for post-doctorate-level psychologists; however, other licensed health and mental health care providers are welcome to attend. This workshop is sponsored by the Idaho Psychological Association. The Idaho Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Idaho Psychological Association maintains responsibility for this program and its content.

#### Psychologists

A total of **6.0 continuing education credits** will be available to psychologists for full attendance of this one-day event.

#### Other health/mental health professionals

This conference provides a total of **6.0 contact hours**. Attendance letters will be provided. Contact your board or professional association for your specific CE requirements.

**Important: CE credit(s) will be provided only to individuals who attend the entire workshop day. Those arriving after the scheduled start time or leaving before it is complete will not receive CE credit(s) for the activity.**



### ABOUT THE SPEAKER

Kirk Strosahl, PhD, is one of the founders of Acceptance and Commitment Therapy and specializes in the application of ACT as a brief intervention. He has practiced for 30 years in a variety of brief intervention contexts, including brief therapy clinics and primary care. He has written several professional books on the brief applications of ACT, including “Brief Interventions for Radical Change: Principles and Practice of Focused Acceptance and Commitment Therapy” and “Inside This Moment: Promoting Radical Change in Acceptance and Commitment Therapy” (Robinson & Gustavsson, co-authors, 2012, 2015). He has just published the second edition of his best selling self-help workbook on treating depression, “The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Live a Vital Life” (Robinson, co author, 2017).

Dr. Strosahl has conducted numerous training workshops around the world; his approach to teaching is clinician oriented and skill based. Because of this, Dr. Strosahl has often been referred to as the “hands of ACT”.

**PLAN TO  
ATTEND!**

Feb 15

Ethics & Risk Management in a Digital World 2.0  
Trust Risk Mgt Seq VIII - Daniel O. Taube, PhD, JD,  
Saint Alphonsus, Boise

May 3-4

IPA Convention 2019  
Billing & Coding with Tony Puente, PhD, & much more!  
Shore Lodge, McCall