



INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY (ACT)

CLINICAL WORKSHOP SERIES

GUIDING CHILDREN, ADOLESCENTS AND ADULTS
TO DEVELOP RICH AND MEANINGFUL LIVES



THIS IN-PERSON TRAINING IS SUITABLE FOR

- Psychologists/psychotherapists
- School counselors and nurses working with primary school children and above
- Psychiatrists with psychotherapy experience
- General practitioners
- Executive and Life coaches

ABOUT ACT THERAPY

ACT is one of the fastest-growing, evidence-based behavioral therapies, with demonstrated effectiveness for primary school children, adolescents and adults.

ACT stands out in that it:

- Has broad applications across the range of mental health issues, and especially for anxiety, mood, and eating disorders
- Is a heavily experiential type of therapy that commonly employs metaphors and dynamic activities
- Combines aspects of mindfulness and acceptance with behavioral interventions
- Emphasizes values as the compass for our behaviors
- Incorporates skills to help clients unhook from negative thought patterns
- Can be used as a comprehensive model or parts of it can be incorporated into other therapeutic modalities

WHAT PARTICIPANTS WILL LEARN

Participants will be taught through didactic presentations, experiential exercises, and role-plays and will gain:

- In-depth understanding of the ACT Hexaflex model in adolescents and adults
- Different tools and techniques that are used in ACT therapy
- Knowledge of how to apply ACT skills when supporting children, adolescents and adults

Expert Trainer

Dr. Daniela Salazar, PhD
CLINICAL PSYCHOLOGIST
Education Director



Dr. Daniela Salazar, PhD is a clinical psychologist and Education Director at The LightHouse Arabia. Her clinical practice involves working with children, adolescents, and adults. She has been a frequent international presenter on ACT and is valued by the international community for her deep theoretical and practical knowledge of ACT. She also is a master trainer for Mental Health First Aid (MHFA) and other corporate trainings. Her aim is to help clients live a fulfilled and happy life in line with their values.

Date & Time:

Thurs. 9th & Fri. 10th March, 2023
9am – 2pm (10 hours total)

1,250 AED per person + 5% VAT





Participants will receive a course manual and a certificate of attendance at the end of the 2-day training. For those collecting CME/CPD credit points from DHA, they will be available (no. CME/CPD pts TBC).

Pre-Registration required:

www.lighthousearabia.com/events

This workshop will take place in-person at The LightHouse Arabia. Pre-registration is required. Limited spaces available.

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SCHEDULE

SESSION ONE - DAY 1

9am – 2pm (5 hours)

9am - 9.30am

Group Introduction (Ice breaker)

9.30am - 12pm

Introduction to the ACT model
(15 minute break from 10.45am - 11am)

12pm – 12.30pm

LUNCH BREAK (30 minutes)

12.30pm - 2pm

Explanation of the ACT Therapist with group activities

SESSION TWO - DAY 2

9am – 2pm (5 hours)

9am - 12pm

Review and practice the Key therapeutic tools of the ACT model with participants
(15 minute break from 10.45am - 11am)

12pm – 12.30pm

LUNCH BREAK (30 minutes)

12.30pm - 2pm

Putting ACT into practice



In their own words...

"Presenter was amazing. Captivated the audience and had a variety of ways for delivery of the content. I would love to attend more sessions that are led by her."

"Excellent clinician to present such an intense tool, amazing content and great advice for self-growth by sharing books to read."

"I'm feeling so grateful for this training, thank you so much!"

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