



# 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:

Wed. 25<sup>th</sup> & Thurs. 26<sup>th</sup> February, 2026  
**9am – 2pm (10 hours total)**  
**2-Part Training (In-person)**

**1,750 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 awarded upon completion (8 CEUs).*

### Pre-Registration required:

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

*Advance booking and payment required. Limited spaces available.*

*Kindly note, this is an in-person event. It will take place at The LightHouse Arabia (Al Wasl Rd. branch), in Villa 4.*

821 Al Wasl Rd  
Al Safa 2  
P.O. Box 334273  
Dubai, UAE

**T.** +971 (0)4 380 2088  
**E.** [info@lighthousearabia.com](mailto:info@lighthousearabia.com)  
[@lighthousearabia](https://www.instagram.com/lighthousearabia)



**THE LiGHTHOUSE**  
CENTER FOR WELLBEING

[lighthousearabia.com](http://lighthousearabia.com)



# INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY (ACT)

## CLINICAL WORKSHOP SERIES

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



### 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!"*

