

Acceptance & Commitment Therapy

ACT

A comprehensive model of therapy using mindfulness, acceptance, creative experiential exercises, and powerful behavior change strategies to help your clients struggle less and live a rich, full life NOW.

www.whitepineinstitute.com

About ACT. ACT is a contemporary form of cognitive-behavioral therapy (CBT) that has shown much promise in helping clients with a wide range of emotional and behavioral difficulties. ACT introduces a comprehensive model of therapy including creative strategies to help clients experience their struggles differently and in a manner that permits them to move forward with their lives. These one-day trainings will introduce participants to this exciting form of therapy.

Presented by Joel Guarna, PhD

Trainings offered by the
White Pine Institute

April 24: Worcester

*June 5: Portland** *with Elizabeth Kubik, PhD

June 10: Burlington

August TBD: Bar Harbor

Continuing Education (CE)

Please check with your state or locality to determine if you can receive continuing education credit for this event. It is your responsibility to ensure that the approvals listed below meet the specific criteria for your profession.

Psychologists. This event is being co-sponsored by the Association for Contextual Behavioral Science and the White Pine Institute. The Association for Contextual Behavioral Science is approved by the American Psychological Association to offer continuing education for psychologists. The Association for Contextual Behavioral Science maintains responsibility for the program. The workshop is being offered for 6 hours of continuing education credit. No partial credit will be offered for partial attendance.

Counselors. This program has been approved by the National Board for Certified Counselors (approval #: SP-1636). The workshop will provide 6 continuing education contact hours/clock hours. No partial credit will be offered for partial attendance.

Social Workers. This program is approved by the National Association of Social Workers (Provider #: 886511458) for 6 Continuing Education Hours.

New Hampshire. The New Hampshire Board of Mental Health Practice accepts continuing education units for programs approved by the APA, NBCC, and NASW; check online for details. Professions regulated by the New Hampshire Board of Mental Health Practice can receive 6 hours of continuing education for attending this workshop.