

14.-15.  
september  
2018  
Aarhus C

## Praktisk information

**Sted:** Huset Blachsgaard, Vesterport 8 K, 8000 Aarhus C

**Dato:** 14.-15. sep 2018. Dag 1 fra 10-17 og dag 2 fra 9-16

**Tilmeldingsfrist:** Senest d. 24. august 2018

**Pris:** 5250 kr inkl. moms. Kursusgebyr vil omfatte evt. kursusmaterialer (eftersendes), kursusbevis, kaffe/te, snack formiddag, let frokostenretning og eftermiddagskaffe + sødt.

## Kursusudbydere:

**Psykolog Camilla Grønlund**

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camilla@acthouse.dk

**Psykolog Anne Agerbo**

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For spørgsmål - skriv til os

Tilmeld dig her

[actinlife.dk/produkt/robyn](http://actinlife.dk/produkt/robyn)



MASTERCLASS  
v/ ROBYN WALSER, PHD

# ACCEPTANCE & COMMITMENT THERAPY

Deepening your experiential work and  
growth in flexible implementation

# Masterclass Theme

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In ACT, the combination of acceptance and mindfulness processes along with the values and behavioral commitment processes has a unique way of touching both the therapist and client's lives in the service of positive life change.

While Acceptance and Commitment Therapy as well as other third wave therapy techniques have been widely disseminated over the past decade, their application within a truly experiential framework often remains a challenge for therapists. The goal of this advanced training will be to assist participants in developing or furthering skill in experiential and process oriented ACT practice. The workshop will include conceptualization of cases, case consultation, and implementation of ACT centered on interpersonal, intrapersonal and the 6 core processes of ACT. This work will be explored through role-plays, demonstrations, and skills practice, as well as didactics.

- Robyn

# What will you learn?

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Defining and moving toward more process and experiential work in ACT



Bringing the core processes into natural conversations with your clients



Connecting to the therapeutic process rather than relying on techniques and metaphors to carry your sessions



Selecting, building, and delivering experiential exercises and metaphors that are linked to the client's experience and housed in the therapeutic relationship.

## Målgruppe

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**Workshoppen er på øvet niveau** og forudsætter et grundlæggende kendskab til Acceptance and Commitment Therapy model, tilgang og metode

Workshoppen henvender sig til fagpersoner, der arbejder indenfor det psykologiske/psykosociale felt og har klientkontakt (f.eks psykologer, læger, sygeplejersker, pædagoger, socialrådgivere, og psykoterapeuter, mindfulness/yoga instruktører)