



Advanced Training in ACT: Mastering Key In-Session Skills for Applying Acceptance and Commitment Therapy

Matthew McKay PhD, Patricia E. Zurita Ona PsyD

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If you are a mental health professional who is already familiar with the acceptance and commitment therapy (ACT) model, you may be looking for advanced strategies and exercises to improve the quality of your client sessions. This eight-hour training program by psychologists Matthew McKay and Patricia Zurita Ona provides key, in-session skills for navigating the six core ACT processes (hexaflex), as well as practical tips for moving past common roadblocks that arise in therapy. In addition, you will learn specific adaptations of the ACT protocol for use in treating an array of disorders, such as anxiety, depression, chronic pain, eating disorders, and more.

These professional training DVDs feature:

- Useful demonstrations and experiential exercises
- Practical tips for increasing client cooperation and motivation
- Strategies for helping clients build a worldview based on values
- Treatment scenarios for a variety of professional settings
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