Acceptance and Commitment Therapy Training

Presented by Dr. Matthew Skinta PhD, ABPP

This workshop will provide the core elements of ACT skills, including experiential components that will allow participants to try on those skills within the workshop. The transdiagnostic processes described have been found effective for a wide range of presentations, from anxiety and depression to work with substance use and chronic pain. This will include the common mindfulness and acceptance skills, such as defusion and acceptance, as well as those action-oriented skills so necessary to create change, such as values-identification and a willingness to engage in committed action in the presence of unwanted emotions and thoughts. Models that incorporate an awareness of racism and sexual orientation and gender diversity will also be described to illustrate how ACT can be applied in a versatile manner.



ACT: A Deeper Dive
January 22nd
9:00a-12:00p
(prerequisite is having attended ACT Core Processes)

ACT: Core Processes
February 19th
9:00a-12:00p

ACT: A Deeper Dive
March 19th
9:00a-12:00p
(prerequisite is having attended ACT Core Processes)

These are virtual training offerings approved for 2.5 SW credit hours

Please Register on our website

MACOMB COUNTY COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.