

An Overview of Acceptance and Commitment Therapy: An Action Oriented Clinical Approach



- Many tips, tools, and resources that will empower clinicians to implement Acceptance Commitment Therapy!

- An interactive and engaging event with videos, case studies, and worksheets!

Friday, March 31, 2023 | 9:00 AM – 3:00 PM ET

Live Stream Series (Online Synchronous Training)

\$64.99 Early Bird Registration

After March 17th registration is \$74.99



Please scan QR Code or register online at

www.ceucreationsinc.com

5 CREDIT HOURS APPROVED FOR:

- **Social Workers**
ASWB ACE – 5 CE Credits;
New York State Education Department's State Board for Social Work – 5 Contact Hours
- **Case Managers**
CCMC – 5 Contact Hours
- **Nurses**
California Board of Registered Nursing – 5 Contact Hours
- **Counselors**
NBCC ACEP;
New York State Education Department's State Board for Mental Health Practitioners – 5 Contact Hours

*Attendance or applied credit certificate available for other credentials.
Please make sure to check with your own state board to ensure transferability of CE credit.*

PRESENTER:



Diane Bigler, LCSW, LSCSW

Diane Bigler, LCSW, LSCSW, is a Licensed Clinical Social Worker in Missouri and Kansas. She has over 20 years of experience in the social services field. Diane has held positions as a therapist (in-home and outpatient), private practice owner, trainer/facilitator, clinical supervisor, and Professor of Social Work. She also has experience in corporate wellness training and coaching. Diane is most passionate about providing quality educational trainings to professionals. She enjoys spoiling her four Dachshunds and anything 80's related.

FEATURED 2023 Sponsor!



Additional information for each sponsor can be found in the 2023 CEU Creations Georgia Supporter Directory that will be provided to each registrant.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Patty Tucker at patty@ceucreationsinc.com or 770-880-9873.

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AGENDA

8:45 AM – 9:00 AM:	Log In and Virtual Networking
9:00 AM – 10:20 AM:	Session One Diane Bigler, LCSW, LSCSW, and owner of Diane Bigler Therapy Services, Inc.
10:20 AM – 10:30 AM:	<i>Break</i>
10:30 AM – 12:00 PM:	Session Two - Diane Bigler, LCSW, LSCSW
12:00 PM – 12:40 PM:	<i>Lunch Break and Sponsor Spotlight</i>
12:40 PM – 1:50 PM:	Session Three- Diane Bigler, LCSW, LSCSW
1:50 PM – 2:00 PM:	<i>Break</i>
2:00 PM – 3:00 PM:	Session Four - Diane Bigler, LCSW, LSCSW

As a clinician it is important to have knowledge of various therapeutic models and useful interventions to help clients. Acceptance and Commitment Therapy, or ACT, is emerging as a very promising and evidenced-based therapeutic modality to treat a host of mental health conditions. ACT incorporates elements of CBT and DBT into its framework, while also including some unique tenets and approaches. Join this full day workshop to learn about the fundamental philosophies of ACT, including the six core processes. Discover how ACT approaches unhelpful thinking, difficult emotions, and problematic behaviors. ACT is evidenced based for depression, anxiety, suicide, trauma, and many more mental health conditions. Learners will find ACT approaches and interventions relevant to a variety of clients in diverse settings through examining case studies, video clips, and worksheets.

BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Demonstrate knowledge of ACT basic principles and psychological flexibility.
- Identify the six core processes of ACT.
- Implement at least two ACT interventions in clinical practice.
- Reflect on methods and rationale for incorporating ACT interventions into work with clients.
- Discover and utilize ACT methods such as metaphors, cognitive fusion, and self as context with clients.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must login on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/21-11/22/24. Social workers completing this course receive 5 Clinical continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 5 Contact Hours



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 contact hours.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucorationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date.