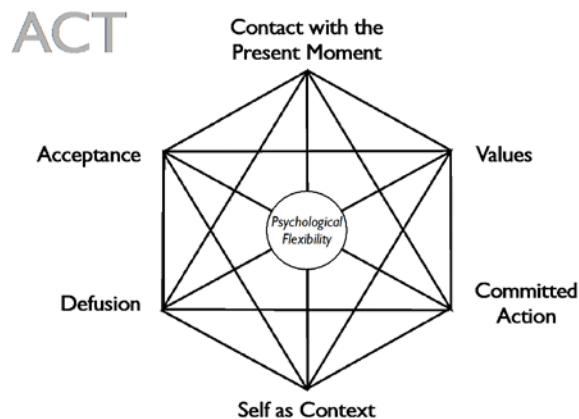




**Michigan Psychological Association (MPA)  
along with  
Michigan Association of Professional  
Psychologists (MAPP)**

Present

**Acceptance and Commitment Therapy (ACT):  
Building Lives of Meaning, Purpose, & Vitality  
A Two-Day Workshop**



*Featuring*

**James Marchman, Ph.D.**

**Friday, October 13 & Saturday, October 14, 2017  
8:30 a.m. – 4:30 p.m.  
12 CE Credits**

**The Henry Center  
Michigan State University  
3535 Forest Road  
Lansing, MI 48910**

# **Acceptance and Commitment Therapy (ACT): Building Lives of Meaning, Purpose, & Vitality**

## **A Two-Day Workshop**

ACT aims to promote psychological flexibility and the ability to persist with or change behavior in service of our goals and values, even in the face of challenging circumstances, unhelpful cognitions, or painful internal experiences. The inverse - psychological *inflexibility* - is seen as the result of experiential avoidance (trying to avoid or suppress one's own thoughts, feelings, and memories); cognitive fusion (excessive attachment to certain unhelpful thoughts and rules such that they dominate our behavior); preoccupation with the past or future so as to lose contact with the present moment; and an unyielding attachment to a conceptualized self. These inflexible patterns lead to failure to take needed behavioral steps in accord with core values and result in unnecessary suffering ("symptoms"), demoralization, and ineffective coping. Rather than seeing clients as broken or defective, ACT therapists see them as stuck in these unworkable strategies. The goal is to help them become unstuck and move forward in their lives with values-guided and committed action.

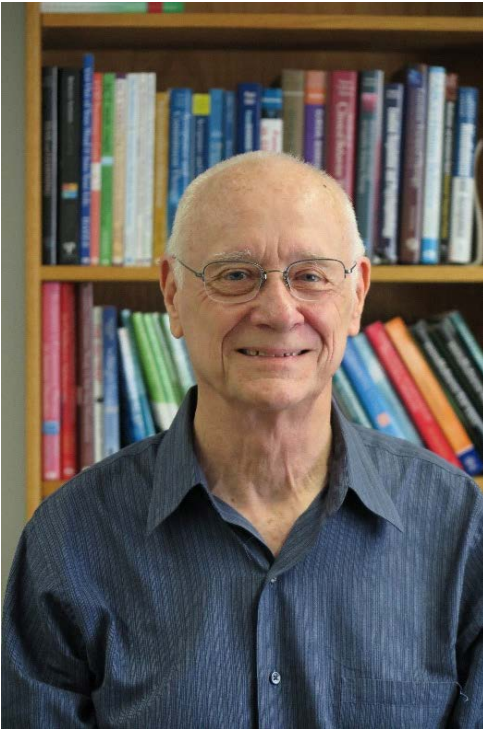
Supported by an extensive basic research program and an associated theory of language and cognition (i.e., Relational Frame Theory; RFT), ACT takes the view that struggling with and trying to directly change difficult thoughts and feelings can be counter-productive. Powerful alternatives are available, however. These include willingness to remain in contact with unwanted internal experience in service of our goals and values, mindful awareness, cognitive defusion, and committed action. In this workshop we will explore these processes in detail and practice applying them with ourselves and our clients.

As an evidence-based transdiagnostic therapy, ACT has been used effectively with individuals suffering from a wide variety of conditions ranging from PTSD and depression, to psychosis, and from substance abuse to chronic pain. Although ACT is a relatively new addition to the family of psychological therapies with the first treatment manual published in 1999, there is a large research base including more than 100 randomized clinical trials demonstrating the efficacy of ACT as a stand-alone treatment or as an addition to existing treatment programs. Other research has shown that practicing ACT benefits clinicians as well as clients, enlivening their work, alleviating therapist burn-out, and empowering the therapeutic relationship.

The overall goal of this workshop is to help participants learn or deepen their understanding of the psychological flexibility model and cultivate skill in applying it to themselves and their clients. The program will include presentation, role-plays, discussion, and practice. Specific goals include preparing participants to do the following:

- Describe the psychological flexibility model and its components;
- Explain the rationale for making psychological flexibility the central desired outcome;
- Explain what it means to be focused on the function of behavior rather than its form;
- Describe "away moves" and "toward moves" and some of their consequences;
- "Listen with ACT ears and see with ACT eyes;"
- List some benefits of present moment awareness;
- Explain willingness or acceptance as the alternative to experiential avoidance and distinguish it from resignation or simple tolerance;
- Describe cognitive fusion and defusion;
- Explain how perspective-taking is central to ACT;
- Describe "attachment to a conceptualized self" and how it may limit psychological flexibility;
- Distinguish values from social conformity, external consequences, or self-evaluations; and
- Identify committed action consistent with who and what is important

## Presenter Biography



James N. Marchman, Ph.D., is a clinical psychologist, licensed to practice in Iowa, and certified as a health service provider in psychology by the National Register. He has been practicing psychotherapy as well as supervising and training others since receiving his Ph.D. in 1973. After serving almost 8 years at the Iowa City VA Medical Center as Director of Psychology Training and Chief of the Clinical Psychology Service, he established a private practice in Iowa City, Marchman Psychology Associates. He was also an adjunct faculty member of the psychology department of the University of Iowa, working one day a week as a supervisor in the psychology clinic. He was recruited in 2000 to the position of Director of the Carl E. Seashore Psychology Training Clinic and Clinical Professor of Psychology. He performed that job while also maintaining a private psychology practice until his retirement in July of 2017. Dr. Marchman became interested in ACT soon after the publication of the first ACT treatment manual in 1999. He obtained extensive training from the developers of ACT (Steven Hayes, Kirk Strosahl, and Kelly Wilson) as well as other prominent ACT trainers.

He also began teaching ACT to his students and colleagues. He has conducted an on-going weekly seminar in ACT for graduate students at the Seashore Clinic for the past 15 years. As an ACT trainer, he has presented numerous 1- , 2- , and 3-day workshops, as well as more extended training (6 and 12 week ongoing trainings) to psychologists, psychiatrists, and other mental health professionals in Iowa and elsewhere. With some of his students, he introduced ACT to the Iowa Department of Corrections, where it is now the primary modality for treating domestic abuse offenders. It is also being used in several of the residential programs in the correctional system and is being introduced into the prison system. Although largely retired, Dr. Marchman continues to offer consultation, training, and supervision in ACT.

## Continuing Education Credit

Participants in this program are eligible for 12 hours of continuing education credit. The program must be completed in its entirety to qualify for the credit (i.e., partial hours cannot be accommodated.)

MPA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The MPA maintains the responsibility for the program and its content. *In accordance with APA rules, those arriving more than 15 minutes late or leaving more than 15 minutes early will not qualify for continuing education credits.*

## Hotel Reservation Information

Accommodations can be made at the Candlewood Suites, which adjoins the Henry Center. A limited block of rooms at the Candlewood Suites will be held until September 12, 2017 at a rate of \$95 each. When making your reservation, please let Candlewood Suites know you are with the MPA/MAPP Conference to obtain the special rate. For reservations call: 517-351-8181

<https://henrycenter.broad.msu.edu/attendan-event/candlewood-suites/>

# **Acceptance and Commitment Therapy (ACT): Building Lives of Meaning, Purpose, & Vitality A Two-Day Workshop**

## **Friday, October 13, 2017**

8:30 a.m. – 9:00 a.m.	Registration
9:00 a.m. – 9:15 a.m.	Introductions and opening remarks
9:15 a.m. – 10:30 a.m.	Introduction to the Psychological Flexibility Model and how it can help us live rich and meaningful lives
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – Noon	Using the ACT Matrix to help clients identify and move toward who and what is important to them  Learning to notice and respond to function rather than content
Noon – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	Exploring ACT processes: Acceptance and Defusion
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 4:15 p.m.	Exploring ACT processes: Present Moment Awareness and Perspective-taking
4:15 p.m. – 4:30 p.m.	Wrap up questions and suggested practice

## **Saturday, October 14, 2017**

9:00 a.m. – 10:30 a.m.	The heart of ACT: Values and committed action
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – Noon	Clinical Application of ACT: Anxiety, PTSD, and depression
Noon – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	Clinical Application of ACT: Pain and other medical conditions
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 4:00 p.m.	Clinical Application of ACT: Other conditions of interest to attendees. Possibilities include stress, anger, violence, substance abuse, etc.
4:00 p.m. – 4:30 p.m.	Final exercise and wrap up questions

## REGISTRATION FORM

### Acceptance and Commitment Therapy (ACT): Building Lives of Meaning, Purpose, & Vitality A Two-Day Workshop

Friday, October 13 – Saturday, October 14, 2017  
12 CE Credits

The Henry Center, Michigan State University, Lansing, MI

Name \_\_\_\_\_ Degree \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

#### Registration Fees

Early Bird Pricing Ends September 5, 2017		Regular Pricing After September 5, 2017	
MPA/MAPP Members	\$290	MPA Members	\$330
Non MPA/MAPP Members	\$320	Non MPA Members	\$350
Students or Seniors (requires ID; seniors are 65+)	\$225	Students or Seniors (requires ID; seniors are 65+)	\$255

Please note: Registration is for both days. Registration for 1 day is not permitted.

**Total Amount Due: \$** \_\_\_\_\_

Check enclosed. Please make payable to "Michigan Psychological Association"

Please charge my credit card:    Master Card    Visa    AMEX    Discover

Name on credit card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_

3-digit code from back of card: \_\_\_\_\_ (required for processing)

For AMEX: 4-digit from front of card: \_\_\_\_\_

Billing address (if different from above):

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Register online at [www.michiganpsychologicalassociation.org](http://www.michiganpsychologicalassociation.org)  
or send in completed registration form by mail/fax/email to:

Michigan Psychological Association  
124 W. Allegan, Ste. 1900, Lansing, MI 48933

Phone: 517.347.1885 or 800.270.9070    Fax: 517.484.4442

Email: [office@michiganpsychologicalassociation.org](mailto:office@michiganpsychologicalassociation.org)