

# ACT for Children and Adolescents: An ACT in Practice workshop

Mon 23<sup>rd</sup> Sept and Tue 24<sup>th</sup> Sept 2024, 9am - 4:00 pm  
Wharewaka Function Centre, Wellington



This workshop will help you adapt Acceptance and Commitment Therapy (ACT) ideas so they can be used effectively and practically with children, adolescents and parents struggling with a range of difficulties.

It's designed for clinicians with some experience in ACT, CBT or behaviour therapy and will explore how to use ACT to enhance psychological flexibility by supporting curiosity, willingness, mindfulness, and values-guided trial and error learning.

**Dr Lisa Coyne** is one of the most compassionate and caring trainers and therapists. In these two days, she will introduce DNAv - a transdiagnostic, process-based, developmental model of ACT - and discuss how to shape psychological flexibility through incorporating specific ACT strategies in exposure-based treatment. Clinical examples, role play demonstrations, and opportunities for participants to practice will accompany the didactic teaching. Participants will understand the ideas with their minds and their hearts and have specific techniques to take into their clinical work.

Clinicians will leave the workshop with an understanding of how to identify and address skills deficits contributing to disorders of childhood and adolescence. The practical skills in contextual behavioural, process-based assessment and treatment they will gain can be used as stand-alone interventions or may be incorporated within other cognitive behavioural or behavioural approaches.

**For more information:** [ben@actwellington.co.nz](mailto:ben@actwellington.co.nz), 027 4757383

**Bookings:** <https://actwellington.co.nz/courses/>