

An Introduction to Acceptance and Commitment Therapy (ACT)



- Date/Time:** Tuesday 5th March 2019 from 9:30 am – 4:30 pm
- Venue:** Stuttering Treatment and Research Trust (START)
The Stichbury Bidwill Centre, 251 Campbell Road, Greenlane
- Cost:** \$250 (or \$220 early bird rate if paid by 5th Feb 2019)
\$150 for students (or \$125 early bird rate if paid by 5th Feb 2019)
Morning, afternoon tea and lunch provided.
- Open to:** All Speech Language Therapists

'Embrace your demons and follow your heart' - Russ Harris 2007

Acceptance and Commitment Therapy (known as ACT) is an action-oriented, mindfulness-based approach which has both personal and professional relevance. ACT can be used with a wide range of client groups. The two major goals of ACT are acceptance of experience which is out of personal control and taking committed action towards living a valued life. Highly practical in nature, ACT's focus is on cultivating acceptance and developing psychological flexibility which allows clients to identify and move in valued directions, through the use of effective goal setting.

On this experiential one day workshop you will:

- develop an understanding of the rationale of ACT and its relevance to speech and language therapy
- learn skills to help clients (young people and adults) manage difficult thoughts and feelings more easily
- participate in a range of mindfulness practices
- explore ways in which ACT principles can be integrated into speech and language therapy

About the presenter:

Carolyn Cheasman *BSc(Hons) PgDipSLT cert. MRCSLT, Registered HCPC, PG Dip Teaching Mindfulness-based Approaches*

Since qualifying in 1979, Carolyn Cheasman has worked as a specialist in adult stuttering therapy at City Lit, the UK national centre for work with adults who stutter. She has undertaken considerable post-qualification counselling training and is an experienced supervisor of qualified speech and language therapists. Carolyn has a post-graduate diploma in mindfulness based approaches. She has taught on a wide range of professional training courses and has a particular interest in mindfulness and acceptance and commitment therapy and the relevance of these approaches to the entire range of speech and language therapy client groups. In 2012 Carolyn was honoured to receive the Internal Fluency Association Clinician of Distinction award. She has presented many papers at international conferences.

**For more information or to register please contact START on 09 579 6775
or email support@start.org.nz**