



### Workshop Presentation

#### Acceptance and Commitment Therapy (ACT)

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#### **Abstract**

Acceptance and Commitment Therapy (ACT) is a new development within behavioral therapy. Its goal is to promote psychological flexibility. Numerous studies show that suffering results when people attempt to avoid their inner experiences (experiential avoidance). This experiential avoidance often leads to rigid and inflexible behavior that also leads them to compromise their goals and what is important to them. ACT clients learn that experiential avoidance is not a solution, but part of the problem and learn to differentiate between that which can be controlled and that which cannot. Clients learn to more flexibly deal with aversive physical sensations, thoughts and feelings through exercises of present moment awareness and acceptance. Simultaneously, clients choose and formulate personally important life goals. These goals are often neglected in their struggle with inner experiences. Clients learn to commit and act towards their values despite the presence of emotional and cognitive barriers, there by leading to a renewed valued and vital life.

#### **Goal of the workshop:**

Participants will learn how disorders arise from emotions, thoughts, and feelings and get to know a therapeutic approach that integrates experiential exercises, metaphors, role-playing, defusion, and behavioral activation. The workshop will concentrate on experiential avoidance, valued goals and behaviors, and the gentle handling of barriers. The workshop will utilize practical and experiential exercises (e.g., metaphors, role playing, and video demonstrations) in the workshop.

**Keywords:** Therapeutic Approach, Behavioral Therapy, Cognition.

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