

ORGANIZER:

隸屬於基督教聯合那打素社康服務

Sub-organization of United Christian Nethersole Community Health Service

CO-ORGANIZER:



Clinical Psychology Service  
Kowloon East Cluster, Hospital Authority

## THREE-DAY WORKSHOP ON ACCEPTANCE AND COMMITMENT THERAPY (ACT)



### Dr. Robyn D. Walser

- ✧ *Worldwide expert in ACT and specializes in trauma and trauma related issues*
- ✧ *Director of TL Consultation Services, Associate Director at the National Center for PTSD*
- ✧ *Assistant Clinical Professor at University of California, Berkeley*



Prof. Steven C. Hayes

Robyn Walser is one of my most accomplished former students. She is one of the most creative, skilled, and experienced ACT trainers on the planet.

**If you have an opportunity to train with Robyn, here is my advice: JUST DO IT. She's the BEST.**

*(Please see the flyer for the full version of Prof. Steven Hayes' recommendation)*

Workshop Topic	
<u>Day 1 &amp; 2</u>	<b>The Wisdom of Change :</b> <b>Applying Advanced Acceptance and Commitment Therapy Skills Flexibly in Clinical Practice</b>
<u>Day 3</u>	<b>Life After Trauma :</b> <b>Using Acceptance and Commitment Therapy to Revitalize Interrupted Lives</b>
<i>(Please see the flyer for more details and registration)</i>	

**Date** : 27 - 29 October 2016 (Thu - Sat)  
**Time** : 9:30am – 5:30pm (registration starts at 9:10am)  
**Venue** : Rm 201, Duke of Windsor Social Service Building  
 15 Hennessy Road, Wanchai, Hong Kong

Early Bird Deadline

27 Sept 2016

Enquiry: 2349-3212 Email: [info@ucep.org.hk](mailto:info@ucep.org.hk) Website: [www.ucep.org.hk](http://www.ucep.org.hk)



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## THREE-DAY WORKSHOP ON ACCEPTANCE AND COMMITMENT THERAPY (ACT)

**By Dr. Robyn D. Walser**

Worldwide expert in ACT and specializes in trauma and trauma related issues  
Director of TL Consultation Services, Associate Director at the National Center for PTSD  
Assistant Clinical Professor at University of California, Berkeley

Date: 27 - 29 October 2016 (Thu - Sat) Time : 9:30am – 5:30pm

Venue : Room 201, Duke of Windsor Social Service Building

Dr. Robyn D. Walser is a worldwide expert in Acceptance and Commitment Therapy (ACT) and specializes in trauma and trauma related issues. Dr. Walser's presentation on "***The Wisdom of Change - Applying Advanced Acceptance and Commitment Therapy Skills Flexibly in Clinical Practice***" will be held from 27 to 28 October, 2016 and "***Life After Trauma: Using Acceptance and Commitment Therapy to Revitalize Interrupted Lives***" will be held on 29 October, 2016.

ACT uses a variety of verbal and experiential processes and techniques to assist clients in making life enhancing choices based on personally held values. The behavioral processes implemented in ACT may be learned and understood at many levels, yet, they may also remain challenging to implement in a flexible, consistent, and effective fashion.

Day 1 & Day 2 of this workshop will be an advanced training focusing on applying ACT to a broad range of issues. It will include role plays and guided skills development. Participants will engage in exercises designed to refine and develop their ACT skills. Didactics and discussion will be oriented to increasing flexibility in the use of the core processes and consistent application of the model.

While ACT has been applied to a wide variety of problems, it is well suited to the treatment of trauma and trauma related problems. The painful emotional experiences found in the aftermath of trauma often leads to symptoms of PTSD, depression and anxiety, and other issues related to life functioning, including a variety of behavioral problems ranging from substance abuse to

relationship problems. Many of the post-trauma attempts to recover involve regaining control over distressing responses to trauma such as intrusive thoughts, and on-going feelings of sadness and fear. While some attempt to control these experiences can be expected and useful, many attempts to control emotions and thoughts result in a furthering of the suffering experienced post trauma.

On the 3<sup>rd</sup> day, Dr. Walser will present how ACT seeks to reduce rigid and inflexible attempts to control negative emotions by fostering acceptance through mindfulness and defusion techniques, as well as revitalizing lives by defining personal values and committing to taking actions related to those values. The ultimate goal in ACT is psychological and behavioral flexibility in the service of a more workable life - a way of making order out of a disorderly world.

### About The Trainer

Dr. Robyn D. Walser, Ph.D. is Director of TL Consultation Services, Assistant Clinical Professor at the University of California, Berkeley, and works at the National Center for PTSD. As a licensed psychologist, she maintains an international training, consulting and therapy practice. Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 4 books on ACT including a book on learning ACT. She also has expertise in traumatic stress, depression and substance abuse and has authored a number of articles and chapters and books on these topics. She has been doing ACT workshops since 1998; training in multiple formats and for multiple client problems. Dr. Walser has been described as a “passionate, creative, and bold ACT trainer and therapist” and she is best known for her dynamic, warm and challenging ACT trainings. She is often referred to as a clinician’s clinician. Her workshops feature a combination of lecture and experiential exercises designed to provide a unique learning opportunity in this state-of-the-art intervention.



Dr. Walser is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 4 books on ACT including a book on learning ACT. She also has expertise in traumatic stress, depression and substance abuse and has authored a number of articles and chapters and books on these topics. She has been doing ACT workshops since 1998; training in multiple formats and for multiple client problems. Dr. Walser has been described as a “passionate, creative, and bold ACT trainer and therapist” and she is best known for her dynamic, warm and challenging ACT trainings.

### Prof. Steven C. Hayes' Recommendation

Robyn Walser is one of my most accomplished former students. She is one of the most creative, skilled, and experienced ACT trainers on the planet.



Robyn has been doing ACT for 25 years and has spearheaded the roll out of ACT across the Veteran's Affairs hospitals in the United States over the last decade. Robyn did scores of trainings with clinicians from a broad range of backgrounds. This has given her an ability to address almost any kind of clinical question and to explain ACT in a way anyone can understand.

Passionate, smart, and funny, she is able to link ACT methods to the clinician's own experience so that trainees have a "gut feel" for ACT and are ready to apply what they have learned. If you have an opportunity to train with Robyn, here is my advice: JUST DO IT. She's the BEST.

## Three-day Workshop on Acceptance & Commitment Therapy (ACT)

**Date:** 27-29 Oct 2016 (Thu – Sat) **Time:** 9:30am – 5:30pm

**Venue:** Room 201, Duke of Windsor Social Service Building

Accreditation from Professional Bodies (In progress)

### REGISTRATION

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and mail to United Centre of Emotional Health and Positive Living, 2/F, Block A, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: info@ucep.org.hk

Website: www.ucep.org.hk

**Title:** Prof. Dr. Mr. Ms. Miss Other (pls specify) \_\_\_\_\_

**^Name:**

\_\_\_\_\_

(Last name)

(Given Name)

*^Please give your name you wish to be printed on the "Attendance Certificate"*

**Occupation:** Psychologist Social Worker Counselor Doctor  
Nurse Teacher Researcher  
Occupational Therapist Physiotherapist  
Others (please specify): \_\_\_\_\_  
Full-time Student<sup>#</sup> Part-time Student<sup>#</sup>

<sup>#</sup> student who is studying undergraduate or post-graduate program at university in a full-time or part-time mode.  
Please send a copy of your student card together for verification.

*For student, which program are you studying?* \_\_\_\_\_

**Job Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email :** \_\_\_\_\_

**Fees:**

Early Bird Registration ( <i>Deadline 27 Sept 2016</i> )	<input type="checkbox"/> HK\$3,240
Standard Registration ( <i>Deadline 15 Oct 2016</i> )	<input type="checkbox"/> HK\$3,600
Full Time Student ( <i>Deadline 15 Oct 2016</i> )	<input type="checkbox"/> HK\$1,800
Part Time Student ( <i>Deadline 15 Oct 2016</i> )	<input type="checkbox"/> HK\$2,520

**I know this program from:**

- via UCEP promotion (*email/ website/ Facebook/ other\**)
- via HA promotion (*email/ other\**)
- via Accreditation Body \_\_\_\_\_
- from a friend
- Other \_\_\_\_\_

I **do/ do not\*** wish to be contacted by UCEP through email / direct mail / phone calls\* for any direct marketing purposes of events and professional trainings in the future. UCEP shall not so use your personal data without your consent. (*\*please delete as inappropriate*)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_