

ACCEPTANCE AND COMMITMENT THERAPY AS A FORM OF PROCESS-BASED THERAPY: THE PSYCHOLOGICAL FLEXIBILITY MODEL AND THE FUTURE OF EVIDENCE-BASED CARE

Presenter: Steven C. Hayes, Ph.D.

**Friday, November 20, 2020 ♦ 2:00 p.m. – 5:00 p.m. EST
ZOOM Webinar**

Evidence-based psychotherapy is finally exiting the era of "protocols for syndromes." Over its nearly 40-year history, Acceptance and Commitment Therapy (ACT) has been focused more on processes of change and their underlying basic principle than on techniques, procedures, and protocols. In this brief introduction to ACT and its underlying "Psychological Flexibility Model." The presenter will show how that focus not only simplifies and empowers clinical work, but also opens the door to a more useful future for evidence-based psychological intervention.

Level of Curriculum Content: Introductory

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Steven C. Hayes, Ph.D. is a Nevada Foundation Professor in the behavior analysis program at the department of psychology at the University of Nevada. An author of 46 books and nearly 650 scientific articles, he is the developer of Relational Frame Theory, an account of human higher cognition, and has guided its extension to Acceptance and Commitment Therapy or “ACT,” a popular evidence-based form of psychotherapy that uses mindfulness, acceptance, and values-based methods and has been shown to be helpful in a wide range of areas. His popular book *Get Out of Your Mind and Into Your Life* was featured in *Time Magazine* among several other major media outlets and for a time was the best-selling self-help book in the United States, and his new book, *A Liberated Mind*, has been recently released to wide acclaim. Dr. Hayes has been President of several scientific societies and has received several national awards, such as the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies. Google Scholar ranks him as among the most cited scholars in all areas of study in the world.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe the six change processes that together make up the psychological flexibility model
- List two verbal or non-verbal indicators of each of the inflexibility processes
- Describe at least one intervention method focused on each of the change processes with a psychological flexibility model
- Describe how processes of change might be integrated into an extended evolutionary meta-model

PROGRAM AGENDA

2:00 p.m. – 3:00 p.m.	The Decline of the Syndromal Model and the Rise of Process-Based Therapy
3:00 p.m. – 4:00 p.m.	The Psychological Flexibility Model
4:00 p.m. – 5:00 p.m.	Applying the Extended Evolutionary Meta-Model

For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/21.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/21.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The College of Psychology offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), www.ncate.org. This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.