Acceptance and Commitment Therapy (ACT): An Introduction

Speaker:
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Wednesday, May 25, 2016 – 12:00 to 1:00 P.M.
BCCH: D308 (Shaughnessy Building)
SHHC: S113 Cafeteria Conference Room

Learning Objectives:

Provide an overview of Acceptance and Commitment Therapy (ACT), including:

1. Summary of the empirical and research findings on ACT
2. The theory and assumptions underlying ACT
3. Some techniques of ACT interventions