



Empowering Teens. Restoring Families.™

An ACT of Compassion: Acceptance and Commitment Therapy as an Intervention for Chronic and Persistent Shame

Shame is an important part of the clinical picture for many clients, particularly those who are struggling with chronic depression, anxiety, substance use problems, eating disorders, or for those who are dealing with stigma. Until very recently, few research-based interventions have been available to guide clinicians in treating chronic shame. However, new research into shame is finally beginning to identify effective interventions to help therapists navigate this difficult landscape. One such intervention is Acceptance and Commitment Therapy (ACT). In an ACT approach to shame, rather than trying to reduce or eliminate shame, psychological acceptance techniques encourage clients to notice shame and other difficult feelings more fully, while reducing their conditioned link to problematic action, such as avoidance behavior. Negative self-judgments such as "I'm damaged goods" or "I am broken" are addressed by cognitive defusion: noticing the process of thinking, letting go of attachment to the literal content of thoughts, responding to thoughts in terms of the workability of behavior tied to them, and then shifting attention toward values-based actions. Finally, perspective-taking work allows for the development of values-based and compassionate perspectives on self that serve as an alternative to shame and self-criticism.

In this workshop, participants will have the opportunity to observe, experience, and practice a variety of defusion, acceptance, mindfulness, and perspective-taking interventions designed to target chronic shame. We will start with a focus on the attendees' self-critical dialogue and on learning kindness from the inside-out. We will then progress to an understanding of ACT theory and how that guides the development of a more flexible perspective and greater self-compassion. The latter part of the workshop will focus on hands-on practice.

Therapists can expect to walk away with an increased experiential and practical understanding of how to use acceptance, mindfulness, perspective taking, and values interventions with clients suffering from chronic shame and self-criticism.

WHEN:

Saturday and Sunday

May 3-4, 2014

8:30 AM – 4:30 PM

The workshop offers 12 CE credits

WHERE:

Newport Academy

485 E. 17th Street, Suite 200

Costa Mesa, CA 92627

FEES:

\$250 for professionals without CE certificate

\$265 for professionals with CE certificate

\$95 for students

REGISTRATION:

For more information, email ngamber@newportacademy.com or call 949-280-8859.

Online registration,
via credit or debit card:

<http://acttrainingoc.eventbrite.com>

Full refunds (minus a \$15 administrative fee) are given up to 7 days before the event.



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AUDIENCE:

This workshop is appropriate for people with no knowledge of Acceptance and Commitment Therapy up to those with high levels of experience. Those experienced with mindfulness might benefit from new practices focused on shame and self-compassion.

LEARNING OBJECTIVES:

After attending this seminar, you will be able to:

- 1) Understand a functional and evolutionary account of shame and self-criticism
- 2) Be able to formulate problems with shame in terms of ACT theory
- 3) Identify ways in which you can work with shame in the present moment with clients
- 4) Use at least two new techniques to help clients with shame

PRESENTER:

Jason Luoma, Ph.D. is Director of the Portland Psychotherapy Clinic, Research, & Training Center in Portland, Oregon. In addition to directing the center and conducting research, he maintains a clinical practice focused on helping people who suffer from chronic shame, self-criticism, and low self-esteem. Dr. Luoma has been studying ACT for about 15 years and spent 4 years at the University of Nevada, Reno studying ACT with Dr. Steven Hayes. Dr. Luoma is an internationally recognized trainer in ACT, former chair of the ACT Training Committee, and president-elect of the Association for Contextual Behavioral Science. He is author of *Learning Acceptance and Commitment Therapy*, one of the best selling ACT books for therapists. He has conducted research on interventions for shame and stigma for over a decade and recently published the first randomized trial of an ACT approach to shame in the *Journal of Consulting and Clinical Psychology*.



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