

Acceptance and Commitment Therapy (ACT) for Body Image Dissatisfaction:

A Two-Day Workshop for Clinicians



Monday & Tuesday,
March 11 & 12, 2019
9:00am – 4:30pm, daily
The Hadley Farms
Meeting House
41 Russell Street
Hadley, MA 01035

An unrestricted educational grant has been provided by: Lisa's Light of Hope

Key Note Speaker: Adria Pearson-Mauro, PhD

Assistant Professor & Associate Clinical Director, The Helen & Arthur E. Johnson Depression Center
Departments of Family Medicine & Psychiatry, The University of Colorado, Denver Anschutz Medical Campus

Audience: This course is designed for physicians, advanced practitioners, nurses, therapists (psychologists and social workers), dietitians and school personnel.

Learner Objectives

By the end of this workshop, clinicians should be able to do the following:

1. Understand the philosophical and theoretical framework of Acceptance and Commitment Therapy
2. Clinically apply each of the six core processes in the ACT model to clinical case examples
3. Develop a working knowledge of how each of the six core processes reduces psychological suffering
4. Apply the model of Acceptance and Commitment therapy to treat body image dissatisfaction using the six core processes
5. Apply the model of Acceptance and Commitment Therapy to treat disordered eating behaviors often associated with body image dissatisfaction

Conference Outline

DAY 1

- 8:00 Registration, Continental Breakfast & Promotional Exhibits
- 9:00 ACT & RFT: History, Theory and Philosophy
- 10:30 Break
- 10:45 Assessment of Body Image Dissatisfaction using ACT
- 12:00 Lunch
- 1:15 Treating Body Image Dissatisfaction using the Six Core Processes in ACT
- 3:00 Break
- 3:15 Treating Body Image Dissatisfaction using the Six Core Processes in ACT
- 4:30 Adjourn

DAY 2

- 9:00 Treating Body Image Dissatisfaction using the Six Core Processes in ACT
- 10:30 Break
- 10:45 Treating Body Image Dissatisfaction using the Six Core Processes in ACT
- 12:00 Lunch
- 1:15 Integration of the Six Core Processes: Demonstration & Practice
- 3:00 Break
- 3:15 Continued Practice Using the Six Core Processes
- 4:30 Adjourn

Tuition: \$200 **Student:** \$100 (use coupon code ACT-STUDENT at checkout)

Registration Information

Name: _____

Email: _____

The registration process for Continuing Interprofessional Education courses has changed.

1. Our new website is education.baystatehealth.org.
2. ALL registrations must be made online.
 - a. **Credit card** payments will receive immediate confirmation of registration and payment.
 - b. **Check payments and (Baystate) Interdepartmental Transfers** will generate an enrollment status of "Pending" and will be registered and confirmed upon receipt of payment.
 - c. **Interdepartmental Transfer:** Notify your education coordinator of your registration so that payment can be processed.
 - d. **Check payment: Make payable to:** Baystate Health
Mail to: Baystate Continuing Interprofessional Education,
3601 Main Street, 3rd Fl, Springfield, MA 01199

Logging in:

1. Baystate employees and medical staff members log in using their 5 digit EN/PN number (including letters).
2. All those who do not have an EN or PN must create a new account under the visitor section.

Important: The first time you log in, update the Profile and Mobile tabs to be sure that your email and cell phone number are included for confirmations and attendance.

Specific Aids or Services: Please call Baystate Continuing Interprofessional Education at 413-322-4242 if, under the Americans with Disabilities Act, you require specific aids or services during your visit to this continuing education program. For additional course listings and your transcript go to learn.bhs.org. For additional information, call Baystate Continuing Interprofessional Education at 413-322-4242

Cancellation: If you must cancel, telephone Baystate Continuing Interprofessional Education at 413-322-4242 and follow your call with a written/email request. All cancellations will incur a \$25.00 fee. Please note that we cannot refund cancellations received less than two weeks (10 business days) before the program date.

Credits: In support of improving patient care, Baystate Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

PHYSICIANS: Baystate Health designates this live activity for a maximum of 5.25 AMA PRA Category 1 Credit(s)[™] (March 11) and 5.25 AMA PRA Category 1 Credit(s)[™] (March 12). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSES: This activity carries a maximum of 5.25 contact hours (March 11) and 5.25 contact hours (March 12). Nurses should claim only the credit commensurate with the extent of their participation in the activity.



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INTERPROFESSIONAL CONTINUING EDUCATION

PSYCHOLOGISTS: Baystate Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Baystate Health maintains responsibility for this program and its content 5.25 CE credit(s) (March 11) and 5.25 CE credit(s) (March 12) for psychologists have been granted for this educational activity.

MENTAL HEALTH COUNSELORS: Baystate Health is an NBCC Approved Continuing Education Provider, (ACEP[™]) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program. (ACEP #5684) 5.25 clock hours (March 11) and 5.25 clock hours (March 12).

SOCIAL WORKERS: This program was approved for 11.5 Continuing Education Credits by Smith College School for Social Work and assigned authorization number E19-26 (March 11 & March 12), in accordance with Continuing Education Regulation 258 CMR 31.00 in the Commonwealth of Massachusetts.



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