

Northern Virginia Clinical Psychologists

Presents a 3-CEU Program on Friday, March 8th, 2018

An Introduction to Acceptance and Commitment Therapy (ACT)

Presenter: Miranda Morris, PhD

Date/Time: Friday, March 8th, 11:00 am - 4:00 pm

Place: Maggiano's Little Italy at Tyson's II Galleria
2001 International Drive, McLean, Virginia 22102. (Phone 703-356-9000)

Cost: \$55.00 for NVACP Members / \$100.00 for non-NVACP Members / \$25.00 for Clinical Students

Menu: Family style luncheon to include vegetarian and non-vegetarian selections

Program Schedule:	11:00 am to 11:30 am	Registration, Meet & Greet
	11:30 am to 1:00 pm	Lunch, Networking, Announcements
	1:00 pm to 4:00 pm	CE Program with Dr. Morris

Program Overview: This training is designed to give participants a solid foundation in Acceptance and Commitment Therapy (ACT). It is ideal for practitioners interested in using mindfulness, acceptance, and self-compassion practices in their work. ACT concepts and strategies are associated with improved clinical outcomes and are readily integrated into other psychotherapeutic approaches. Dr. Morris will present an overview of ACT that includes the six core processes of ACT, psychological flexibility, and the role of avoidance and fusion in human suffering. The workshop will include demonstrations of and practice in a number of ACT interventions, including "language as intervention", metaphors and guided meditation.

Learning Objectives:

Participants will learn to:

1. Identify and describe the 6 core processes of ACT
2. Identify and describe experiential avoidance and cognitive fusion
3. Use the ACT model to help clients differentiate between ineffective and meaningful actions
4. Employ at least 3 ACT interventions

Speaker: Miranda Morris, PhD is the founder of DC ACT and a licensed psychologist in private practice in Bethesda, MD. She uses ACT to treat a broad range of difficulties including anxiety, depression, trauma, relationship problems, and pervasive difficulties often referred to as "personality disorders". Miranda is an ACBS Peer Reviewed ACT Trainer. She regularly conducts workshops in ACT and provides clinical supervision in the model. In addition, she is an active member of the Association of Contextual Behavioral Science (ACBS). She is a founder and past president of the Board of the Mid-Atlantic Chapter of ACBS, and she currently serves on the Executive Board of ACBS.

Northern Virginia Clinical Psychologist (NVCP) is a regional organization of the Virginia Academy of Clinical Psychologists whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts at discounted cost (\$55.00 for members) CE events, quarterly newsletters, message board forum, and a website (www.nv-cp.org). It is the largest regional academy of psychologists and provides many networking opportunities for its members. For more information about NVCP, please contact Laurentia Ruby at laurentia.ruby@verizon.net, or call 703-839-2523, or visit website at www.nv-cp.org. Be sure to join soon, as membership is based on a calendar year.

Northern Virginia Academy of Clinical Psychologists

Presents a 3-CEU Program on Friday, March 8, 2018

An Introduction to Acceptance and Commitment Therapy (ACT)

Presenter: Miranda Morris, PhD

REGISTER ONLINE at WWW.NV-CP.ORG
or mail in registration slip
no later than March 4th

Northern Virginia Clinical Psychologists
Tiffany Duffing, Ph.D.
NVCP Continuing Education Program Chair
5272 Lyngate Court, Suite 201
Burke, VA 22015

CE Credits: Three (3.0) Virginia Academy of Clinical Psychologists (VACP) continuing education unit credits. The VACP accredits and maintains responsibility for this program. Note: Attendance for the entire presentation is required to receive credit.

To Register: To register and pay online go to www.nv-cp.org. To register by mail, fill out the registration form below and mail it, along with your check payable to "NVCP", to Tiffany Duffing, 5272 Lyngate Court, Suite 201, Burke, VA 22015. If paying by check, please **note the program date on the check**. If you have questions, email Tiffany at DrDuffing@ThrivingLifeServices.com

Refunds: Due to planning requirements, we are unable to offer refunds. You may defer attendance to the following CE event with a 72-hour notice.

.....*tear off*.....

Registration form for Friday, March 8, 2018

(Registrations due by Monday, March 4, 2018)

Print name _____ Degree _____

E-mail: _____ Work Phone _____