

ACT

Delivering ACT in Group Format

Learn how to promote mental health, resilience, and productivity using ACT

2014

Spring term

Registration deadline
Friday 21st of March 2014
(later upon availability)

Location
City University London

Application
Online registration form
www.actorganisation.com

Tuition fee
£800 (includes material)

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City University London: April – May 2014

Overview

During April and May 2014, we are bringing our unique training Acceptance and Commitment Therapy (ACT) Group Format to London. The training programme is delivered over four days (3rd and 4th April; 1st and 2nd May 2014) offering 24 hours of training in total. In parallel to the programme, you will be supported as you offer ACT-based training to your own groups of clients.

Structure of the trainer programme

As noted above, the training will be delivered over four days in April and May 2014 (to complete the course you are required to attend all four training days). Each training day has a similar format and structure. Specifically, you will first have the opportunity to experience ACT-based training as a participant. You will have the opportunity to discuss important aspects of delivering this type of training to different client groups. Towards the end of each training day, we discuss how to handle common challenges that may arise as you facilitate your own ACT groups.

Dates and times of the training programme sessions

Sessions 1-2

Dates: Session 1: 3rd of April 2014, from 9.30 am to 5 pm.
Session 2: 4th of April 2014, from 9.30 am to 5 pm.
Place: City University London (nearest tube stations are Farringdon or Angel)
Following the first two days of training, you will be encouraged to facilitate your own initial ACT groups at some point between 5th of April and 30th of April.

Sessions 3-4

Dates: Session 3: 1st of May 2014, from 9.30 am to 5 pm.
Session 4: 2nd of May 2014, from 9.30 am to 5 pm.
Place: City University London
You will then be encouraged to continue facilitating your own ACT groups during the weeks following the 2nd of May.

The training is designed in this way to support you as you go on facilitate your own ACT groups. Thus, as part of your development as an ACT trainer, you will be responsible for organising ACT training groups with your own clients. Fredrik and his team will offer advice on how to advertise such training to attract participants.



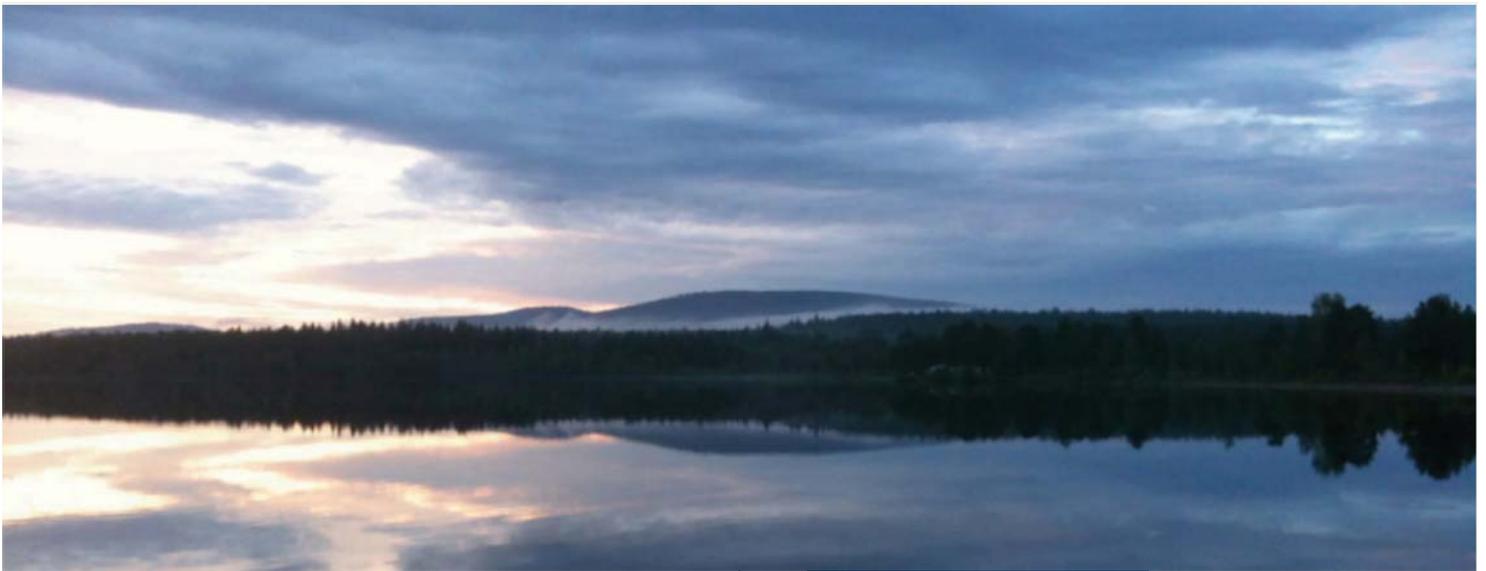
”Apply as soon as possible to secure your place on the programme.”

Useful information

- › Although, not essential, it is useful if you attend the training programme with a colleague. This then allows you to co-facilitate your first ACT groups, working as a team.
- › It is desirable that all applicants for this programme hold a higher education degree in a people-oriented profession, for example psychology, counselling, social work, teaching, psychotherapy, human resource management or similar.
- › You will be responsible for recruiting participants for your own initial ACT group training outside of the four-scheduled trainer sessions. Ideally, you should plan to hold the first session with your own ACT group the week after the first session of the train the trainer programme.
- › It is a good idea to inform your immediate line manager or supervisor that you will participate in this programme. This helps you to get support when you roll out ACT training to your client groups.
- › Priority will be given to early applications and to applicants with a specific plan for how they continue delivering ACT-based training to their own groups after the end of the training programme.
- › In our experience, you will need to set aside a considerable amount of time during the training programme to read the literature and the manual and to prepare yourself to hold sessions of your own.

Requirements to become an approved course leader

- › Before the first training session in April 2014, you should submit written answers to the study questions for *The Mindful and Effective Employee*, by Flaxman, Bond & Livheim (2013). These study questions will be e-mailed to you upon registration. To be approved for entry onto the programme, you need to demonstrate that you have read the book and reflected on the content.
- › You should also submit written answers to the study questions for Steven C. Hayes’ self-help book; *Get Out of Your Mind and Into Your Life* (2005) before the first session. To be approved for entry onto the programme, you need to demonstrate that you have read the book and reflected on the content.
- › You must attend all four days of the programme to complete the course. If you are unwell or unable to attend a session for other reasons, there may be another opportunity to attend a missed session later in the year, or by watching a video of the training for the missed day.
- › As part of the programme, you are required to film a 30-45 minutes segment of yourself facilitating an ACT group. You will receive feedback on this segment as part of a Peer Tutoring process by a colleague.



”After 4 days of training, you will be ready to go on working with this intervention on your own.”

Desirable but not necessary requirements

It is desirable but not necessary that you gain personal experience of mindfulness practice, perhaps through the typical 8-week MBSR/ MBCT programmes. There are also many useful mindfulness books and on-line resources to help you contact the experiential practice required to deliver effective mindfulness-based interventions.

Another quick-start guide to ACT is Russ Harris’ ACT Made Simple (2009)

Tuition fee and other costs

The tuition fee for the trainer programme, the training manual, PowerPoint slides, and 15 decks of Life Direction (Values) Cards is £800. There will be smaller additional costs for purchasing the two books to support your training and understanding of the ACT approach (see above).

Scientific evidence for the method

- › Several well-designed studies show that ACT-based training is effective for improving people’s mental health, psychological flexibility, and behavioural effectiveness. For more information on this research, see www.actorganisation.com.
- › Several studies have shown that this type of ACT-based training is effective when delivered outside of the traditional psychotherapeutic context (for example in workplace or educational settings; e.g., Bond & Bunce, 2000; Flaxman & Bond, 2006; 2010; Lloyd, Bond, & Flaxman 2013).
- › Studies have also shown that our ACT-based training is effective when delivered by trainers with no previous knowledge of ACT, but who have attended this 4-day ACT train the trainer programme (e.g., Brinkborg et al, 2011).

What is unique about this ACT Group Format programme?

Some factors that make this training unique:

- › After 4 days of training, you will be ready to go on working with this intervention on your own. As noted above, the evidence shows that professionals who have attended this training are able to deliver effective ACT-based interventions.

Comments from previous participants

The strength of this intervention is that it has a scientific basis, but it is also worth noting that in anonymous evaluations, this training programme has reached high mean scores (4.6-4.9 out of 5). Some comments from previous participants:

"I don't usually give the highest score in evaluations, but this is one of the best training programmes I have taken. The knowledge I have gained has been enormously useful, both on a personal level and for me as a therapist."

"I have learnt so much! I'm more than content! And I am so inspired by your personal way of teaching ACT."

- › You will receive an extensive training manual that comprises over 300 pages, PowerPoint presentations, and other support materials that will help you to facilitate your own ACT groups.
- › You will have on-line access to films from each training session. These films can help to refresh your memory if you forget how best to deliver particular ACT exercises, role-plays, metaphors or other parts of the course.
- › We train professionals in the group delivery of ACT interventions. However, therapists who have attended this training have reported how it has also enhanced their one-to-one therapeutic and coaching work.
- › The programme has received very favourable feedback from previous participants in Sweden. Across several hundred participants, we have received an average rating of 4.6 out of 5 for the following question: "Has the knowledge you gained in the training programme been useful in your work?".
- › Most participants report that the content of the training programme has also been useful on a personal level. Across several hundred participants, we have received an average rating of 4.5 out of 5 for the following question: "Has the knowledge you gained in the training programme been useful in your own life?"

Teachers and organiser of the training programme

Fredrik Livheim is the organiser and originator of this ACT Group Format programme. Fredrik is a licensed psychologist in Sweden. He is also pursuing a doctoral degree at Karolinska Institutet, Stockholm, Sweden, focusing on ACT. Fredrik is a Peer-Reviewed ACT Trainer. He has trained more than 450 professionals in Sweden and other countries in the ACT approach.

The training programme is given by Livheim in collaboration with Professor Frank Bond, Dr. Paul Flaxman and City University London

Location

City University London. Specific room information and directions will be sent to you once you have registered. See also: www.city.ac.uk/visit.

Yours sincerely



Fredrik Livheim, organiser of the training programme

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