

Acceptance & Commitment Therapy Training 2024

A training event for mental health and helping professionals by two world renowned Psychologists and Trainers.

Venue: Media One Hotel, Dubai.

Dr. Robyn Walser

June 8th & 9th

(Foundational)

June 10th & 11th

(Advanced)



Suitable for those working with adults

Dr. Louise Hayes

September 20th & 21st

(Foundational)

September 22nd & 23rd

(Advanced)



Suitable for those working with young people

Dr Robyn DHA CPD Points: 10.25 (Foundational) and 10.25 (Advanced)

Dr Louise DHA CPD Points: 11.25 (Foundational) and 13 (Advanced)

Our mission is to make internationally renowned expert training accessible to mental health professionals in the GCC and neighboring countries.

As a direct response to the overwhelmingly positive feedback we had to the training program we successfully ran in 2023, The Free Spirit Collective and Vivamus have joined forces again to expand on last year's offering to appeal to mental health professionals working with children, adolescents and adults.

[Click here to register](#)



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Dr. Robyn Walser and Dr. Louise Hayes

World renowned trainers, clinical psychologists and authors

Dr. Robyn Walser and Dr. Louise Hayes are both globally recognised experts in ACT and delivering ACT training.

Dr. Robyn Walser and Dr. Louise Hayes will each deliver two 2-day workshops across four days in June and September 2024 respectively.

Dr Robyn's training appeals to all helping professionals, whereas Dr Louise's training will benefit those working with children and adolescents.

Dr. Robyn Walser

- Providing ACT workshops since 1997
- Assistant Professor at University of California, Berkeley
- Best known for her dynamic, warm and challenging training sessions.
- Written several books on ACT

Dr. Louise Hayes

- Developed the DNA-V Model (ACT for youth)
- Fellow and former President of the Association of Contextual Behavioural Science
- Senior Fellow at the University of Melbourne and Orygen Youth Health
- Written several books on using ACT with young people

Training structure and suitability



Training 1 Dr. Robyn Walser

Foundational Training

Suitable for people with no prior ACT training, whether working with children or adults.

Suitable for all "people professionals" including mental health, education and HR.

2 Days
June 8th and 9th

Advanced Training

Suitable for people with prior ACT training, whether working with children or adults, though focus will be on adults.

Suitable for mental health professionals only.

2 Days
June 10th and 11th



Training 2 Dr. Louise Hayes

Foundational Training

Suitable for all professions working with young people (e.g. teachers, social workers, OT, SALTs, mental health professionals.

Suitable for people with no prior ACT training.

2 Days
Sept 20th and 21st

Advanced Training

Suitable for people with prior training in using ACT with young people.

Suitable for people working with young people.

2 Days
Sept 22nd and 23rd

Training Content: Dr. Robyn Walser



Foundational Training

ACT Training for Professionals who Support Adults, Couples, Families and Young People

What can I expect from the training?

Dr Robyn's trainings are dynamic, warm and challenging. The workshop features a combination of lectures and experiential exercises designed to provide a unique learning opportunity.

"For both novice and expert therapists of any orientation, you could not want for a more clearly articulated, easily accessible and therapeutically wise approach than this by these leaders and pioneers in the field."

Paul Gilbert's review of Dr Robyn's book:
Learning ACT

Learning Outcomes

You will gain an understanding of:

- The six core processes of human processing as described by the ACT model.
- How we get stuck and rigid and how we can pivot to flexibility and freedom.
- How language 'works' and how it plays a role in human suffering.
- Your capacity for therapeutic presence and developing an ACT consistent 'stance' with your clients.
- How the ACT six core processes can show up in you as well as in the relationship with your clients.

Advanced Training

The How To's of Clinical ACT: Working in the Context of Trauma in a Rapidly Changing World

What can I expect from the training?

The ACT model will be further advanced in this second workshop, with a focus on the behavioural processes implemented in ACT in a flexible, consistent and effective fashion, including addressing multiple levels of process that are present in ACT therapy. Moving beyond simple technique and into a fluid ACT intervention will be explored with a focus on intrapersonal, interpersonal and overarching and ongoing processes in the context of ACT. Trauma in a rapidly changing world will serve as the main vehicle for understanding the model.

Learning Outcomes

You will gain an understanding of:

- How you can flexibly use the ACT six core processes in the context of treating trauma in today's rapidly changing world.
- The potentials of your therapeutic relationship with your clients from the ACT perspective.
- How the ACT core processes can show up in you as you support people who are working through trauma.
- How you can stay embodied, present and work from the heart and with your whole self as you navigate pain with your clients.

"This is the most amazing training
I have ever attended."

Participant of Dr Robyn's ACT training in May 2023

Training Content: Dr. Louise Hayes



Foundational Training

Learning DNA-V – the Acceptance and Commitment Therapy for Youth Model

What can I expect from the training?

Join us for this creative and interactive workshop, which focuses on supporting young people aged 12 to 24 to grow and thrive, through the popular and evidence-based DNA-V model (Hayes & Ciarrochi, 2015, 2021).

DNA-V is a developmentally informed version of the Acceptance & Commitment Therapy (ACT) model. The model offers a whole person-in-context, scientifically grounded approach that allows you to confidently use evidence-based processes to help young people face struggles and develop to their full potential. It is the culmination of 20 years of work by experts in the field of youth development.

Learning Outcomes

This workshop will help psychologists, therapists, coaches and school-based wellbeing leads and practitioners to work with parents/carers and directly with children and young people to promote thriving during and beyond childhood and adolescence. The workshop will provide a detailed and thorough conceptual overview of the DNA-V model. Further, through experiential learning processes, delegates will learn a range of exercises and practices that have been shown to target important processes of change.

You will learn to:

- Apply the key interventions that contribute to psychological flexibility, build value and vitality.
- Apply key steps to build flexible thinking and growth mindsets.
- Use interventions to work with, and to grow through, difficult emotions and to work with stress, anxiety, and low mood.
- Apply key actions to work with attachment.
- Apply key steps for self-development.

Advanced Training

Advanced Therapy Skills for Helping Young People: Focusing on Trauma and its Impact on the Self and Relationships

What can I expect from the training?

This workshop will advance therapy skills by providing practice and demonstration through role plays and clinical examples. It will extend to case conceptualisation and treatment planning that considers individuals' temperament, attachment history and past adverse events.

The workshop will use DNA-V as the framework, which is the distillation of an explicitly contextual approach to acceptance and commitment therapy and contextual behavioural science. This model uses evolutionary principles, behavioural science, ACT, compassion research, and positive psychology research to create a new process-based paradigm for promoting vital living. We will learn how psychological flexibility can help them reconcile with the past, forge a grounded sense of self, and nurture stronger interpersonal relationships.

This workshop will help psychologists, therapists, and counsellors provide therapy to young people, with a focus on practical skill development in the training.

Learning Outcomes

You will learn to:

- Develop a case conceptualisation and treatment plan for complex presentations that focuses on building psychological flexibility.
- Target specific issues through practice and case examples (e.g. loss, relationship trauma, adverse events, emotion dysregulation).
- Practice working with the adolescent self.
- Work on youth self-criticism, self-compassion and achievement.
- Practice working with young people to build stronger social connections, and manage relationship challenges.

Prices

	Earlybird Discount price per training (<i>Limited</i> number of early bird tickets available up until April 1st)	Price per training After April 1st if booking 1-3 trainings	Price If booking all 4 trainings together
Foundational Training with Dr Robyn Walser June 8th and 9th	2, 975 AED Excl VAT	3, 495 AED Excl VAT	11,900 AED Excl VAT
Advanced Training with Dr Robyn Walser June 10th and 11th	2, 975 AED Excl VAT	3, 495 AED Excl VAT	
Foundational Training with Dr Louise Hayes September 20th and 21st	2, 975 AED Excl VAT	3, 495 AED Excl VAT	
Advanced Training with Dr Louise Hayes September 22nd and 23rd	2, 975 AED Excl VAT	3, 495 AED Excl VAT	

Booking

Click this link to be directed to a payment page to book and confirm your place.

[Click here to register](#)



Any questions, contact Dr. Marie Thompson: Marie@vivamus.me

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