

# LIFE AFTER TRAUMA

## Using Acceptance and Commitment Therapy to Revitalize Interrupted Lives

A Two-Day workshop with Robyn D. Walsler, Ph.D.

Acceptance and Commitment Therapy (ACT) is a principle-based behavioral intervention that is designed to address human suffering in a mindful and compassionate way. While ACT has been applied to a wide variety of problems, it is well suited to the treatment of trauma and trauma related problems. The aftermath of war and certain military experiences, assaults (including use of weapons and interpersonal violence), manmade and natural disaster as well as childhood and other traumas can have long-term effects. The painful emotional experiences found in the aftermath of trauma often leads to symptoms of PTSD, depression and anxiety, and other issues related to life functioning, including a variety of behavioral problems ranging from substance abuse to relationship problems. Many of the post-trauma attempts to recover involve

regaining control over distressing responses to trauma such as intrusive thoughts, and on-going feelings of sadness and fear. While some attempt to control these experiences can be expected and useful, many attempts to control emotions and thoughts result in a furthering of the suffering experienced post trauma. ACT seeks to reduce rigid and inflexible attempts to control negative emotions by fostering acceptance through mindfulness and defusion techniques, as well as revitalizing lives by defining personal values and committing to taking actions related to those values. The ultimate goal in acceptance and commitment therapy is psychological and behavioral flexibility in the service of a more workable life - a way of making order out of a disorderly world.

### OBJECTIVES

- Describe the psychopathological impact of experiential avoidance and its relationship to trauma
- Explain how human language participates in suffering following trauma
- Describe the 6 core processes of ACT
- Explain how willingness to experience and perspective taking can assist the trauma survivor in learning to relate to their internal experience in a healthier way
- Describe how values based living can bring meaning back to the trauma survivor's life

### FRIDAY JULY 31

- 8:30 AM - Registration (Coffee and pastries)
- 9:00 AM - Morning Session (Snacks mid-morning)
- 12:30 PM - Break for lunch (On your own)
- 2:00 PM - Afternoon Session (Snacks mid-afternoon)
- 5:00 PM - End for the day

### SATURDAY AUGUST 1

- 8:30 AM - Arrive (Coffee and pastries)
- 9:00 AM - Morning Session (Snacks mid-morning)
- 12:30 PM - Break for lunch (On your own)
- 2:00 PM - Afternoon Session (Snacks mid-afternoon)
- 5:00 PM - End for the day

### REGISTRATION OPTIONS:

- Student/Military Registration (Please have proof of eligibility at registration): \$185
- Early Registration (Payment and registration received by 6/15): \$275
- Registration (6/16 and after): \$300

REGISTER AT: [www.mntraumaproject.com](http://www.mntraumaproject.com)



**ROBYN D. WALSER, PH.D.** is Director of TL Consultation Services, Associate Director at the National Center for PTSD and is Associate Clinical Professor at University of California, Berkeley. As a licensed psychologist, she maintains an international training, consulting and therapy practice. Dr. Walsler is an expert in Acceptance and Commitment Therapy (ACT) and has co-authored 3 books on ACT including Learning ACT, The Mindful Couple and Acceptance and Commitment Therapy for the Treatment of Posttraumatic Stress disorder. She also has expertise in traumatic stress and substance abuse and has authored a number of articles and chapters and books on these topics. She has been doing ACT workshops since 1998; training in multiple formats and for multiple client problems. Dr. Walsler has been described as a "passionate, creative, and bold ACT trainer and therapist" and she is best known for her dynamic, warm and challenging ACT trainings. She is often referred to as a clinician's clinician. Her workshops feature a combination of lecture and experiential exercises designed to provide a unique learning opportunity in this state-of-the-art intervention.

**LOCATED AT:**  
The Wellstone Center  
179 Robie Street East  
St. Paul, MN 55107-2360

Continuing Education Applications have been submitted and are under review for LP, LPC/LPCC, LADC, LICSW, and LMFT Boards - Tentatively - 12 CEUs