

# INSPIRING THE DEEPEST KINDNESS:

ACT, Self-Care, and Self-Compassion  
A Two-Day Workshop with  
Kelly G. Wilson, Ph.D.

## DAY 1 WILL FOCUS ON SELF-CARE AND SELF-COMPASSION FROM AN ACT PERSPECTIVE

In this workshop, we will briefly introduce well-established life-style factors that contribute to depression, anxiety and many other forms of mental illness. We will introduce small changes by which every person, no matter how ill, no matter what circumstance, can begin a steady program of harm reduction that makes more abundant living possible.

Day one of this workshop will not be a mere academic endeavor. The workshop will be experiential from start to finish! We will examine the special place of self-care and self-compassion in the Acceptance and Commitment Therapy model. Imagine for a moment, the face of someone you love with all your heart. Now, perhaps something harder: imagine that you were someone you loved like that. What kindness and care would you offer?

We will look within and find the deepest kindness. We will practice applying that kindness to ourselves and discover the ways that cultivating a persistent pattern of self-care can enrich all other areas of valued living, including the ways that it can transform and empower our work with clients.

## LEARNING OBJECTIVES

Learning objectives will be taught through direct teaching, experiential exercises, and the use of clinical examples. By the end of the workshop participants will be able to:

1. Identify basic lifestyle factors that are known to exacerbate or sometimes even cause psychological suffering.
2. Understand core concepts of the ACT Model.
3. Use interview techniques to cultivate self-compassion and self-care.
4. Use new values and commitment exercises and use acceptance and mindfulness exercises that complement them.
5. Use new values/mindfulness worksheets and homework assignments.

## DAY 2 WILL FOCUS ON THE APPLICATION OF THE ACT MODEL TO ADDICTION AND CO-OCCURRING DISORDERS

On day two, we will bring the tools acquired on day one, along with the full ACT model, to bear directly on clients with trauma, addiction, and co-occurring psychological disorders. ACT provides a trans-diagnostic model. We will introduce new worksheets and interviews that can be used with a wide variety of client difficulties. The workshop will be experiential in focus and will provide a set of tools and skills that participants will be prepared to use immediately following the workshop. We will show how the interface between mindfulness and values work in ACT can promote life enhancing change and powerful therapeutic alliance.

## WORKSHOP DETAILS:

Dates: October 9-10, 2015 (Fri-Sat)  
Time: 9 AM – 5 AM  
Location: TBD  
Continuing Education Credits: 12

## REGISTRATION COSTS:

Student/Military Registration: \$185  
Early Registration lasts until Labor Day (9/7): \$275  
Registration (9/8 and after): \$300  
At the Door Registration: \$325

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**KELLY G. WILSON, PH.D.** is a Professor of Psychology at the University at Mississippi and directs the University of Mississippi Center for Contextual Psychology. He is Past President of the Association for Contextual Behavioral Science, Representative-at-Large of the Society for a Science of Clinical Psychology, and is one of the co-developers of Acceptance and Commitment Therapy. Dr. Wilson has devoted himself to the development and dissemination of ACT and its underlying theory and philosophy for 25 years, publishing 46 articles, 36 chapters, and 10 books including *Acceptance and Commitment Therapy 2ed*, *Mindfulness for Two: The Place of Mindfulness in Acceptance and Commitment Therapy*, and his most recent effort *The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse*. He has central interests in the application of behavioral principles to understanding topics such as purpose, meaning, values, therapeutic relationship, and mindfulness. Dr. Wilson has presented workshops in 32 countries, and has participated as co-investigator in a wide range of research projects in the U.S. and around the world.

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