

An Introduction to Acceptance and Commitment Therapy

Tuesday 9 June 2020

The Met Hotel, King Street, Leeds, LS1 2HQ

12.30pm Registration and Lunch , 1.00pm Welcome and 4.30pm, Close

Acceptance and Commitment Therapy is an empirically based intervention which introduces a range of strategies to increase psychological flexibility. It is part of the 'third wave' development of the cognitive behavioural school of psychotherapy which now incorporates tools such as acceptance, mindfulness, cognitive defusion and committed action. ACT is commonly used within the NHS to work with sufferers of chronic pain, anxiety and depression. This training will briefly introduce participants to the theory and research behind Acceptance and Commitment Therapy and introduce the concept of Psychological Flexibility. It will be an experiential session that will cover the 6 core processes of ACT. Participants will leave with ideas and tools for use with their clients, patients and themselves.

This course aims to provide delegates with:

- An overview of the theory underpinning Acceptance and Commitment Therapy (Relational Frame Theory)
- Understand the 6 core concepts of ACT
- Have practical tools to use in a variety of settings with a range of presenting problems

About our speaker:

Dr Rebekah Olive, Clinical Psychologist, Health and Care Professions Council, PYL24259, has been working as a Clinical Psychologist in private practice since 2011. She has training in cognitive behavioural therapeutic interventions including the third wave models Compassion Focused Therapy and Acceptance and Commitment Therapy. She has applied her knowledge to a range of psychological difficulties including OCD, PTSD, anxiety disorders and depression. She is also experienced in working with survivors of childhood abuse and sufferers of eating disorders. Her training in Acceptance and Commitment Therapy came from Dr Russ Harris, a world renowned trainer of ACT. She has used ACT extensively with her clients and has found it a cross-diagnostic model that applies to the lives of many and varied individuals.

Course Fees:

£105.00

All learning materials, lunch and refreshments are included.

Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for **3** CPD hours subject to your peer group approval.

This conference is suitable for:

Health professionals wanting to learn practical tools to help clients or patients feel better able to tolerate difficult emotions



Andrew Sims Centre Reservation Form

Course Title: **ESSENTIALS: AN INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY**

Date: **TUESDAY 9 JUNE 2020**



Leeds and York Partnership
NHS Foundation Trust

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name
Surname Job Title
Speciality
Trust / Organisation
Preferred Mailing Address
Postcode
Work Telephone Mobile
Email
Dietary Other
Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick []

COURSE FEES

[] One Place £105.00

Promotional Code Making Course Fee £.....

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- 1. ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- 2. TELEPHONE:** 0113 855 5638 with a credit or debit card
- 3. POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- 4. BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC090220-DELEGATENAME
- 5. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
Purchase Order Number
- 6. LYPFT Internal Transfer:**
Budget Holder Name
Budget Holder Email
Budget Code:
Budget Holders signature
Budget Transfer will occur in **June 2020**

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 3 CPD hours subject to your peer group approval.

THE VENUE

The Met Hotel is approx. 2 minutes' walk from Leeds city train station. If you are travelling by car, please note that The Met has no parking for delegates and it is recommended that you park in the long-stay train station car park off Aire Street or one of the other city-centre car parks.

OVERNIGHT ACCOMMODATION

Please contact the venue directly to arrange accommodation.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []