

Acceptance & Commitment Therapy

An experiential introduction

Acceptance and Commitment Therapy (ACT) is a treatment package that combines several traditions such as early behaviourism, positive psychology and mindfulness.

ACT is a trans-diagnostic model that has been successfully used to treat conditions such as depression, anxiety, PTSD, chronic pain, eating disorders and substance misuse just to name a few.

ACT's target is to promote psychological flexibility, that is, the ability to behave in a

way that is consistent with one's values even in the presence of aversive experiences (e.g. thoughts, feelings, physical pain). This is true as much for our clients as for the ACT practitioner.

At the end of this workshop, you will be able to begin to apply some ACT techniques in your own professional context. If you work in a context in which behaviour change is paramount, then this course will provide you with some very useful tools.



Dr Nuno Ferreira, PhD
Associate Professor in Clinical and Health Psychology

Nuno Ferreira is an Associate Professor in Clinical and Health Psychology at the University of Nicosia and a Clinical Psychologist with several years of experience working in Portugal, the UK and Cyprus. He is an expert on the use of Acceptance and Commitment Therapy (ACT) for long-term chronic health conditions (with several peer reviewed research articles and books published on this subject). Professor Ferreira has been involved in ACT training of postgraduate students and professionals of the NHS (UK) since 2009, and has lead several skills-based workshops at international events.

Issues Covered

ACT basics: What is ACT?

This part of the course will cover the philosophical and scientific underpinnings of ACT and how these inform a model of human suffering and growth.

Taking your first steps:

In this part of the course, through a series of exercises and metaphors (including role-play), participants will have an experiential sense of the model of growth promoted by ACT and how to engage clients with this new approach.

Adapting to your context:

This part of the course will focus on the more specific contextual details of each participant and will address key questions of how to start the work, knowing the limits and possibilities that ACT provides and how to deliver it in a way that meets the demands of the participant's professional reality.

Taking the next steps:

This part of the course will cover advice on evidence base, further readings, where to seek more information, how to move forward as a practitioner and where to find supervision.

Price of the course:

Professionals	250 euros
Students	150 euros
Current Postgraduate	
Psychology students	Free
University of Nicosia	

For further information and registration please contact:
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or click the link below:
unic.ac.cy/act2019