

FRIDAY 09/11/15 EVE	2015 ACT Retreat Schedule on Cushing Island
<p><b>7:00 – 8:00 PM</b></p> <p><b><i>Setting your Intention for the Retreat and Beyond</i></b></p> <p>Mary McCann Ed.D.</p> <p>1 hour</p>	<p><b>Description:</b> The ACT model asserts that the desires and intentions we hold for our best selves are deeply informed by our values. We are more likely to behave in ways that align with our values when we hold them in awareness. Mindfulness practices cultivate awareness and strengthen our ability to maintain the link between our behaviors and values. The purpose of this workshop is to utilize the ACT Matrix model in setting group and individual intentions that promote positive group norms and participation as teachers and learners. With that in mind, participants will be encouraged to choose a mindfulness practice for the weekend that will deepen their intention and provide an experiential opportunity to notice thoughts, feelings, and bodily sensations, which accompany moves towards or away from their chosen practice.</p> <p><b>Objectives:</b> Participants will identify the particular practices that support their intentions in both personal and professional spheres of life. At the end of the workshop participants will have an experiential understanding of the energizing power of linking values to actions.</p> <p><b>Format:</b> Group <b>Materials:</b> Easel, markers, paper, pens</p>
<p><b>8:15 – 9:15 PM</b></p> <p><b><i>ACT and Self-Compassion</i></b></p> <p>Carolee Lindsey LCSW, LADC, CCS</p> <p>1 hour</p>	<p><b>Description:</b> Holding compassion for clients is based on ability to hold compassion for ourselves. We are also able to demonstrate/model self-compassion for clients. This is a guided meditation and discussion group</p> <p><b>Objectives:</b></p> <ol style="list-style-type: none"> <li>1) To identify core aspects of self-compassion</li> <li>2) To understand what self-compassion is not</li> <li>3) To identify and practice skills in self-compassion as a way to enhance personal and professional well-being</li> <li>4) To apply the principles of mindful self-compassion within a practice of Acceptance and commitment therapy.</li> </ol> <p><b>Format:</b> Visualization, group discussion, didactic presentation <b>Materials:</b> Quiet sitting area.</p>

<b>SATURDAY 9/12/15 AM</b>	
Dawn to 8:30AM	<b>BREAKFAST on your own</b>
<b>8:30-9:30 AM</b>  <b><i>ACT for Insomnia: Catching Yourself in the ACT</i></b>  Beth Eilers LCSW  1 hour	<p><b>Description:</b> The purpose of this workshop is to present and discuss the ACT model for treating insomnia presented in The Sleep Book by Dr. Guy Meadows. We will discuss the five stages of treatment including discover, accept, welcome, build and live. As a group, we will try several acceptance and welcoming activities and will chart our experiences with these activities on the matrix.</p> <p><b>Objectives:</b> Following this workshop, participants will have 1) knowledge of the five steps in using ACT to treat insomnia and 2) have participated in several awareness and acceptance exercises that will be useful in self-care as well as a clinical setting.</p> <p><b>Format:</b> discussion and didactic presentation  <b>Materials:</b> White board or large paper, markers, paper, pens</p>
<b>9:30-9:45</b>	<b>BREAK</b>
<b>9:45-10:45 AM</b>  <b><i>ACT and Self-hypnosis</i></b>  Vanessa Davy LCSW  1 hour	<p><b>Description:</b> The purpose of the workshop is to introduce or reinforce the use of self hypnosis as a skill that therapists can use with appropriate clients to enhance their work through Acceptance and Commitment modality. An overview of clinical hypnosis will be provided, as well as how specific hypnotic principles can be integrated into mental health treatment to promote therapeutic change. Learn/practice 3 simple techniques for conducting self-hypnosis and teaching self-hypnosis in clinical practice.</p> <p><b>Objective:</b> Following this workshop segment, participants will have been exposed to 3 techniques for self- hypnosis, and will be able to teach clients how to de-activate negative feeling states by using self-hypnotic techniques</p> <p><b>Format:</b> didactic and experiential  <b>Materials:</b> flip chart, markers, paper and pens</p>

10-45-11:00	<b>BREAK</b>
<b>SATURDAY 9/12/15 AM</b>	
<p>11:00AM-noon</p> <p><i>ACT of Running</i></p> <p>Susan Penza Clyve PhD</p> <p>1 hour</p> <p><i>Participants need to choose between The ACT of Running and ACT of Walking – concurrent workshops – see below</i></p>	<p><b>Description:</b> Participants will arrive prepared to run. Group discussion will focus on people's reasons/values for running and committed actions (toward moves, e.g., focus on form/cadence, mindfulness of thoughts while running, self-compassion during running, focus on breath, mental toughness, focus on pace, etc.). Potential mental/emotional/physical obstacles that interfere with running the way we would like to run, as well as typical avoidance behaviors, will be discussed (away moves). Once participants clarify one or two committed actions (publicly or privately), presenter and participants will execute their respective runs practicing mindful awareness of away and toward moves that emerge during the run. Post-run, participants will individually share a written record of their experiences, to be viewed on a community wall.</p> <p><b>Objective:</b> At the completion of this workshop, participants will be able to identify and practice committed actions toward their respective values of running as well as identify and respond to mental/emotional/physical obstacles during the run that can lead to avoidance of valued experiences.</p> <p><b>Format:</b> Discussion, run, post-run recording, <b>Materials:</b> Stickies, pens, markers</p>
<p>11:00AM -noon</p> <p><i>ACT of Walking</i></p> <p>Julie Joy LCSW</p> <p>1 Hour</p> <p><i>Participants need to choose between The ACT of Running and ACT of Walking – concurrent workshops – see above</i></p>	<p><b>Description:</b> The purpose of this workshop is to connect the practice of purposeful walking to one's own values. Participants will be able to identify personal values and experientially connect these values to the committed action of mindful walking. Participants will meet together initially and then take written mindful exercise prompts with them as they walk on the island's trails at their own pace and comfort level for 30-40 minutes. We will then reconvene and give time for participants to share their experiences with the larger group.</p> <p><b>Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Following this workshop participants will be able to connect the committed action of walking with personal values.</li> <li>2. Following this workshop participants will have experience with connecting personal values and mindful walking and be able to adapt this experiential exercise to suit his/her professional therapy practice.</li> </ol> <p><b>Materials:</b> comfortable clothes and sneakers, no additional materials necessary.</p>
12:00-1:30	<b>LUNCH on your own</b>

<b>SATURDAY 9/12/15 PM</b>	
<b>1:30-2:30 PM</b>  <b><i>Realizing Self as Context</i></b>  Daniel Dranetz MS-Mental Health Counseling (Intern)*  1 hour	<p><b>Description:</b> Through guided meditation we will try to gain an experiential understanding of what is meant by the ACT construct 'Self-as-Context'. The term will be contextualized in its historical place within spiritual traditions which predate not only ACT, but the whole of Western psychology. A group discussion of the clinical applications of the construct will follow.</p> <p><b>Objective:</b> By the end of this workshop, participants will be able to describe their personal experience of 'self-as-context', and be able to help clients get in touch with the same subjective experience</p> <p><b>Format:</b> Group discussion and guided meditation</p> <p><b>Materials:</b> none  <i>*supervised by T. Valliere, LCSW, LADC, CCS</i></p>
<b>2:30-2:45 PM</b>	<b>BREAK</b>
<b>2:45 -3:45 PM</b>  <b>ACT with Couples</b>  Joni Altshuler LCSW  1 hour	<p><b>Description:</b> Too often couples come to therapy after much practice playing the “Blame Game”. Clinicians can easily get hooked into solving their never ending conflicts or taking on the role of mediator. Acceptance and Commitment Therapy helps couples and clinicians focus on the qualities they believe make for a loving relationship rather than problem solving, past hurts or keeping score.</p> <p><b>Objective:</b> To identify and practice the principles of Acceptance and Commitment Therapy when working with couples. The use of metaphors and the ACT Matrix will be emphasized as powerful tools that can help couples and clinicians quickly see the dynamics of the relationship that keep them in struggle and allow them to focus on building the secure and loving relationship they aspire to be part of.</p> <p><b>Format:</b> Demonstration and discussion</p> <p><b>Materials:</b> White Board or large paper and markers</p>
<b>3:45-4:00 PM</b>	<b>BREAK</b>

<p><b>4:00- 5:00 PM</b></p> <p><b>ACT Informed Difficult Conversations</b></p> <p>Mary McCann Ed.D.</p> <p>1 hour</p>	<p><b>Description:</b> In the is one-hour workshop we will use the ACT Matrix model in tandem with the Harvard Negotiation Project (HNP) framework for approaching difficult conversations. A difficult conversation is any conversation that we are anxious about engaging in. Most of us experience resistance to stepping into these conversations. The authors of HNP provide a useful roadmap to help us navigate our way through. The ACT Matrix will be used to illuminate what helps participants stay emotionally centered as we move toward difficult conversations.</p> <p><b>Objective:</b> Participants will use Matrix models to support them in approaching discomfort in difficult conversations</p> <p><b>Format:</b> Demonstration and discussion</p> <p><b>Materials needed:</b> White board, markers, paper, pens</p>
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<b>SATURDAY EVENING</b>	
<b>5:00-7:00 PM</b>	<b>DINNER Together</b>
<p><b>7:30-9:00 PM</b></p> <p><b>Improvistional Therapy: A playful engagement of ACT through Improvisational Theater skills</b></p> <p>Rich Lewis LCPC</p> <p>1.5 hours (1 CE)</p>	<p><b>Description:</b> This workshop will utilize the rich history of teaching Improvisational Theater techniques (e.g., Viola Spolin, Keith Johnstone) as both a method for engaging clients and clinicians with the process of increasing relational frames in their lives or clinical work and as a literal demonstration of that process in vivo. Using experiential exercise, we will safely and gently, with kind playful discomfort, explore our own experience of that methodology. Its application to ACT as a therapeutic modality will be briefly (300 seconds) presented and then we will discuss what emerged in our own experience and how it can be used to energize the treatment context.</p> <p><b>Objectives:</b> Following this workshop participants will have additional exercises to utilize with individual clients or groups to activate both psychological and behavioral flexibility.</p> <p><b>Format:</b> Groups experience</p> <p><b>Materials:</b> People, some open space free of sharp objects, enough light to see, a whimsical mindset</p>

<b>SUNDAY 09/13/15</b>	
Dawn to 8:30	BREAKFAST on your own
<b>8:30-9:30</b> <b>ACT on the Mat</b>  Joni Alshuler LCSW  1 hour	<p><b>Description:</b> A didactic and experiential workshop that will look at how the principles of ACT intersect with those of yoga. Both include a foundation in mindfulness and a commitment to practice and valued living. Both also recognize that to be human is to experience the full continuum of emotions and a belief that we have the ability to regulate emotions through self-awareness in order to ACT vs React.</p> <p><b>Objective:</b> Participants will be introduced to basic yoga-based practices to offer clients tools to increase present moment awareness, regulate emotions and practice defusion skills.</p> <p><b>Format:</b> Yoga class and didactic instruction</p> <p><b>Materials:</b> comfortable clothing, yoga mat, water</p>
<b>9:30-9:45</b> <b>9:45 – 10:45 AM</b>  <b>A Walk through the Addictions</b>  Lisa Jade LCPC, LADC, CCS  1 hour	<p><b>BREAK</b></p> <p><b>Description:</b> This interactive presentation will challenge the way its participants view addiction and addiction related behavior.</p> <p><b>Objective:</b> Participants will acquire new tools for creating similar perspective shifts with their clients to increase the likelihood of "moving toward" behavior.</p> <p>Easel, flip chart, markers. Open space. Blue painter's tape for creation of a matrix on the floor. Participants should wear clothes comfortable for movement.</p>
<b>10:45-11:00</b> <b>11:00-12:00 noon</b>  <b>Integrating ACT and 12-Step RECOVERY</b>  Curt Scribner, LCSW, LADC  1 hour	<p><b>BREAK</b></p> <p><b>Description:</b> . Participants will engage in small groups identifying the areas of ACT which are present in the 12 steps and the common language a participant in 12 step recovery is hearing. Participants will use large paper and note cards to sort and discriminate different 12 step and ACT language/concept/themes. Participants will be asked to consider where in different STEPS they observe <i>contact with the present moment, values, committed actions, self as context, diffusion, and acceptance</i> are present and how ACT can support engagement in a person's recovery process. Reciprocally, how 12 step recovery supports ACT treatment and psychological flexibility through the foundational aspects of this program.</p> <p><b>Objectives:</b> Following this workshop segment, participants will identify <i>contact with the present moment, values, committed actions, self as context, diffusion, and acceptance</i> in each of the 12 steps to support clients/patient increase their psychological flexibility addressing areas of focus using 12 step</p>

<b>SUNDAY 09/13/15 PM</b>	recovery. <b>Materials:</b> Large paper, markers, paper, pens, note cards and tape.
<b>NOON - 1 PM</b>	LUNCH on your own
<p data-bbox="92 287 275 323"><b>1:00-2:00PM</b></p> <p data-bbox="92 362 478 430"><b>Title: Using Music and Film in ACT</b></p> <p data-bbox="92 537 281 605">Dawn Stratton LCPC</p> <p data-bbox="92 646 180 678">1 hour</p>	<p data-bbox="535 287 1965 433"><b>Description:</b> The purpose of this workshop is to demonstrate the use of music and film in Acceptance and Commitment Therapy. Activity will include viewing/listening to specific film clips and songs that can be helpful in learning and utilizing ACT processes and principles. Group discussion will center around the ways in which music and film can be incorporated into therapy.</p> <p data-bbox="535 466 1944 573"><b>Objective:</b> Following this workshop segment, participants will be able to describe and give examples of ways they can incorporate music and film into the therapeutic process to help clients understand ACT processes and principles.</p> <p data-bbox="535 605 1039 638"><b>Format:</b> Group activity and discussion</p> <p data-bbox="535 670 1325 703">List of needed materials: white board or large paper, markers.</p>
<p data-bbox="92 768 296 803"><b>2:00-2:45 PM</b></p> <p data-bbox="92 846 499 914"><b><i>Closing Remarks - Putting it all Together</i></b></p> <p data-bbox="92 995 489 1063">Teresa Valliere, LCSW, LADC, CCS</p>	
3:30 PM	<b>Transportation off the island</b>