



Practical ACT @thepalincentre

Date: Friday 29th November 2024

Time: 9:00 - 16:45 (GMT)

Venue: ZOOM Live Streamed

Speaker: Jane Harley

Registration: Book online via our website (www.nationalstammeringcen.co.uk)

Overview of the study day

Acceptance and Commitment Therapy (ACT) helps people respond more flexibly to life challenges, and the thoughts and feelings which arise from these, and do more of the things that make life better for them. It is often discussed as a form of CBT, and many CBT resources now include ACT strategies, however it differs from standard CBT in some important theoretical and philosophical ways.

This one-day, introductory workshop is a good place to start if you want to learn some of the basics about ACT and have one or two practical ACT-based activities that you can use with young people, or indeed yourself! If you already have some experience using standard CBT it will widen your perspective of how psychological therapies can help young people who stammer.

We will cover:

- the ACT hexaflex (a clinical model that helps us to understand psychological flexibility and how to nurture it)
- selected practical activities that help young people
 - get grounded when faced with challenges, using child-friendly mindfulness practices;
 - step back from their thoughts and feelings rather than buy into them;
 - do more of the things that matter to them;



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We will be discussing this in relationship to stammering however ACT is equally relevant for clinicians working with children, young people or parents where communication challenges result in struggle, avoidance, anxiety, worry or self-critical thinking, loss of confidence and self-esteem, or unhelpful ways of responding to events.

The workshop is suitable for therapists who are developing their skills in the field of stammering, or other communication disorders, as well as those who wish to build on their experience of using standard CBT or other psychological approaches.

Course presenter:

Jane Harley, Highly Specialist SLT at the Michael Palin Centre
MSc (Psych Couns), Dip CT (OCTC), Trained to Teach .b

Jane originally trained in CBT at the Oxford Cognitive Therapy Centre and has over 20 years of experience using CBT with people who stammer. In the last 10 years she has attended training workshops in ACT at an introductory and intermediate level, focusing particularly on using ACT with adolescents and she now primarily uses an ACT framework for understanding her clients' experience. Jane has completed training with the Mindfulness in Schools Project and is qualified to teach mindfulness to adolescents aged 11-18 years.

Jane has been running workshops about ACT and stammering for 10 years, in the UK and in the USA. She was a keynote speaker at the 10th Oxford Dysfluency Conference where she spoke about the role of attention in therapy, synthesizing ideas from CBT, ACT and mindfulness.



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References:

Harley, J (2015). Bridging the Gap between Cognitive Therapy and Acceptance and Commitment Therapy (ACT). Proceedings of the 10th Oxford Dysfluency Conference 17-20 July 2014. Procedia Social and Behavioural Sciences, pp 13-140. Available online at www.sciencedirect.com

Timetable for the day:

8:45 to 9:00am - Registration
9:00 to 9:30am - Welcome and AGM
9:30 to 11:00am - Jane Harley ACT
11:00 to 11:15am - Break
11:15 to 12:45pm - Jane Harley ACT
12:45 to 1:30pm - Lunch
1:30 to 3:00pm - Jane Harley ACT
3:00 to 3:15pm - Break
3:15 to 4:30pm - Jane Harley ACT
4:30 to 4:45pm - Evaluation and Close

CEN Membership:

You are able to access this study day (as well as a host of other benefits such as video recordings, Signal magazine, Facebook Group membership and further study days) by becoming a member of the National Stammering CEN with a 12mth subscription. You can purchase a subscription via the membership page on our website. The cost of attending the study day is included in your membership subscription. Bookings for the study day are made via our website www.nationalstammeringcen.co.uk on the events/news - study day page.

Any Questions?

Please get in touch with us using the contact details below.



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