



ASSOCIATION OF VIRGIN ISLANDS PSYCHOLOGISTS

*Promoting the interests & advancing the Profession of Psychology
in the U.S. Virgin Islands*

Fostering Openness, Awareness, and Values-Based Living with Acceptance and Commitment Therapy

June 3, 2022

9:00 a.m. - 11:30 a.m.

Via: Zoom (link sent after registering)



PRESENTER:

Debbie Sorensen, Ph.D.

- ◆ Licensed Psychologist in private practice
- ◆ Ph.D. in Psychology from Harvard University
- ◆ Bachelor of Arts in Psychology and Anthropology from University of Colorado
- ◆ Cohost of Psychologist Off the Clock podcast
- ◆ Lecturer in Psychology at Harvard University



**TWO CREDITS
FREE**

WORKSHOP GOALS:

For psychologists and other mental health professionals to learn how to support clients using Acceptance and Commitment Therapy, a “third wave” cognitive behavioral therapy designed to help clients step out of the cycle of experiential avoidance and control, and instead become more open, aware, and engaged in values-based living.

OBJECTIVES:

- ◆ Define psychological flexibility.
- ◆ Review the contextual behavioral therapy underlying ACT.
- ◆ Describe the six core processes of ACT (acceptance, cognitive defusion, present moment awareness, self-as-context, values, and committed action).
- ◆ Implement experiential methods of increasing psychological flexibility in clinical practice.

WORKSHOP LEVEL:

Advanced

Psychologists and mental health workers.
Students welcomed.

Register Today!

Click [here](#) to register.
Registration deadline:
Wednesday, June 1, 2022



Submit CE payments via
PayPal using
avipsychology2018@gmail.com



If you have questions,
please email:
avipeducation2@gmail.com

The Association of Virgin Islands Psychologists is approved by the American Psychological Association to sponsor continuing education for psychologists. The Association of Virgin Islands Psychologists maintains responsibility for this program and its content. Full attendance is required; no partial credits will be offered for partial attendance.