



The
Michael Palin
Centre
for stammering

Practical ACT @thepalincentre

What people have said about this course:

“Awesome!”

“Thoroughly enjoyable from start to finish.”

“I loved the hands-on opportunities – the best way to learn.”

“It gave me an entirely new way of thinking.”

“An outstanding course filled with practical examples and exercises that can be readily applied to clinical scenarios.”

“I can’t put into words how helpful this was – I can’t wait to apply these skills within my clinic and in schools.”

Acceptance and Commitment Therapy (ACT) aims to help people to live better by increasing how flexibly they respond to difficulty.

This practical two day workshop will cover:

- An introduction to ACT theory
- How to use the hexaflex model to understand clients’ experience and find ways forward in therapy
- Using the six core processes of ACT to help children, young people and parents:
 - o be more willing to get up close to difficult thoughts and feelings rather than avoiding them or fighting them;
 - o learn how to get grounded when faced with challenges, using child-friendly mindfulness practices;
 - o approach personal challenges with a sense of kindness to the self;
 - o step back from thoughts and feelings rather than ‘buy into’ them;
 - o choose to do more of the things that matter to them;

Clinical examples will be from work with children and young people who stammer 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. The workshop will combine theory with practice and provide a wealth of clinical resource, ideas and practical activities to take away and use.

Course presenter:

Jane Harley, Clinical Lead Speech and Language Therapist 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 6 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. Her other interests are in compassion-focussed training and its' relevance to the children and young people that she works with.

Jane has been teaching this 2 day course for 3 years, both in London and in Boston, USA. Jane was 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.

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