

ACT

Delivering ACT in Group Format

Learn how to promote mental health,
resilience, and productivity using ACT

2015

Spring term

Registration deadline

Thursday 1st of January
2015 (later upon
availability)

Location

Det Færøske Hus
Vesterbrogade 17A
Copenhagen

Application

Online registration form
www.actorganisation.com
(under Training)

Tuition fee

11 450 DKK, (including
protocol and material, VAT
not included)

Contact

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Overview

During February and March in 2015, ACT Denmark and Fredrik Livheim are bringing our unique training Acceptance and Commitment Therapy (ACT) Group Format to Copenhagen. The training programme is delivered over four days (23rd and 24th of February; 23rd and 24th of March 2015) offering 24 hours of training in total. In parallel to the programme, you will be supported as you offer ACT-based training to your own groups of clients. The training you will receive is given in English.

Please note that we need at least 15 attendants to be able to run the training.

Structure of the trainer programme

As noted above, the training will be delivered over four days in February and March 2015 (to complete the course you are required to attend all four training days). Each training day has a similar format and structure. Specifically, you will first have the opportunity to experience ACT-based training as a participant. You will have the opportunity to discuss important aspects of delivering this type of training to different client groups. Towards the end of each training day, we discuss how to handle common challenges that may arise as you facilitate your own ACT groups.

Dates and times of the training programme sessions

Sessions 1-2

Dates: Session 1: 23rd of February 2015, from 10 am to 5 pm.
Session 2: 24th of February 2015, from 9 am to 4 pm.

Place: Det Færøske Hus, Vesterbrogade 17A, Copenhagen
Following the first two days of training, you will be encouraged to facilitate your own initial ACT groups at some point between the 25th of February and the 22nd of March.

Sessions 3-4

Dates: Session 3: 23rd of March 2015, from 10 am to 5 pm.
Session 4: 24th of March 2015, from 9 am to 4 pm.

Place: Det Færøske Hus, Vesterbrogade 17A, Copenhagen
You will then be encouraged to continue facilitating your own ACT groups during the weeks following the 25th of November.

The training is designed in this way to support you as you go on facilitate your own ACT groups. Thus, as part of your development as an ACT trainer, you will be responsible for organising ACT training groups with your own clients. Fredrik and his team will offer advice on how to advertise such training to attract participants.



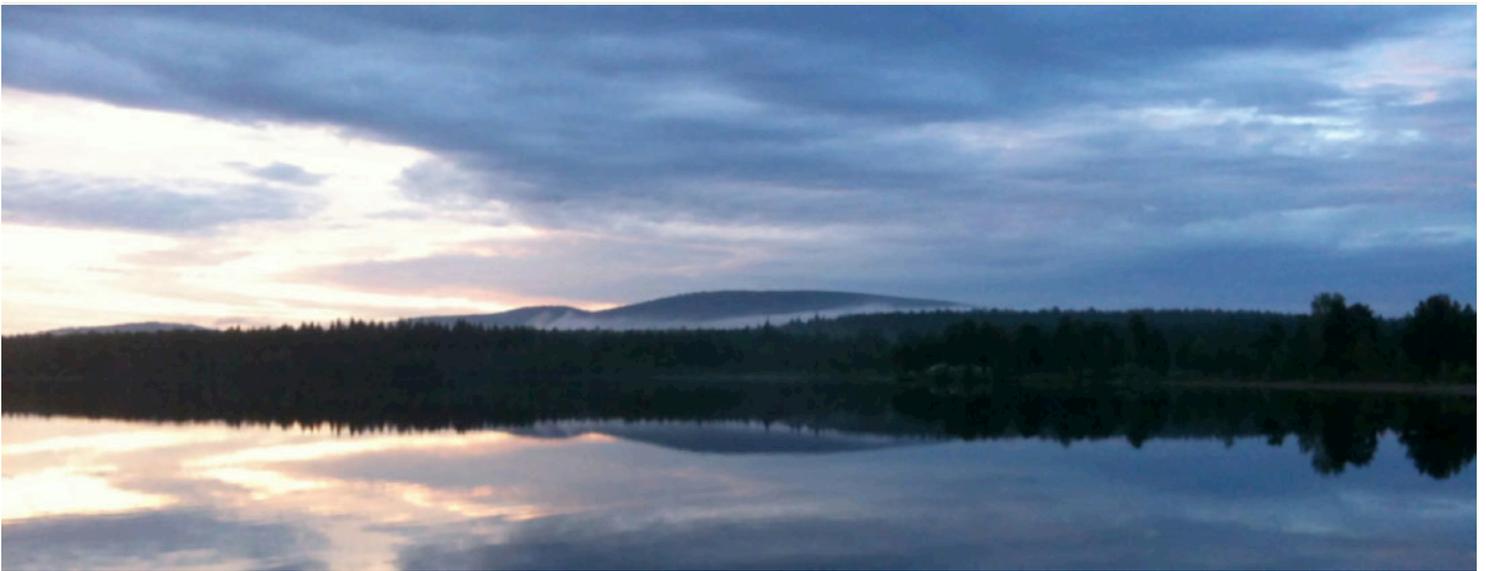
”Apply as soon as possible to secure your place on the programme.”

Useful information

- › Although, not essential, it is useful if you attend the training programme with a colleague. This then allows you to co-facilitate your first ACT groups, working as a team.
- › It is desirable that all applicants for this programme hold a higher education degree in a people-oriented profession, for example psychology, counselling, social work, teaching, psychotherapy, human resource management or similar.
- › You will be responsible for recruiting participants for your own initial ACT group training outside of the four-scheduled trainer sessions. Ideally, you should plan to hold the first session with your own ACT group the week after the first session of the train the trainer programme.
- › It is a good idea to inform your immediate line manager or supervisor that you will participate in this programme. This helps you to get support when you roll out ACT training to your client groups.
- › Priority will be given to early applications and to applicants with a specific plan for how they continue delivering ACT-based training to their own groups after the end of the training programme.
- › In our experience, you will need to set aside a considerable amount of time during the training programme to read the literature and the manual and to prepare yourself to hold sessions of your own.

Requirements to become an approved course leader

- › Before the first training session on the 23rd of February 2015, you should submit written answers to the study questions for *The Mindful and Effective Employee*, by Flaxman, Bond & Livheim (2013). These study questions will be e-mailed to you upon registration. To be approved for entry onto the programme, you need to demonstrate that you have read the book and reflected on the content.
- › You should also submit written answers to the study questions for Steven C. Hayes’ self-help book; *Get Out of Your Mind and Into Your Life* (2005) before the first session. To be approved for entry onto the programme, you need to demonstrate that you have read the book and reflected on the content.
- › You must attend all four days of the programme to complete the course. If you are unwell or unable to attend a session for other reasons, there may be another opportunity to attend a missed session later in the year, or by watching a video of the training for the missed day.
- › As part of the programme, you are required to film a 30-45 minutes segment of yourself facilitating an ACT group. You will receive feedback on this segment as part of a Peer Tutoring process by a colleague.



”After 4 days of training, you will be ready to go on working with this intervention on your own.”

Desirable but not necessary requirements

It is desirable but not necessary that you gain personal experience of mindfulness practice, perhaps through the typical 8-week MBSR/ MBCT programmes. There are also many useful mindfulness books and on-line resources to help you contact the experiential practice required to deliver effective mindfulness-based interventions.

Another quick-start guide to ACT is Russ Harris’ ACT Made Simple (2009)

Tuition fee and other costs

The tuition fee for the trainer programme, the training manual, PowerPoint slides, one CD for you and 15 decks of Life Direction (Values) Cards is 11 450 DKK (VAT not included). There will be smaller additional costs for purchasing the two books to support your training and understanding of the ACT approach (see above).

Scientific evidence for the method

- › Several well-designed studies show that ACT-based training is effective for improving people’s mental health, psychological flexibility, and behavioural effectiveness. For more information on this research, see www.actorganisation.com.
- › Several studies have shown that this type of ACT-based training is effective when delivered outside of the traditional psychotherapeutic context (for example in workplace or educational settings; e.g., Bond & Bunce, 2000; Flaxman & Bond, 2006; 2010; Lloyd, Bond, & Flaxman 2013).
- › Studies have also shown that our ACT-based training is effective when delivered by trainers with no previous knowledge of ACT, but who have attended this 4-day ACT train the trainer programme (e.g., Brinkborg et al, 2011).

What is unique about this ACT Group Format programme?

Some factors that make this training unique:

- › After 4 days of training, you will be ready to go on working with this intervention on your own. As noted above, the evidence shows that professionals who have attended this training are able to deliver effective

Comments from previous participants

The strength of this intervention is that it has a scientific basis, but it is also worth noting that in anonymous evaluations, this training programme has reached high mean scores (4.6-4.9 out of 5). Some comments from previous participants:

"I don't usually give the highest score in evaluations, but this is one of the best training programmes I have taken. The knowledge I have gained has been enormously useful, both on a personal level and for me as a therapist."

"I have learnt so much! I'm more than content! And I am so inspired by your personal way of teaching ACT."

How to get to Det Færøske Hus with public transportation

Det Færøske Hus is situated just 10 minutes from Copenhagen central station.

Parking

There are several parking possibilities on the surrounding streets but no parking directly at the workshop venue.

Arrive at 9.45 am at the latest.



ACT-based interventions.

- › You will receive an extensive training manual that comprises over 300 pages, PowerPoint presentations, and other support materials that will help you to facilitate your own ACT groups. The PowerPoint-slides will be translated into Danish. The 300 pages long protocol that will assist you in delivering this course you can have either in English or Swedish.
- › You will have on-line access to films from each training session. These films can help to refresh your memory if you forget how best to deliver particular ACT exercises, role-plays, metaphors or other parts of the course.
- › We train professionals in the group delivery of ACT interventions. However, therapists who have attended this training have reported how it has also enhanced their one-to-one therapeutic and coaching work.
- › The programme has received very favourable feedback from previous participants in Sweden. Across several hundred participants, we have received an average rating of 4.6 out of 5 for the following question: "Has the knowledge you gained in the training programme been useful in your work?".
- › Most participants report that the content of the training programme has also been useful on a personal level. Across several hundred participants, we have received an average rating of 4.5 out of 5 for the following question: "Has the knowledge you gained in the training programme been useful in your own life?"

Teachers and organiser of the training programme

Fredrik Livheim is the organiser and originator of this ACT Group Format programme. Fredrik is a licensed psychologist in Sweden. He is also pursuing a doctoral degree at Karolinska Institutet, Stockholm, Sweden, focusing on ACT. Fredrik is a Peer-Reviewed ACT Trainer. He has trained more than 450 professionals in Sweden and other countries in the ACT approach.

The training programme is given by Livheim in collaboration with ACT Danmark.

Location

Det Færøske Hus, Vesterbrogade 17A, Copenhagen

www.faroehouse.dk

Yours sincerely



Fredrik Livheim, organiser of the training programme

LIVHEIM[®]

