



## Foundations in Acceptance and Commitment Therapy (ACT)

Facilitated by the hugely popular ACT Trainer, Aisling Leonard-Curtin

ACT is a mindfulness-based approach, which helps us to live more in the present moment, instead of in the past or future, and make the most of the life that we have. Through the practice of ACT and mindfulness we can gain more control of our choices and make long-term meaningful changes, ACT develops psychological flexibility: the ability to connect more fully with the present moment, with awareness and openness and live with integrity even when difficulties arise.

### **ACT teaches six key skills:**

- Connection to the “here and now”
- Unhooking from unwanted thoughts
- Willingness and Compassion
- Perspective taking
- Values
- Meaningful ACTION

**Award:** Certificate of Attendance and Participation. **CPD:** 24 hours

**Cost:** €495.00 (Reduced rate for IICP Students /Alumni and VCS Counsellors: €420.75)

**Dates:** · **Friday, 27 April 2018**

- Friday, 11 May 2018
- Friday, 18 May 2018
- Friday, 01 June 2018

**Time:** 09.30am to 4.30pm

**Facilitator:** Ashling Curtin, M.Sc., Reg. Psychology.

Aisling Curtin completed is a peer-reviewed Acceptance and Commitment Therapy (ACT) Trainer and co-editor of Mindfulness and Acceptance for Gender and Sexual Minorities.

She has written and trained others extensively in ACT. Aisling is a guest lecturer in Trinity College Dublin and part-time lecturer in University College Cork. She has led workshops internationally in ACT including at Harvard Medical School.

**Venue:** IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24.

For more information call 01-4664205 or book on line at **[www.iicp.ie/cpdcourses/foundationsinact/](http://www.iicp.ie/cpdcourses/foundationsinact/)**

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