

HOW TO REGISTER

Register at www.mps.ca or call
204.488.7398 or 866.416.7044

Payment can be made using PayPal
or by mailing a cheque
(payable to Manitoba Psychological
Society, Inc.) to:

P.O. Box 151
RPO Corydon Avenue
Winnipeg, Manitoba, R3M 3S7

POLICIES

- ★ Up to and including May 2, 2014:
Full refund minus 10%.
- ★ After May 2, 2014: No refund for
cancelled registration.
- ★ MPS reserves the right to cancel the
conference at any time due to
unforeseen circumstances.
- ★ Liability is limited to refund of
conference fee only.
- ★ Early registration must be
postmarked before May 3, 2014.

MIND YOUR MENTAL HEALTH

mymh.ca

Manitoba Psychological Society Inc.

Established in 1966, MPS is the fraternal organization for Registered Psychologists in Manitoba. Affiliate and student members are also actively involved. MPS promotes psychology as a science, as a profession, and as a means of promoting human welfare. The growing MPS membership of approximately 200 constitutes about 75% of Manitoba's Certified Psychologists.

Member services include continuing education, newsletter, referral network, and media opportunities. MPS is an energetic organization. Members actively advocate for psychologically sound public policy, engage in public discussion regarding human conduct, and work with government to improve access to psychological services.

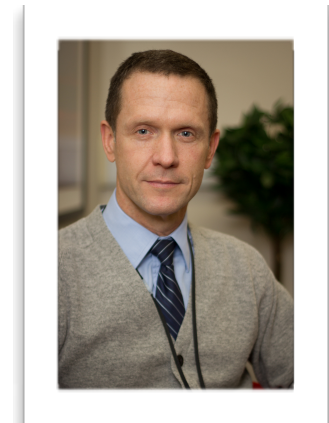
MANITOBA PSYCHOLOGICAL SOCIETY

SOCIÉTÉ DES PSYCHOLOGUES
DU MANITOBA

P.O. Box 151
RPO Corydon Avenue
Winnipeg, Manitoba, R3M 3S7
Phone: 204.488.7398 or 866.416.7044



CONTINUING EDUCATION WORKSHOP



Lance M. McCracken, Ph.D.

ACT & Psychological Flexibility in Chronic Pain and Physical Health: A Practical Workshop

THE WORKSHOP IS SPONSORED BY:

 **WCB**
Workers Compensation
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 **Manitoba
Public Insurance**

SPEAKER BIO



Dr. Lance M. McCracken is Professor of Behavioural Medicine at King's College London. He is also a Consultant Clinical Psychologist and the Psychology Lead at the INPUT pain management center at St Thomas' Hospital in London. He is on the editorial board of *Health Psychology*, *Journal of Behavioral Medicine*, *European Journal of Pain*, *Pain Management*, *The Journal of Pain*, *BMC Musculoskeletal Disorders*, *Cognitive Therapy and Research*, and *British Journal of Pain*. He has published more than 150 scientific papers and chapters, and two books. For more than 20 years his primary research interests have focused on treatment developments for chronic pain, and more recently on psychological flexibility, and contextual behavioral science.

DATE: May 27, 2014

**LOCATION: DELTA WINNIPEG, 350 ST. MARY AVENUE
WINNIPEG, MB, R3C 3J2**

ACT & Psychological Flexibility in Chronic Pain and Physical Health: A Practical Workshop

Synopsis: Potential treatment processes in the behavioral and cognitive therapies are more diverse than they used to be. It seems that once new psychological variables and potential treatment targets are developed they are essentially never set aside – all we do is create more. Much of the recent expansion includes processes of acceptance, values, awareness, and flexible engagement. The therapy types that aim to instill these processes in behavior are now numerous: Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Functional Analytic Psychotherapy (FAP), Mindfulness Based Stress Reduction (MBSR), and others. A term that might summarize these separate approaches might be to call them Contextual Cognitive Behavioral Therapies or CCBT. These therapies are relatively distinctive in the processes they target and in another respect. In order to create the radical changes these therapies are designed to achieve, these processes need to appear on both sides of the therapeutic interaction. In other words these treatments are most effective when both the provider and the receiver of treatment increasingly reflect the same acceptance, clear values, awareness, and flexible engagement in their behavior. This workshop will focus on practical methods for developing these qualities in our behavior and in others, organized primarily around the model of psychological flexibility, the model underlying Acceptance and Commitment therapy. It will also focus mostly on chronic pain and other physical health applications, areas where these approaches are well-developed and where they have significant evidence.

Learning objectives: Participants in this workshop will...

1. Gain a basic conceptual understanding of the psychological flexibility model.
2. Understand the current level of evidence for Acceptance and Commitment Therapy (ACT) for chronic pain and related conditions.
3. Obtain experience in applying experiential methods for increasing psychological flexibility in our own and others' behaviour.

Tentative Program Schedule

08:00 - Registration & Breakfast
09:00 - Workshop begins
10:30 - Break
12:00 - Luncheon (served on-site)
13:00 - Workshop continues
14:30 - Break
16:30 - Concluding remarks

	Earlybird Incl. May 2nd	Regular Starting May 3rd
Student/Retired Members	\$90	\$150
Non-member Students	\$135	\$160
Full & Affiliate Members	\$195	\$225
Non-members	\$225	\$250