

## FALL WORKSHOP

# Advanced Acceptance and Commitment Therapy skills using the Matrix Method

Friday, November 26, 2021



Online Workshop

Acceptance and Commitment Therapy (ACT) is an empirically supported therapy for a number of disorders and problems including depression, anxiety, OCD, psychosis, pain, and obesity. ACT is the most recent version of Cognitive Behavioral Therapy that incorporates mindfulness and acceptance techniques.



**Dayna Lee-Baggley,**  
PhD, RPsych

The ACT Matrix is a process based on behavioural scientific evidence that has been empirically validated. It provides a simple but powerful perspective to guide clinical interventions using ACT. The Matrix has been applied to a variety of settings and populations including depression, anxiety, chronic pain, burnout, addiction, eating disorders, PTSD as well as novel applications such as schools, team building, and conflict resolution.

This workshop will provide an introduction to the individual and team Matrix and how to integrate the six core processes of ACT into the Matrix. Clinical case examples will be used to demonstrate the integration of ACT skills and the Matrix. The workshop is appropriate for intermediate or advanced learners of ACT. It assumes the attendee understands the basics in ACT skills and concepts.

Dr. Dayna Lee-Baggley is an international expert in ACT and is a peer reviewed trainer in ACT, a designation awarded by the Association for Contextual Behavioral Science, and currently held by 6 other Canadians and approximately 120 individuals worldwide. She is also a Certified ACT Matrix Facilitator. Attendees will learn concrete, applicable skills that can be used directly with their clients and patients.

## Learning Objectives

Persons attending this workshop will be able to:

- Review the Individual and Team Matrix
- Review integration of ACT skills and the Matrix
- Apply the Matrix and ACT to current clinical cases

## Schedule (CST)

### 8:30am

Virtual room opens, technical check for attendees

### 9:00am - 12:15pm (includes 15 minute break)

Introduction to the Matrix individual and team (didactic, experiential, clinical cases, Q and A)

### 12:15pm - 12:45pm

Lunch Break

### 12:45pm - 4:00pm (includes 15 minute break)

Incorporating ACT skills into the Matrix including defusion, self-compassion, and willingness (didactic, experiential, clinical cases, Q and A)