

FALL WORKSHOP

Values in therapy: Working with values from an ACT perspective

Monday, November 14, 2022

In-Person (Hilton Winnipeg Airport) and Online

Schedule (CST)

8:15am | Hot Breakfast

12:00pm | Lunch

9:00am - 4:30pm | Workshop

- Overview of values within an ACT model
- Shifting to a values-focused model of ACT
- What: What values are (and are not) from an ACT perspective
- Why: Why values are important and their function
- When: When to focus on values in ACT
- How: Practices for helping clients explore values
- Identifying qualities of effective values conversations—video role play
- Cultural considerations with values work
- Values prototyping exercise—practice
- Common pitfalls and difficulties in values work

Learning Objectives

- Following the workshop, participants should be able to:
- Define what values are from an ACT perspective
- Explain the function of values work in ACT
- Identify the four main qualities of effective values conversations
- Implement a values prototyping exercise with clients
- Describe how to utilize other psychological flexibility processes when encountering common stuck points in values work



GUEST PRESENTER

**Jenna
LeJeune, Ph.D.**

Jenna LeJeune, Ph.D. is President and co-founder of Portland Psychotherapy Clinic, Research and Training Center in Portland, Oregon.

As a licensed psychologist, Dr. LeJeune is deeply interested in issues of meaning, purpose, and values. In her clinical practice, Dr. LeJeune specializes in using ACT to help those she serves connect with what is most meaningful so that they are able to live lives of purpose and integrity even in the midst of suffering. She is also a study therapist on one of the first clinical trials of psychedelic-assisted therapy in the Pacific Northwest. She is the co-author of the book *Values in Therapy: A Clinician's Guide to Helping Clients Explore Values, Increase Psychological Flexibility, and Live a More Meaningful Life* as well as numerous other book chapters, journal articles, and other publications largely focused on issues related to values, meaning, self-compassion, and shame.

Dr. LeJeune is also a peer-reviewed ACT trainer and provides ACT trainings for professionals around the world.

REGISTER ONLINE

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