

**Dr Ross White**

**PRE-CONFERENCE WORKSHOP**

**Title: *ACT for Psychosis***

This workshop will facilitate attendees to develop skills and knowledge related to assisting people to recover from psychosis using Acceptance and Commitment Therapy (ACT). Research has highlighted that processes of psychological inflexibility (e.g., experiential avoidance, cognitive fusion, limited perspective taking) play a role in the distress and disability associated with psychosis. ACT offers promise for helping people to adopt workable strategies for experiencing psychosis, whilst also exploring the opportunities for values clarification that these symptoms bring. 'ACT for psychosis' (ACTp) incorporates the cultivation of experiential openness, awareness, and engagement in actions based on personal values. ACTp is consistent with the emphasis that the Recovery Approach places on helping people to experience connectedness, hope, identity, meaning and empowerment. Attendees will learn about latest innovations from research trials and service developments in the United Kingdom. The workshop will incorporate experiential exercises, illustrative case material, and transcripts. The workshop will also consider how ACTp can be delivered in individual and group formats.

Educational Objectives:

1. Explain how ACT can be a pragmatic treatment in fostering recovery from psychosis.
2. Conceptualise the symptoms of psychosis using the ACT model.
3. Utilize ACT metaphors and exercises adapted for treatment of psychosis.