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PRE-CONFERENCE WORKSHOP

Title: *ACT for depression: how to adapt ACT based on research and experience.*

There are many different therapies that seem to work for depression. The Dodo Bird verdict (all have won, and all must have prizes) seems fit especially for depression. Does this mean 'anything goes' or is depression such a broad category that 'nothing goes'? Treatment for depression has not gotten more effective despite 60 years of research into CBT and other treatments for depression. Maybe the time has come to look into the collective wisdom of researchers, creators of treatments and sufferers, to sharpen our tools and do what we do better, more adjusted to the person in front of us. What does that mean for our work as ACT therapists? How do we do better?

In this workshop we will look into ways to adjust the delivery of interventions and the stirring of the processes that are specific to ACT to enhance treatment efficacy. We will practice with making a functional analysis and delivering interventions aimed at the targets that are part of depression.

Learning objectives

1. Get an overview of targets in depression, that are shared in different models of depression, coming from research and clinical experience.
2. Understand how those targets are functionally seen within the ACT model.
3. Aim processes and deliver ACT interventions convergent with those targets.