

### Training Attended

Course: 'ACT Essentials'  
Date: 28-30th January 2020  
Venue: College Court, Leicester LE2 3TQ

### Summary of Course

Acceptance and Commitment Therapy (ACT) is a 3-day course which focuses individuals' key values at its core as a dynamic model of change. The model emphasises living in the present moment, being accepting of all your thoughts and feelings (both positive and negative) and living in accordance with what is important to you. The course comprises of a combination of didactic teaching, group work, personal reflection, goal setting and committed action.

### Use of Training in my Work

In my work I have found that the training has been useful in its application with clients for whom traditional therapies such as CBT in its purest form, has not been effective. I have experienced the model as a compassionate and holistic approach that places core values and belief systems as central in creating change. Normalising the distress experienced by my clients has been helpful in allowing them to accept this as a part of themselves rather than being something that they need to strive to rid themselves off. In turn this has allowed them to free themselves of this as the focus and instead work on building on the positive aspects in their lives. It has allowed for more open communication between family members and aided creating goals that feel more attainable and achievable.

On a personal note, I have found that the training has helpful in readdressing my work life balance and re-evaluating my values and goals in each of these settings. I have been able to be kinder to myself and have been working on hearing my inner critical voice whilst also finding a more compassionate narrative. I would highly recommend this course.