

Centre for Continuing Education

Stop struggling, start living

Barbara Miller

The course offers an experiential introduction to Acceptance & Commitment Therapy (ACT) the revolutionary mindfulness based program for reducing stress, overcoming fear and finding fulfilment. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job or preparing for the performance of your life - ACT can help you breakthrough psychological issues and find enduring fulfilment.

Participants will be asked to bring their own issues of 'stuckness' and run them through the 'lens' of 6 core processes of ACT to create a rich, full and meaningful life.

LEARNING OUTCOMES

- Review the six core principles of ACT – a mindfulness-based therapy shown to be effective with a diverse range of clinical conditions.
- Practice mindfulness techniques to rapidly reduce the believability of negative thoughts (without challenging them) to cope with emotional distress and difficult circumstances
- Apply ACT in your own life, to create a sense of vitality, meaning and fulfilment.

COURSE OUTLINE

Overview of Acceptance and Commitment Therapy

- The goals of ACT
- What is mindfulness?
- Healthy vs. destructive normality

Six core principles of ACT

- Defusion
- Acceptance
- Contact with the present moment
- The Observing Self
- Values and
- Committed Action

Creating a life worth living

- Follow your heart
- Finding fulfillment
- A meaningful life

"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"

The Australian National University

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RECOMMENDED FOR

This course is suited for everyone from academics to sales staff, and high flyers to stay at home mums. Whether you're lacking confidence, facing illness, coping with loss or working in a high stress job, this course can help you learn scientifically proven techniques to reduce stress and worry, rise above fear and handle painful thoughts and feelings far more effectively.

This course is not a substitute for therapy. It's for people who are willing to open their hearts and mind to the proven principles of ACT – a revolutionary new approach of thinking that's designed to help you stop struggling and start living an authentic life.



Barbara is an organisational psychologist, life coach and corporate trainer with degrees in social sciences, adult education and applied psychology. Barbara's mission is to help people bring flow into their lives by using their strengths to dramatically improve their work performance, incorporating a healthy lifestyle and thereby strengthen their relationships and resources. Her practical approach to training gives her a leading edge in the understanding of human behaviour and beings a creative approach to workshop design and delivery.

DATES/TIMES: 9am-4pm on 2 Saturdays, 17 & 24 March

FEE: \$240

***COURSE LOCATION:** The venue for this course can be found on your tax invoice/receipt (under "Course Information"). Please allow enough time to locate your course venue on the first day.*

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