

**Boulder Center for Cognitive and Behavioral Therapies, LLP**  
presents a  
**6-session Therapist Skills-Training Group in ACT**  
**(Acceptance and Commitment Therapy)**

Acceptance and Commitment Therapy (ACT) is a powerful mindfulness-based therapy with empirical support in treating a wide range of disorders, from anxiety, depression, and PTSD, to chronic pain, anorexia and substance abuse. Learning how to incorporate the model into your work can be both exciting and challenging.

This 6-session therapist skills-training group will meet once a month for two hours. Over the course of 6 weeks we will learn and practice specific ACT techniques and exercises via role play, didactic learning, and watching ACT in action via DVDs. We will also discuss clinical cases.

The group will be organized around the quintessential manual “Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual for Therapists.” Handouts and worksheets to be used with clients will also be reviewed and distributed.

The fee for this training is \$300. This does not include purchase of the book. The monthly meetings will be in Boulder, Colorado and will be limited to 6 participants. Meeting times will either be Fridays or Saturdays.

About the facilitator:

Colleen Ehrnstrom is a licensed clinical psychologist. She has been using the ACT model since 2000. She has been involved in ongoing consultation groups for ACT for 7 years, and has attended numerous introductory and advanced ACT workshops, as well as the ACT Summer Institute. She has read most, but not all, of the ACT texts available and is very excited about another opportunity to participate in the ACT community.

**To request a registration form:  
cehrnstrom@bouldercbt.com  
303/579-3245**