The Columbia River Eating Disorder Network and A Better Way Counseling Center present:

**ACCEPTANCE AND COMMITMENT THERAPY (ACT) IN THE TREATMENT OF EATING DISORDERS: A HANDS-ON APPROACH TO WORKING THROUGH CLINICAL ROADBLOCKS**

Two psychologists who specialize in the treatment of eating disorders will use an interactive format to present topics salient to Acceptance and Commitment Therapy (ACT). The presentation focus will be practical applicability of the 6 core ACT processes to real-world clinical situations—particularly when clients and clinicians feel stuck in therapy. Attendees will be able to bring their clinical situations for discussion and case conceptualization and be actively involved in brainstorming solutions to take back to the therapy room.

**WORKSHOP OBJECTIVES:**

At the conclusion of this workshop, attendees will be able to:

*1. Define six core processes in ACT.
*2. Describe one or two practical applications of ACT with eating disordered (ED) patients.
*3. Describe three clinical practices that will help identify when patients are stuck in treatment.

**SCHEDULE**

**The workshop will be held on Thursday evening, April 19, 2012**

6:30 - 7:00 Socializing and Networking
7:00 - 7:10 Introduction of Presenters
7:10 - 8:15 Presentation of Topic
8:15 - 8:30 Question and Answer and Discussion

**LOCATION**

Lucky Lab
915 SE Hawthorne Blvd
Portland, Oregon 97214

**OUTLINE OF TOPICS**

Introduction of ACT and the 6 core processes
Discuss the application of ACT to ED patients
Demonstrate several techniques
Discuss how to determine when a patient is “stuck”
Identify what is clinically indicated within the context of ACT
Discussion / Questions throughout the presentation

(over)
WORKSHOP LEADERS

**Tera Lensegrav-Benson, PhD** is currently the Director of Patient Services at Avalon Hills Eating Disorders Program in Logan, UT. Dr. Lensegrav-Benson is a licensed clinical psychologist and has presented at numerous national conferences on various health psychology topics and the use of Acceptance and Commitment Therapy for the treatment of eating disorders. For the past 5 years, her clinical practice has focused exclusively in the area of disordered eating. Additionally, she is actively engaged in teaching doctoral psychology students and holds adjunct faculty status at Utah State University in the Department of Psychology. Dr. Lensegrav-Benson can be contacted via email at drtera@avalonhills.org or by phone at 435-245-4537.

**Jennifer Tolman, PhD** is clinically trained as a Psychologist and works as Director of Specialty Services at Avalon Hills Residential Treatment Facility in Logan, UT. Dr. Tolman works with patients, families and outpatient treatment teams, to ensure seamless care as patients step down from residential care to lower levels of care. She directs patient follow-up and provider relations related to the Avalon Hills Treatment Outcome Philosophy. She also oversees the legal advocacy at Avalon Hills, in an effort to ensure patients receive the benefits of Mental Health Parity laws and insurance coverage. She also has a small private practice in Eugene, Oregon and serves as a board member for the Columbia River Eating Disorder Network (CREDN).

CONTINUING EDUCATION CREDIT

This program is co-sponsored by A Better Way Counseling Center and the Columbia River Eating Disorder Network. “A Better Way Counseling Center (ABW) is approved by the American Psychological Association to sponsor continuing education for psychologists. ABW maintains responsibility for the program and its content.” “A Better Way Counseling Center is an NBCC (National Board for Certified Counselors)-Approved Continuing Education Provider (ACEP™) and a cosponsor of this event/program. A Better Way Counseling Center may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event.” NBCC-Approved Continuing Education Provider Number 5635. This activity is offered for 1.5 hours. Full attendance is required. No partial credit will be given for partial attendance.

Tuition is **FREE!**

**TO REGISTER**, fill out the following and bring it with you to the presentation:

Name ___________________________________________ Degree __________________________

Address________________________________________ City__________________State____Zip Code____

Phone________________________________________

Types of Licenses or Certification (Include issuing org. or state) __________________________________

Are you an NCC? _____ Yes ____ No

Email (if you would like notification of future CREDN/ABW seminars and workshops):

ELIGIBILITY

This workshop is designed for mental health professionals with previous counseling experience, such as psychiatrists, psychologists, licensed clinical social workers, dietitians, RN’s and licensed mental health counselors. It is not appropriate for the general population.

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