**Using ACT with flexibility: An Intermediate workshop**

Acceptance and Commitment Therapy (ACT), a newer type of CBT focused specifically on developing a quality called ‘psychological flexibility’, has become popular over the last few years among clinical psychologists. Many now use ACT methods and ACT metaphors within their routine clinical practice.

This workshop, I hope, will attendees move beyond a foundational ACT skill-set (i.e spotting PF processes and using specific ACT exercises), towards also using the therapeutic relationship and conversation to apply ACT with greater fluency and flexibility.

The workshop will include practicing:

1. Taking an ACT stance: Making practical use of three key principles underlying psychological flexibility: Functional contextualism and relational framing.
2. Transitioning within conversation from focusing on one psychological flexibility process to another.
3. Enhancing self-compassion within an ACT frame-work.

The workshop will involve role-plays and demonstrations.

Chris Graham is a clinical psychologist and Senior Lecturer in Clinical Psychology and Academic Director of the clinical psychology training programme at Queen’s University Belfast.

My clinical work has mostly involved helping people to live well with neurological conditions, including functional neurological disorders – where I predominantly use ACT. I am involved in a research programme – funded by NIHR, and charities – trialling ACT for improving outcomes in a number of clinical contexts: improving quality of life in several chronic diseases (motor neuron disease, breast cancer, muscle disorders), and reducing burn-out in NHS practitioners, and in reducing repeat self-harm and medication non-adherence.