



Oncology Social Work Australia New Zealand &  
Psychosocial Oncology New Zealand, in  
association with ACT Wellington present:



# Introduction to Focussed Acceptance and Commitment Therapy (fACT)

with **Kristy Haslam**, Psychologist & Trainer

## Pre Conference Workshop 8th November 2023



Kristy Haslam is a psychologist (educational scope) who has worked in healthcare, educational and disability settings. She is qualified as an Independent Health Improvement Practitioner Trainer and has been teaching fACT to healthcare practitioners for over four years.

**TICKET PRICE: \$195.00  
(SPACES LIMITED)**

**This one-day workshop will introduce you to a system for applying ACT's core principles in a quick and efficient way so that you can maximise the limited time you have with clients. The workshop will cover:**

- **The 3 pillars of psychological flexibility and how to use them to quickly understand and conceptualise a case.**
- **A template for organising the initial visit. Using the template to gather information about your client's life context and problem context will help you develop an intervention plan they can start to implement right away.**
- **How to use metaphors to help clients clarify their values and commit to new behaviours.**

**The workshop will be interactive and experiential. You will have the opportunity to practice the components of a fACT session and the use of fACT tools, so that you feel ready to start using them immediately in your client work.**

Naumi Hotel & Conference Centre  
Cuba Street, Wellington

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*Mate kotahitanga e whai kaha ai tātou  
In unity we have strength*