

## ACT in New England List

Mailing #9: May 2009

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\*\*Please forward this email to anyone who may be interested.\*\*

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Websites:

Association for Contextual Behavioral Science (ACBS) website: [www.contextualpsychology.org](http://www.contextualpsychology.org)

ACT in New England website: [www.actinnewengland.com](http://www.actinnewengland.com)

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**1. Welcome!** This is the ninth posting of the ACT in New England List (if you missed the previous postings, you can read them [here](#)). I usually send these every two months but am sending this update due to the number of ACT trainings in New England this spring and summer. This edition will be abbreviated and will focus on the current schedule of trainings.

The primary purpose of this list is to inform New Englanders of upcoming ACT training opportunities in the area. A secondary purpose is to support the budding ACT community here. If you hear about any ACT training in New England, please let me know so I can get the info up on the site and out to the list ASAP. And if you are having a training of your own, please let me know and I will help to create a listing for you.

**2. ACT Trainings in New England.** Please note that there are discounted graduate student rates for most of the trainings offered through the White Pine Institute. See [online](#) for details.

- June 5: [Mindfulness, Acceptance & Commitment: Helping Clients Get Out of Their Minds and Into Their Lives](#). Greater Hartford, CT. Presenter: Steven Hayes, PhD. University of Connecticut, School of Medicine, Dept of Psychiatry.
- June 5: [Introduction to Acceptance & Commitment Therapy](#). Portland, ME. Presenters: Joel Guarna, PhD & Elizabeth Kubik, PhD. White Pine Institute. Level: Introductory.
- June 9: [The Use of Acceptance and Commitment Therapy when approaching “Dug in” chronic pain: A new direction](#). Presenter: Joanne Dahl, PhD. Colby College, Waterville, ME. Joanne Dahl, PhD, will be the keynote speaker and a workshop leader at the

Nevola Symposium at Colby College. Joanne is an associate professor and senior lecturer in the Department of Psychology, University of Uppsala, Uppsala Sweden.

- \*\*June 10: [Introduction to Acceptance & Commitment Therapy](#). Burlington, VT. Presenter: Joel Guarna, PhD. White Pine Institute. Level: Introductory.
- July 17: [Acceptance and Commitment: An Experiential Approach to Behavior Change](#). Robyn Walser, PhD will present as part of the 2009 Adult Psychopathology Summer Institute at the University of Southern Maine in Portland. The time of Robyn's presentation appears to be 1:00-3:30 pm on this date. Check the USM website for more specific info.
- August 10-14. [Using ACT to Help Your Clients Get Out of Their Minds and Into Their Lives](#). Cape Cod, MA. Presenter: Steven Hayes, PhD. Cape Cod Institute.
- August 14: [Introduction to Acceptance & Commitment Therapy](#). College of the Atlantic, Bar Harbor, ME. Presenter: Joel Guarna, PhD. White Pine Institute. Level: Introductory.
- August 15: [The Next ACT: An Intermediate Skill-Building Workshop](#). College of the Atlantic, Bar Harbor, ME. Presenter: Joel Guarna, PhD. White Pine Institute. Level: Intermediate.

(Affordable lodging available for attendees at the Aug14-15 workshops.)

\*\*Registration for the Burlington training has been a bit light. If you are interested in attending this training (or know someone who is), please register in the next few days. (Also, Early Registration rates are in effect until Friday, 5/08/09.) The training may be rescheduled to a later date or cancelled if registration remains low.\*\*

Remember, if you are developing an ACT training or know someone who is, please contact me to ensure that we announce it to the larger community.

**3. Attached: Flyer.** I've attached a flyer for the White Pine Institute trainings in New England in case you know someone who may be interested. Feel free to post this in any appropriate setting.

Sincerely,

Joel

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**There are now 188 recipients of this e-newsletter.**

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