



## 2. Dr Joe Oliver, Acceptance and Commitment Therapy for Psychosis

### Abstract no 301

#### Two times the same half-day workshop.

Do you work with clients who experience distressing psychosis? Are you wondering how acceptance and commitment therapy (ACT)—and mindfulness in general—can help? Do you want to help your clients more effectively manage distressing symptoms so they can lead full, rich and meaningful lives? *Acceptance and Commitment Therapy for Psychosis* (ACTp) is a powerful behavioral approach that incorporates acceptance and mindfulness techniques to help people to disentangle from difficult thoughts, feelings, or distressing experiences, to engage in behaviors that are guided by personal values.

Experiential avoidance, cognitive fusion, and a reduced capacity for perspective taking, all play major roles in the distress and disability associated with psychosis. ACT offers a pathway to better psychological health and wellbeing through the cultivation of experiential openness, self-awareness, engagement in life, defusion from hallucinations, delusions and other unhelpful cognitions, self-compassion, acceptance of pain, and actions based on personal values. Due to the emphasis on values-directed action and personal meaning ACTp is consistent with recovery principles, and is highly acceptable by clients.

In this workshop, **Dr Joe Oliver** will introduce the core skills and knowledge to help clients recover from psychosis, using ACTp.

#### Learning Objectives for the workshop:

1. Define how the challenges surrounding psychosis can be conceptualized using the ACT model
2. Identify at least 3 main tenets of the ACT therapeutic stance and describe their relationship to working with people with psychosis.
3. Define how ACTp can be a pragmatic treatment for people with early and established psychosis as well as carers of people with psychosis
4. Describe how to adapt ACT metaphors and exercises for people with psychosis
5. Learn the central acceptance and defusion skills in working with voices, paranoia and delusions.
6. Describe how to safely and usefully use mindfulness and present moment exercises.
7. Summarize the main issues in doing values work in psychosis
8. Demonstrate key skills in facilitating ACTp in individual and group-based settings

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**



### About Your Presenter

**Dr Joe Oliver** is a Consultant Clinical Psychologist and course director for the post graduate diploma in CBT for Psychosis at University College London. He also works as a clinician within the UK National Health Service (NHS) and is Director for Contextual Consulting, offering ACT-focused training, supervision, and therapy.

**Joe** regularly delivers teaching and training on both ACT and cognitive behavioural therapies, in the UK and internationally and is an Association of Contextual Behavioural Science (ACBS) peer reviewed trainer.

**Joe** is co-editor of the textbook, "Acceptance and Commitment Therapy and Mindfulness for Psychosis" co-author the popular ACT self-help book, "ACTivate Your Life" and "ACT for Psychosis Recovery" ([www.actforpsychosis.com](http://www.actforpsychosis.com)).

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**