



ACT FOR TEENS WORKSHOP

DNA-v: The developmental model of acceptance and commitment therapy for young people.

This workshop will focus on how to use the developmental model of ACT called DNA-V to help adolescents practice building a flexible, open and engaged life. DNA-v is the distillation of cutting edge science and theory into simple processes that can help young people live well, but it isn't just for young people, it is also for parents, teachers, mentors etc. This model uses research from evolutionary science, behavioural science, ACT, compassion research, and positive psychology to create a new paradigm for promoting vital living. This makes DNA-v a wholly Contextual Behavioral Science model based on growth and development. It can be used in both educational and clinical settings.

PRESENTER BRIEF BIO:

Louise Hayes is a clinical psychologist, author, speaker and active humanitarian. She is a Senior Fellow with The University of Melbourne and Orygen, The National Centre of Excellence in Youth Mental Health. She is also the President of ACBS, and a peer reviewed Acceptance and Commitment Therapy/Training (ACT) trainer. She is the co-author of the best-selling book, *Get Out of Your Mind and INTO YOUR LIFE for Teenagers: A Guide to Living an Extraordinary Life*, and also – *The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection*. A new book for teenagers using DNA-V will be out soon. Together with Joseph Ciarrochi she conducts research and treatment development; her latest work is DNA-v, a treatment model based on CBS. Louise is also an active clinician, working with adult and adolescents in private practice. She is also an active humanitarian, taking mental health professionals into the Himalaya to develop their mindfulness skills and raising funds for poor children in remote Nepal. For more information on Louise go to – www.louisehayes.com.au or www.thrivingadolescent.com

WORKSHOP DETAILS:

Over two days we will introduce participants to our new dynamic model for working with young people in clinics, in schools, in classrooms, and in communities. The workshop is fun and creative. We focus on getting experiential rather than talking at young people.

This two-day workshop will show you how to use experiential techniques confidently and dynamically with young people aged 12 to 24 years.

In this workshop, you will learn:

- How to use DNA-V, the ACT and positive psychology model for young people individually and in group settings
- Developmental considerations when using these techniques
- Developmental ways of talking collaboratively with young people and creating an experiential space for behaviour change
- How to create your own exercises or incorporate other work for young people using readily available resources
- How to help young people connect mindfully to their lives

Dates: September 19th & 20th, 2019

Time: 9am – 5pm

Venue: Blurton-FDC,
19/F, Kennedy Town Center,
23 Belcher's St, Kennedy Town

Cost: PSHK Member: HK\$ 6,000
Non-Member: HK\$ 6,500

Early Bird Discount

PSHK Member: HK\$ 5,000
Non-Member: HK\$ 6,000

Application Form

ACT FOR TEENS WORKSHOP

I would like to register for ACT for Teens workshop: September 19th & 20th, 2019

Early Bird application received prior to July 31st, 2019

- ☐ PSHK Members HK \$5,000
☐ Non-PSHK Members HK \$6,000

Standard Registration from August 1st, 2019

- ☐ PSHK Members HK \$6,000
☐ Non-PSHK Members HK \$6,500

Your Details:

Surname: First Name:

Name to appear on Certificate:

Address:

City:

Email:

Phone Number:

How did you hear about this program?

Current Employment:

Applications will be taken on a first-come, first served basis. This form MUST be accompanied with payment to reserve a place. Cheques should be made payable to "Psychotherapy Society Hong Kong". Your cheque will be returned immediately if there are no places available. Confirmation of place will be sent via email once payment is received.

Cancellations must be received in writing to psychotherapysociety.hk@gmail.com. Refunds are given (less 10%) for cancellations received by 5pm on July 31st, 2019.

Due to limited places, we do not offer refunds beyond this date. By applying to this course the participant agrees to the above terms and fully release and discharge Psychotherapy Society Hong Kong from any and all claims for injuries, damages or loss which may accrue as a result of this training. Early bird applications are only valid if payment is received by the deadline date. In the event of cancellation due to Typhoon, the training will be cancelled and Psychotherapy Society Hong Kong will provide an alternative date for the course to be run within a 12-month period. A full refund will be issued if the course is not run within a 12-month period.

By signing this Agreement you are certifying that you have carefully read the above terms relating to release of liability and assume of risk. You have read the complete terms and conditions outlined in this document, including notification of cancellation penalties.

Sign Here: _____

Name: _____

Date: _____

Payment

Please complete and return this application form with a cheque made payable to "Psychotherapy Society Hong Kong" to:

Psychotherapy Society Hong Kong
P.O.Box 12097, General Post Office, Central, Hong Kong