

# ACT at Duke

## Workshop Information and Request Form

**What is ACT?** Acceptance and Commitment Therapy (ACT) is a transdiagnostic, contemporary cognitive-behavioral therapy. The basic premise of the ACT model is that problems in living arise from the way in which we interact with our internal experiences (with overattachment or aversion). ACT combines acceptance and mindfulness-based processes with commitment and behavior change strategies to increase psychological flexibility (or the ability to be in the present moment fully and without defense, and move in the direction of deeply held personal values). While ACT is a CBT grounded in contextual behavioral science, it also engages issues and interventions that have often been associated with existential and humanistic psychological traditions. There are over 300 randomized controlled trials testing ACT with a variety of clinical problems, including anxiety, depression, OCD, chronic pain, psychosis, among others. ACT is identified as an empirically supported intervention by Division 12 of the American Psychological Association (APA) and is on the evidenced-based practice list of the Substance Abuse and Mental Health Services Administration (SAMHSA).

Our program provides professional training in ACT and its theoretical and philosophical underpinnings (background that allows practitioners to be creative and flexible in their application). Workshops use didactic and experiential teaching methods. Experiential methods include “real plays” in which participants role play themselves to demonstrate clinical methods or practice an exercise. Workshop duration ranges from one to five days (6 hours/day), with the option for post-workshop consultation (90 minutes/monthly or twice/month) as participants practice applying ACT skills in their clinical setting. Workshops are typically eligible for continuing education credits and can be tailored to meet the needs of specific audiences or content (e.g., clinical issues). Reimbursement for travel expenses is requested for events greater 50 miles outside of Raleigh-Durham, NC.

Presenter

### **Rhonda M. Merwin, PhD**



Dr. Merwin is an Associate Professor in the Department of Psychiatry and Behavioral Sciences at Duke University, in the School of Medicine. She is a Peer-Reviewed ACT Trainer, Recognized by the Association of Contextual and Behavioral Sciences, a Licensed Psychologist and the Director of ACT at Duke. Dr. Merwin completed her Ph.D. at the University of Mississippi under the mentorship of Dr. Kelly G. Wilson, co-founder of ACT. She completed her Predoctoral internship and a 2-year NIH sponsored Postdoctoral fellowship at Duke before joining the Duke faculty in July 2008. Dr. Merwin has expertise in ACT and ACT-related processes (acceptance, mindfulness) and Relational Frame Theory (RFT). She has presented on ACT nationally and internationally; conducting workshops and presenting relevant data at the annual meetings for the Association for Behavioral and Cognitive Therapies, the International Conference for Eating Disorders, the Association for Contextual and Behavioral Sciences, among others. Dr. Merwin's research is funded by the National Institute for Diabetes, and Digestive and Kidney Diseases and the National Institute of Mental Health. She is lead author *ACT for Anorexia Nervosa: A Guide for Clinicians*.

## Workshop Request Form

<b>Agency</b>	
<b>Representative</b>	
<b>Contact Telephone Number</b>	
<b>Contact Email</b>	
<b>Address</b>	
<b>Requested Dates</b> (Must be at least 45 days in advance)	
<b># of Training Days Requested</b>	
<b>Level</b> (Beginner, Intermediate, Advanced)	
<b>Follow up Consultation Calls?</b>	
<b>Audience</b> (Please tell us basic information about the attendees including their range of experience, levels of training, etc.)	
<b>Goals of Program</b> (Please tell us what you hope attendees will gain from this training experience)	
<b>Good days times to call about this request</b>	

Please return this form to [Rhonda.merwin@duke.edu](mailto:Rhonda.merwin@duke.edu). Call (919) 681-7231 for more information.