

La Maîtrise universitaire de formation continue
MAS Psychologie de la Santé



Acceptance and Commitment Therapy (ACT) Conference and atelier

Prof. JoAnne Dahl

University of Uppsala, Sweden

25 et 26 juin 2018

Université de Fribourg. Pérolles 21

Salle E230. 9h-17h



Developed within a coherent theoretical and philosophical framework, Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility. Psychological flexibility means contacting the present moment fully as a conscious human being, and based on what the situation affords, changing or persisting in behavior in the service of chosen values. ACT has proven to be effective in treating anxiety disorders, depression, addiction, and somatic health problems such as chronic pain.

This workshop aims to give the basic tools for helping clients to become aware of their own patterns of psychological rigidity, i.e. relating to difficult thoughts feelings or sensations in a way that gets them stuck in self destructive circles. This two-day workshop will present, demonstrate, and provide experiential exercises of the 6 processes in ACT that have been shown to be the active ingredients in successful, effective treatment.

Frais d'inscription étudiants (sur justificatif): 140.- CHF
Frais d'inscription participants MAS : 180.- CHF
Frais d'inscription doctorants (sur justificatif): 180.- CHF
Frais d'inscription : 250.- CHF

Organisation : Prof. Martin Sölch, Département de psychologie, UniFr
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