

UNC School of Social Work Clinical Lecture Institutes 2018

Thursday & Friday, March 15-16, 2018

8:30am–4:30 pm (both days)

Acceptance and Commitment Therapy (ACT) with Trauma *with Jennifer Plumb Vilardaga, PhD*

Acceptance and commitment therapy (ACT) is an empirically validated approach that promotes emotional experiencing and cognitive flexibility. This workshop focuses on the application of ACT for treating individuals with PTSD and other trauma-related symptoms, such as unwanted thoughts, feelings, memories, and nightmares. Dr. Plumb Vilardaga will explain, model, and demonstrate the ACT approach, as it relates to trauma work, using a mix of didactic and experiential exercises. Participants will learn ways to help clients make room for difficult memories, feelings, urges, and thoughts as part of living a value-guided and deeply meaningful life.



Jennifer Plumb Vilardaga is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Duke and a Licensed Clinical Psychologist. She is a peer-reviewed ACT trainer and received her doctorate at the University of Nevada-Reno under the mentorship of Steven C. Hayes, co-founder of ACT. Prior to coming to Duke, she practiced and supervised students at the PTSD clinic at the Seattle VA, and supervised providers learning ACT in VA programs across the country. She has published widely on ACT and co-authored a book on the use of personal values work in ACT.

Pre-registration is required for attendance.

For more information and to pre-register, please visit <http://cls.unc.edu>

Questions? Contact Debbie Barrett at 919-843-5818 / dbarrett@unc.edu
or Carol Ann Hincy at 919-962-6540 / chincy@email.unc.edu