



**UNC**  
SCHOOL OF  
SOCIAL WORK

## **Clinical Lecture Institutes**

**Values as Guiding Principles: Learning to Leverage Values Work in ACT w/ Jennifer Plumb-Villardarga, PhD**

# **AGENDA**

**8:30-9:00** - Sign-in, coffee

**9-10:30** – Brief overview of ACT and using values early in therapy

**10:30 – 10:45** – Break

**10:45 – 11:30** – Identifying ways to use values throughout therapy

**11:30 – 12:00** – Spotting pitfalls with values

**12:00 – 1:00** – Lunch

**1:00 – 2:00** – Using the model to reduce problems with values

**2:00 – 2:30** – Practice using values with clients

**2:30 – 2:45** – Break

**2:45 – 4:30** – Continued practice and troubleshooting