

UNC School of Social Work Clinical Lecture Institutes 2018-2019

Friday, April 26, 2019

9:00 am–4:30 pm • SSW Auditorium

Values as Guiding Principles: Learning to Leverage Values Work in ACT

with Jen Plumb Vilardarga, PhD

This workshop focuses on values work in Acceptance and Commitment Therapy (ACT) and how it can inform every aspect of psychotherapy, regardless of one's theoretical orientation. Participants will come away with a deeper understanding of how to help clients (and themselves) identify and act from a place of values. The training provides opportunities for practice and practical tools to facilitate this work, including metaphors, experiential exercises, and clinical worksheets.



Jennifer Plumb Vilardarga is an experienced ACT practitioner and trainer, who studied under Steven Hayes, co-founder of ACT. She has vast experience mentoring students and providers in ACT and researching ACT's application. She has also co-authored a book on ACT and personal values work. Her clinical areas include ACT in work with individuals who struggle with chronic pain, substance use disorders, PTSD and trauma recovery, anxiety, depression, coping with illness, and adjusting to disability. She enjoys working with adults, college students, Veterans, and individuals who identify as LGBTQ.

Pre-registration is required for attendance. Early bird prices available for each workshop!

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

Questions? Contact Debbie Barrett at 919-843-5818 / dbarrett@unc.edu

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