

## **Focussed Acceptance and Commitment Therapy (FACT)**

### **One day workshop with Bruce Arroll**

ACT is one of the third wave psychotherapies that has an extensive 40-year research history. It uses mindfulness, acceptance, values and committed action to move patients from being “stuck” to being psychologically flexible.

FACT is the version modified for primary care to enable initial consultations and follow up consultations to be done in a primary care time frame.

This workshop will include some didactic sessions and some practical sessions. It will show how FACT can be used to improve the HBA1C of patients with diabetes in single sessions.

There will also be a demonstration of the “futility” discussion for patients with chronic pain and fibromyalgia when no treatments are working.

FACT can be used with mental health issues and physical issues such as diabetes, chronic pain and fatigue.

**Morning session** – 24<sup>th</sup> March 9am –12.30pm (this is a repeat of the October 1<sup>st</sup> 2016 workshop at the University of Auckland Tamaki Campus.

This session will include an Introductory talk, videos of consultations including one with Kirk Strosahl. Interviewing exercises for a first visit. Videos of changing behaviour in patients with diabetes and chronic pain.

**Afternoon session** – 24<sup>th</sup> March 1.00pm – 4.30pm

This session will develop the consultation and include follow up visits and some videos/audios of consultations. It will include some discussion of mood issues weight loss and fatigue.

### **Who should come?**

Clinicians working in primary care with an interest in psychosocial issues. This will be of interest to GPs, nurses, health and clinical psychologists.

Professor Bruce Arroll is an Auckland GP with an interest in mental health issues in primary care and in developing ACT skills in clinical practice.