



International Society for Psychological
and Social Approaches to Psychosis

ACCEPTANCE AND COMMITMENT THERAPY FOR PSYCHOSIS RECOVERY 1 DAY WORKSHOP

Monday 27th February 2023

9.30-4.30pm AEDT

(Sydney/Melbourne Time)



In this online 1 day workshop Dr Eric Morris will give an overview of Acceptance and Commitment Therapy (ACT) and how this approach supports the personal recovery for people with psychosis. It will be practically focused, using experiential exercises, case material, transcripts, and recordings of sessions. The presenter will describe and demonstrate using ACT in individual and group formats, with people recovering from psychosis. Case formulation will be covered alongside the use of key metaphors and treatment exercises. Dr Morris will introduce group Acceptance & Commitment Therapy that can support the personal recovery of people with psychosis. The Recovery ACT group program provides the opportunity to engage people with psychosis in a skills-based approach to improving their wellbeing and quality of life.

About the Trainer

Dr Eric Morris is a Senior Lecturer at La Trobe University and Consultant Clinical Psychologist at Northern Health, Melbourne, Australia. He has over twenty-five years' experience working as a clinical psychologist in Australia and the United Kingdom, engaging people with complex mental health problems and their families using contextual cognitive behavioural therapies. Eric has been practicing ACT since 2000, and training and supervising contextual therapists since 2006. As part of ACTUALISE Lab at La Trobe University, Eric researches ACT as an intervention for recovery from psychosis, anxiety, insomnia, to support caregivers, and for workplace resilience training. He is a co-editor of Acceptance and Commitment Therapy and Mindfulness for Psychosis, co-author of the self-help guide, ACTivate Your Life, co-author of the group treatment manual, ACT for Psychosis Recovery, and co-editor of Psychological Interventions for Psychosis: Towards a Paradigm Shift. He is a Fellow of the Association for Contextual Behavioural Science.

ONLINE EVENT

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