

# Acceptance and Commitment Therapy Case Conceptualisation and Therapy Skills Building/Consolidation

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University of Mississippi

December 8 -10 December 2010

The Royal Yacht Hotel \*\*\*\* St Helier, Jersey, Channel Islands, United Kingdom

**1, 2 or 3-Day Workshops from the CO-CREATOR of ACT and author of 'Mindfulness for Two' and the newly released 'Things Might Go Terribly, Horribly, Wrong'. Thus, the workshops will contain new assessment and intervention materials for mindfulness and values work in ACT, the most thriving 'third-wave' mindfulness-based CBT approach to relieving clients' suffering**

## ATTENDANCE OPTIONS (N.B. all fees are in UK GBP Pound Sterling):

Option 1 (1<sup>st</sup> day only): **£190\*** Wednesday 8 December 2010 - Introduction to ACT/Case Conceptualisation and basic skills – *suited to beginners or as a refresher for intermediately skilled therapist*

Option 2 (2 days): **£350\*** Thursday - Friday 9-10 December - Intermediate/Advanced Skill Building *suited to attendees of Day 1, and intermediate to advanced CBT practitioners wishing to further consolidate or develop skills*

Option 3 (3 days): **£450\*** Wednesday 8 December to Friday 10 December - Beginner to Intermediate/Advanced intensive package - *for those wishing to be fully immersed in and to develop skills within this increasingly popular mindfulness-based CBT approach*

### **Please contact us for details on:**

- low-cost airlines flying to Jersey **from both Zurich and Geneva**
- Accommodation/Group discounts exclusive to CTT International for delegates and family
- information on Tax-Free Christmas Shopping on this beautiful British island, and/or visit the Jersey website directly on [www.jersey.com](http://www.jersey.com).

*\*N.B. Promotional fee for early registration. Fees include refreshments during breaks and 'hot working lunch'. Fees will increase by 20% from 1 August 2010.*

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### **Enquiries/Registration: CTT International**

Bespoke Psychological Consultation, Therapy and Training – 1 Marina Court, St Saviour, Jersey JE2 7UY – Registration N. 25777

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