



SWPS
University

Pre-Conference Workshops

ACT 2024 Katowice

March 15, 2024



ACT 2024 Katowice

Pre-Conference Workshops



Join us for the pre-conference workshops for the highly anticipated international conference, "[ACT 2024 Katowice: From Students to Experts](#)." The workshops will take place on **March 15 at SWPS University in Katowice** (Techników 9).

How to participate:

Fill in the registration form on the conference website and select the sessions you are interested in. You cannot sign up for workshops that have overlapping schedules..

Please note that this document only contains **workshops in English**. If you are fluent in Polish or would like to see the full workshop program, visit [our Polish webpage](#).

Enrollment options:

- One nine-hour workshop
- One three-hour workshop and/or a second three-hour workshop and/or a third three-hour workshop

Places are limited, so secure your spot promptly!

If you cannot attend, please notify us via email at act2024@swps.edu.pl so that others may use the available spots.

Join us and get ready for a day full of excitement!

Available workshops:

3-Hour Workshops, 09:00-12:00

- [Clinical Interventions and Interests](#) →
Matthew Skinta, Eugen Secară

3-Hour Workshops, 13:00-16:00

- [Learning ACT from Within with the ACT Question](#) →
Ran Almog

3-Hour Workshops, 16:30-19:30

- [The Sound of Process – Experiencing the DNA-V Model Through a Musical Workshop](#) →
Johannes Freymann, Diana Singh

9-Hour Workshops, 09:00-19:30

- [Functional Analytic Psychotherapy \(FAP\): A Process-Based Approach Using Intense and Curative Therapeutic Relationships to Create Emotional and Interpersonal Change](#) →
Tien Kuei
- [Self-compassion: Practical Tools for Therapists](#) →
Piotr Suchanek



Clinical Interventions and Interests

Duration: 09:00-12:00, auditorium, maximum number of participants: 40, language: English

Workshop description:

Behavior therapies have historically been mindful of the important role of somatic experiencing, and foundational building blocks of experiencing the verbal world such as via tacting. While tacting might refer to the verbal labeling of any private event subsequently shaped by the contingent responses of others, FAP has generally focused on strengths or deficits in tacting emotional responses in moments of interpersonal connection. However, the extent to which embodiment is actively integrated into therapy varies greatly. This workshop will explore and elaborate the central role of tacting in response to interoceptive sensations within Functional Analytic Psychotherapy. FAP orients clients to increase the skill and complexity of tacting affective states as embodied, and using the body as a compass toward closeness generating behaviors even when an identifiable somatic experience is not yet labeled. Both practice and theory will be blended in this brief, enriching workshop aimed at providing practical, useful tools for the clinician.

Workshop leaders:

Matthew D. Skinta, Ph.D., ABPP, is an assistant professor at Roosevelt University and a board-certified clinical health psychologist. He is a peer-reviewed ACT Trainer and a certified FAP trainer, and has offered consultation and provided workshops around the world. He is a Fellow of the American Psychological Association, Association for Contextual Behavioral Science, and Association for Behavioral and Cognitive Therapies. Dr. Skinta's research explores the effects of anti-LGBTQ+ bias on the health and well-being of sexual and gender minority people, particularly its impact on living a vulnerable and authentic life. He wrote some books and is currently learning to play guitar. Chicago is where he keeps his stuff, but he often can be found anywhere else in the world.



Eugen Secară is the Speaker of the MIND Foundation's Mental Health Professionals Section and a mentor in MIND's Augmented Psychotherapy Training Program. Eugen teaches cognitive psychology at the Babeş-Bolyai University of Cluj-Napoca, where he is currently pursuing a Ph.D. After earning a bachelor's degree in psychology from the University of Bucharest, he completed the Middle European Interdisciplinary Cognitive Science Master's program at the University of Vienna. During this program, he had a computational modeling-focused Erasmus semester at Comenius University in Bratislava. Subsequently, he pursued the Clinical Psychology, Psychological Counseling, and Psychotherapy Master's program at Babeş-Bolyai University in Cluj-Napoca. He has co-founded the "Terra-Pi" psychotherapy clinic, providing therapy and training students in CBS therapies.





Learning ACT from Within with the ACT Question

Duration: 13:00-16:00, auditorium, maximum number of participants: 20, language: English

Workshop description:

Two of the basic premises of the psychotherapeutic work are that, firstly, we, as therapists, are the main tool in the treatment, and secondly, our ability to guide and accompany clients on a psychotherapeutic process largely depends on our understanding of these processes within ourselves. Thus, part of our professional development as therapists is based on our own personal self-exploration and growth.

Based on these premises, this workshop will be an experiential one, in which our self-exploration will be guided by the ACT question. This question encapsulates the ACT model and offers us a compass for our therapeutic stance and interventions as well as a guide for living and interacting with others.

The ACT question is as follows: Given a distinction between you and the experiences you are struggling with, are you willing to have these experiences, fully and without defense, as they are (and not as they say they are), and do what takes you in the direction, of your chosen values, at this time, in this situation?

Workshop leader:

Dr. Ran Almog is a clinical psychologist and holds a Ph.D. in Sociology. He uses ACT as the main therapeutic orientation in his work. He works in private practice in Tel Aviv and lectures in CBT and ACT training programs. He is one of the founders of the Israeli branch of ACBS.





The Sound of Process – Experiencing the DNA-V Model through a Musical Workshop

Duration: 16:30-19:30, auditorium, maximum number of participants: 40, language: English

Workshops description:

DNA-V is a contextual behavioral science approach tailored for children, adolescents as well as young adults, developed from the research into adapting Acceptance and Commitment Therapy (ACT) for younger populations. It includes the key processes of Discoverer (encouraging exploration and learning), Noticer (promoting awareness of internal and external experiences), Advisor (developing a flexible inner voice for guidance and judgment) and Values (connecting with personal values to guide action). DNA-V aims to empower young people to build resilience, enhance psychological flexibility, and foster a healthy, values-driven approach to navigating life's challenges and developmental transitions.

This approach is increasingly used and recommended for use in education as a basis for psychological workshops/PSHE classes, as well as support and enrichment for subject teachers. The aim of this workshop is to present the basic assumptions of the DNA-V model, using the example of work related to music. Exercises will be selected to include movement and sound, providing an interesting variety for individual and group psychological work with children, adolescents and adults.

Educational objectives:

To gain a comprehensive understanding of the DNA-V model, including its key components; to identify how DNA-V can be used effectively in educational settings; to discuss the rationale for integrating DNA-V principles with music-related activities; to engage in experiential exercises that demonstrate the integration of psychological skills, creativity and group music-making.

Program:

- Introduction to DNA-V: A discussion of the key elements of the DNA-V model, its applications, and basic assumptions.
- Interactive music workshop: Experiential exercises integrating the exploration of psychological skills, creativity and group sound making (musicking). Our bodies will be our instruments. No previous musical experience or talent is required.

Methods:

- Interactive presentation
- Group discussions
- Hands-on activities for key components
- Experiential exercises
- Facilitated group sound making
- Q&A session.



Workshop leaders:

Diana Singh is a psychologist, teacher, prosocial facilitator, ACT therapist and an educator. She is also a music teacher specializing in Brazilian drum orchestras and a vocalist. She is a board member of ACBS Poland.

She completed the training of Contextual Behavioral Sciences (CBS) for children and adolescents in education at the Psycho-Education Foundation, as well as facilitator training in prosocial processes at the international organization Prosocial World.

She conducts individual therapy with adolescents and adults and psychological workshops (DNAv, Prosocial, ACT) for adolescents, teachers and psychologists, working on supporting psychological education using Contextual Behavioral Science (CBS) and Prosocial in Poland.



Johannes Freymann is originally from a small town in eastern Germany. Following high school, he dedicated a year to volunteer work in Sri Lanka, engaging in community service, occupational therapy assistance, and teaching English—an experience that shaped his decision to pursue psychology.

His academic path led him through a four-year B.A. program in Communication Psychology in Görlitz, Germany, marked by an Erasmus Semester in Lithuania and an internship with Lufthansa in Singapore. Amidst the challenges of the COVID-19 pandemic, Johannes focused his attention on a Bachelor's thesis, exploring the effectiveness of a self-provided ACT-based video course in promoting psychological flexibility during crisis.



Driven by a curiosity for different cultures, he pursued an M.Sc. degree in Clinical, Social, and Intercultural Psychology at the University of Padua, Italy. An internship at the ACThealthy Laboratory in Cyprus enriched his academic journey, culminating in a master's thesis utilizing network analysis to examine the psychological flexibility of unaccompanied refugee minors in Cyprus.

Johannes wears the dual hats of a Psychotherapist in Training, specializing in Systemic Therapy and Third Wave approaches, and a Graduate Research Assistant at Leipzig University, contributing to the development of a DNA-V Module for the project "Developing A Field Approach to Cultural Evolution".

In addition to his academic roles, Johannes serves as a trainer for experiential learning at the European Federation of Psychology Students' Associations (EPFSA). In this capacity, he delivers training sessions on intercultural communication, mindfulness, and applied ACT concepts. Furthermore, he is actively involved as a member of EPFSA, ACBS, and the MIND Foundation.



Functional Analytic Psychotherapy (FAP): A Process-Based Approach Using Intense and Curative Therapeutic Relationships to Create Emotional and Interpersonal Change

Duration: 09:00-19:30, room 305, maximum number of participants: 80, language: English

Workshop description:

FAP is a process-based behavioral approach grounded in moment-to-moment functional analysis of the client-therapist relationship. FAP builds a functional analytic formulation that incorporates the rules of prediction and influence, which can supercharge any other protocol-based treatments. This approach is both technically precise and full-hearted as it uses the therapeutic relationship as the natural reinforcement for client change. FAP focuses on the subtle ways clients' daily life problems occur in the context of therapy and by augmenting the therapist repertoires identified as awareness, courage, and love (behaviourally defined) in responding contingently to emotional and interpersonal target behaviors, clients are helped to resolve presenting symptoms and to delve into their purpose and passion for living.

Clinical problems FAP can help with:

Clinicians often face many interpersonal challenges in therapy. We have sessions where we ask:

- How do I connect with a client who seems distant or hard to like?
- How do I motivate a client grappling with anxiety to take meaningful risks?
- How do I course correct when treatment bogs down?
- How do I give powerful feedback to a client I fear cannot hear it?
- How can I be challenging without being rude?
- How do I collaborate with a client who speaks on and on as if I were not there?
- How do I set limits with clients who push past them repeatedly?
- How do I overcome my own invisible defenses as I face these challenges?

Training Objectives:

- Apply the rules of FAP in a variety of experiential exercises in order to increase intensity, connection, and impact in your clinical work.
- Identify your own therapist avoidance repertoires and gain a more functionally precise understanding of the contexts in which commonly used interventions may be inadvertently counter-therapeutic.
- Learn to augment the therapeutic relationship – and you, the therapist – as a natural reinforcer to shape behavioral change.

Workshop leader:

Kuei Tien is the founder and CEO of the Power to Live Foundation, a mental health charity in the UK with a mission to train and deliver behavioral treatments to lower income groups. Starting the first FAP Intensive workshop in Europe is her latest achievement, which also honors the value of lifelong learning. Tien has been a community member of the ACBS for 15 years. She has become a specialist in ACT and a certified FAP trainer. She is a member of the FAP ethics committee and contributes to the training of fellow clinicians by providing them with supervision and workshops.





Self-compassion: Practical Tools for Therapists

Duration: 09:00-19:30, room 306, maximum number of participants: 20, language: English

Workshops description:

Self-compassion is a powerful vehicle of change that fits very well with Acceptance and Commitment Therapy. Creating a context for self-compassion can help clients learn to depathologize their emotions and decrease their use of experiential avoidance strategies.

This workshop will focus on training participants on how to apply therapeutical exercises designed to develop self-compassion and foster behavioral change. Presented practices are sequentially linked, and each builds on the previous one. The structure of this workshop will resemble that sequence. Participants will have a chance to experience each exercise by themselves. There will be an opportunity to engage in various discussions throughout the workshop. Discussions will cover personal experiences and the potential use of presented material in different working contexts.

Learning how to apply these practices will help participants make self-compassion more meaningful to their clients. It will enable participants to learn new ways of developing self-compassionate language and linking that to concrete behaviors.

This workshop is suitable for both beginners and advanced practitioners.

Educational objectives:

- Explore self-compassion exercises experientially.
- Discuss the potential benefits of using self-compassion exercises.
- Discuss the context when applying self-compassion exercises might be useful.

Methods:

- Experiential exercises
- Discussion

Workshop leader:

Piotr Suchanek is a psychologist, coach, mindfulness teacher and a Board Member of ACBS Poland. His main therapeutical interests include ACT, FAP, MBI, MI, CFT, Chairwork. He runs a private practice (Act Odwagi) where he works with adults. As a way of expanding therapeutical practice he plans to run mindfulness courses and retreats.

