



FastCEUs.com

*PeachTree
Professional
Education*

15560 N. Frank L. Wright Blvd.,
#B4-118, Scottsdale, AZ 85260

Voice: (800) 390-9536

Fax: (888) 877-6020

Email: info@fastceus.com

Web: www.fastceus.com

“ACCEPTANCE AND COMMITMENT THERAPY”

8 Continuing Education Clock / Credit Hours

Textbook Course utilizing the Book:

***“Acceptance and Commitment Therapy:
An Experiential Approach to Behavior Change”***

by Steven C. Hayes PhD, Kirk D. Strosahl and

Kelly G. Wilson PhD

ISBN-13: 978-1572309555

Instructor: Richard K. Nongard, LMFT/CCH

All coursework copyright © Richard K. Nongard. All rights reserved.

COURSE INSTRUCTIONS:

1. You must obtain the required textbook yourself. It is available for purchase online at Amazon.com and most major book retailers, such as Borders and Barnes & Noble, or to borrow for free at most libraries.

On Amazon: <http://www.amazon.com/Acceptance-Commitment-Therapy-Experiential-Approach/dp/1572309555>

On Barnes & Noble:

<http://search.barnesandnoble.com/Acceptance-and-Commitment-Therapy/Steven-C-Hayes/e/9781572309555/?itm=1&USRI=Acceptance+and+Commitment+Therapy%3a+An+Experiential+Approach+to+Behavior+Change>

2. Once you have acquired and read the book, you will need to take the **Evaluation of Learning Quiz** (included in this document and available on our website) and pay for the CEUs, in order to receive your **Certificate** - by Email.
>> You may complete the Quiz on paper and Fax or Mail it to us along with your payment, or use the link on our website at www.FastCEUs.com where you clicked to open this document, to submit securely online.

If you ever have any questions concerning this course, please do not hesitate to contact **PeachTree** at (800) 390-9536.





FastCEUs.com

**PeachTree
Professional
Education**

**15560 N. Frank L. Wright Blvd.,
#B4-118, Scottsdale, AZ 85260**

Voice: (800) 390-9536

Fax: (888) 877-6020

Email: info@fastceus.com

Web: www.fastceus.com

“ACCEPTANCE AND COMMITMENT THERAPY”

8 Continuing Education Clock / Credit Hours

Textbook Course utilizing the Book:

***“Acceptance and Commitment Therapy:
An Experiential Approach to Behavior Change”***

by Steven C. Hayes PhD, Kirk D. Strosahl and

Kelly G. Wilson PhD

ISBN-13: 978-1572309555

Instructor: Richard K. Nongard, LMFT/CCH

All materials copyright © Richard K. Nongard. All rights reserved.

No portion of this material may be reproduced without the specific written consent of the author.

Purpose of This Course:

The purpose of this course is to enlighten mental health, criminal justice, nursing and affiliated professionals with an understanding of ACT or Acceptance and Commitment Therapy methodology and practice, which may be used effectively in various forms of counseling and therapy settings to help facilitate client change.

Course Objectives:

At the conclusion of this course the professional will be able to:

- 1.) Understand the tenants of acceptance and commitment therapy (ACT)
- 2.) Integrate ACT with other therapeutic approaches
- 3.) Develop specific therapeutic interventions to facilitate change.

Course Outline:

5 Minutes: Course organization and introduction.

435 Minutes: Reading and synthesis of course notes and Textbook.

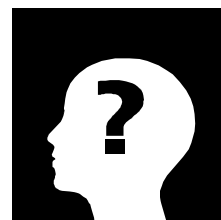
30 Minutes: Completion of required Evaluation of Learning Quiz

10 Minutes: Documentation and preparation

=====

480 Minutes (8 CEU/Clock Hours)

If you ever have any questions concerning this course,
please do not hesitate to contact **PeachTree** at **(800) 390-9536**.



We Have What You Need

APPROVED

FastCEUs.com

PeachTree Professional Education, Inc.

PeachTree Professional Education, Inc.
Richard K. Nongard, LMFT/CCH
15560 N. Frank L. Wright Blvd, #B4-118
Scottsdale, AZ 85260
(800) 390-9536 Fax (888) 877-6020
www.FastCEUs.com

EVALUATION OF LEARNING QUIZ PAGE 1 of 3

PRINT and FAX or MAIL THIS PAGE AND THE ANSWERS PAGE TO OUR OFFICE
******* OR *******
>>> You may complete and submit this Evaluation and your payment Online by following the 'Quiz & Pay' link for this course on our website at www.FastCEUs.com.

PLEASE NEATLY PRINT THE FOLLOWING INFORMATION:

NAME as you want it on your CEU Certificate: _____

Professional cert/license type with numbers: _____

ADDRESS to keep in our board records: Street: _____

City: _____

State: _____ Zip: _____

DAYTIME TELEPHONE Number: (_____) _____

NEATLY Print YOUR FAX Number OR EMAIL Address to receive your CEU Certificate – Certificates will NOT be mailed:

(_____) _____

(If you FAX us your Evaluations do NOT also mail them. Please WRITE NEATLY !!)

CREDIT CARD and BILLING INFORMATION:

(Certificates will not be provided until payment is received by our office.)

"ACCEPTANCE AND COMMITMENT THERAPY"

This 8 Hour CEU Course is \$56.00

Please make checks out to PeachTree Professional Education and mail to the address above.

Circle: MC Visa Discover Amex Check Enclosed

Credit Card Number: _____

Credit Card Expiration Date: _____ Security Code: _____

Signature: _____

EVALUATION OF LEARNING QUIZ — Page 2 of 3

“Acceptance and Commitment Therapy”

8 Hours of Approved Continuing Education Credit

The purpose of the following True/False Evaluation of Learning questions is to:

- A.) Verify that you have read the required course materials.
- B.) Demonstrate an understanding of the practical application of the course materials.
- C.) Officially document your participation and completion of this course.

CIRCLE ANSWERS TO THE FOLLOWING EVALUATION OF LEARNING QUESTIONS

- T F 1.) I have read the entire textbook required for this course.
- T F 2.) The mental health community has adequately explained human suffering.
- T F 3.) ACT can be understood at the level of technique as a collection of exercises, metaphors, procedures, etc.
- T F 4.) ACT is based on individualistic dysfunctionistic regulatory temperament.
- T F 5.) The role of context is important in ACT.
- T F 6.) The truth criterion of contextualism is successful working.
- T F 7.) RFT is an acronym for Relational Frame Theory.
- T F 8.) Humans live in an intensely non-verbal world, with little interpersonal communication.
- T F 9.) Disentangling people from their minds is a major goal of ACT.
- T F 10.) FEAR is an acronym for Fusion, Evaluation, Avoidance and Reasons.
- T F 11.) The alternative to avoidance is acute depression syndrome.
- T F 12.) ACT is not a form of behavioral therapy.
- T F 13.) ACT is also an acronym for Accept, Choose and Take action.
- T F 14.) It is unintentional that many of the interventions are metaphorical in ACT.
- T F 15.) Paradox is an important component of ACT interventions for this simple reason:
The language traps that clinical disorders represent are inherently paradoxical.

(CONTINUED -->

EVALUATION OF LEARNING QUIZ — Page 3 of 3

“Acceptance and Commitment Therapy”

< CONTINUED >

8 Hours of Approved Continuing Education Credit

The purpose of the following True/False Evaluation of Learning questions is to:

- A.) Verify that you have read the required course materials.
- B.) Demonstrate an understanding of the practical application of the course materials.
- C.) Officially document your participation and completion of this course.

CIRCLE ANSWERS TO THE FOLLOWING EVALUATION OF LEARNING QUESTIONS

- T F 16.) Resistance is viewed as merely a description of the clients predicament.
- T F 17.) Before ACT begins, the client must be prepared for it. Informed consent can play a role in this preparation.
- T F 18.) Endangering creative hopelessness is the first major ACT intervention.
- T F 19.) There is no difference between language as a learned set of derived stimulus relations and languaging as the action of deriving these relations.
- T F 20.) ACT begins to attach the clients confidence in language by demonstrating its unlimited possibility.
- T F 21.) A way to defuse or de-literalize language is to objectify it.
- T F 22.) In ACT a common phrase is "buying a thought."
- T F 23.) The emergence of self and mind in Western language is actually a relatively new phenomena.
- T F 24.) ACT makes do distinction between three minor senses of "self."
- T F 25.) ACT assumes that each client already possesses everything that is needed to define a life direction.

(END)

We hope you enjoyed this course! Check out our other easy & practical CEUs and Specialty Certification Programs at www.FastCEUs.com

- Addiction Answers
- The Perfect-Victim Factor of Personality
- Older Adults and Mental Health
- Money Matters and Mental Health
- A Skeptic's Guide to A.D.D.
- Tobacco Cessation Treatment
- Medical Meditation
- Treating Crack/Meth Addiction
- Assessment for Major Depression
- And dozens more!

ICBCH Certification Training Programs Prepare for the Future

**Become a
Certified
Medical
Meditation
and Stress
Management
Consultant
CMMC or CSMC**



Earn 30 Board Approved
CEUs (with each course)

Learn Skills to Benefit
Clients Immediately

Increase Client Base
and Referrals

Experience Satisfaction

Improve Revenue Stream

**Become a
Certified
NLP
Practitioner
and
Life Coach
Multi-Media Homestudy
from Richard Nongard**



Medical Meditation is based on the application of mindfulness and related processes of meditation. The techniques of therapies based on mindfulness meditation, including Mindfulness-Based Stress Reduction (MBSR), are among the most researched modalities of treatment in both medical and behavioral health, considered evidenced-based interventions, for a wide variety of clients. **\$399 - includes all study materials, Certification, and 30 CEUs**

Become a Certified Professional NLP Practitioner - AND a Certified Professional Life Coach - with one comprehensive learning program! This multi-media course will equip you to master conversational hypnosis, professional coaching and therapy, and changework, and help you to become a successful communicator on both a conscious and subconscious level. **\$495 - includes all study materials, 2 Certifications, and 30 CEUs**

www.FastCEUs.com