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# Foundations in Acceptance and Commitment Therapy (ACT)

April/May 2020

## INTRODUCTION

ACT is a mindfulness-based approach, which helps us to live more in the present, instead of in the past or future, and make the most of the life that we have. ACT can help us improve and enrich our lives by connecting to our own internal compass and letting this be our guide. Through the practice of ACT, we can gain more control of our choices and make long-term meaningful changes. ACT develops psychological flexibility: the ability to connect more fully with the present moment, with awareness and openness and live with integrity even when difficulties arise.

## COURSE CONTENT

ACT teaches six key skills:

- Connection to the “here and now”
- Unhooking from unwanted thoughts
- Willingness and Compassion
- Perspective taking
- Values
- Meaningful ACTION

## WHO SHOULD APPLY

This Certificate is appropriate for a wide variety of professions including Teachers, School Counsellors, Human Resources Workers and Mental Health Professionals - Psychologists, Licensed Mental Health Counsellors, Psychotherapists Psychiatrists, Social Workers, and Psychiatric Nurse-Practitioners.

## FACILITATOR

Aisling Leonard-Curtin



Aisling completed her training as a Counselling Psychologist in Trinity College Dublin. She is a peer reviewed ACT Trainer, co-editor of Mindfulness and Acceptance for Gender and Sexual Minorities and co-author of The Power of Small. She has written and trained others extensively in the area of ACT. Aisling is a guest lecturer in Trinity College Dublin and part time lecturer in University College Cork. She has led workshops internationally in ACT including at Harvard Medical School.

## AWARD

Certificate of Attendance and Participation

## CPD HOURS

24 Hours

## COST

€495.00

*Reduced rate for IICP Students/Alumni and VCS Counsellors: €420.75.*

*A €200 deposit can be paid to secure your place, with the balance due before the course commences.*

## VENUE

IICP College, Tallaght, Dublin 24

## DATE & TIME

Thursday 23<sup>rd</sup> April 2020

Friday 24<sup>th</sup> April 2020

Friday 1<sup>st</sup> May 2020

Friday 29<sup>th</sup> May 2020

9:30am – 4:30pm

## APPLY

Visit us online:

[www.iicp.ie/foundationsinact](http://www.iicp.ie/foundationsinact)

## OR

Complete the application form overleaf

# Application Form

Please note, in order to process your application, all fields need to be completed.

PLEASE USE BLOCK CAPITALS

## PERSONAL DETAILS

First Name:	Surname:
Name as it should appear on certificate (if different):	
Address:	
Mobile No.:	E-Mail Address:
Occupation:	
IICP Student / Alumni or VCS Counsellor (yes/no): (if yes, state course or student number):	

How did you find out about this Course? Please tick the appropriate box below:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Activelink             | <input type="checkbox"/> Newspaper Advertisement | <input type="checkbox"/> Professional Body |
| <input type="checkbox"/> Google/Internet Search | <input type="checkbox"/> Online Course Directory | <input type="checkbox"/> Social Media      |
| <input type="checkbox"/> IICP Mailing List      | <input type="checkbox"/> Personal Recommendation | <input type="checkbox"/> Other             |

If other (please specify):

## PAYMENT METHODS:

**Online:** pay securely online at [www.iicp.ie/product/foundationsinactapr20](http://www.iicp.ie/product/foundationsinactapr20)

**Debit/Credit Card:** contact the office on 01 466 4205

**EFT Payment:** *BIC/Swift Code* - AIBKIE2D *IBAN* - IE16AIBK93213212752502

**Cheque/Postal Order/Bank Draft Enclosed:** make payable to IICP Education and Training Limited

**Cash Enclosed:**

  
  
  
  

Please note that bookings operate on a first paid, first secured basis so please book and pay promptly to avoid disappointment.

I wish to apply for this course:

Signed:	Dated:
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All programmes are run subject to sufficient demand and the formation of a viable class cohort (which shall be determined in the sole discretion of IICP College). A refund of any fees paid will be given to applicants in the event that the programme does not proceed. Fees are not refundable in any other circumstances.

Receipts will be made available to you/your organisation on receipt of payment. Please note all fees are due in advance of programme commencement.

IICP College would like permission to retain your contact details including your mobile number and email address which may be used to keep you informed about our future courses, events, offers and news.

To receive such information, please tick the box. You can unsubscribe at any time.

Completed forms can be emailed to [Triona@iicp.ie](mailto:Triona@iicp.ie) or posted to Triona Kearns, Director of Registry and Operations, IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24. Alternatively, completed forms may be dropped into the IICP College office in person.