

VIRTUAL PSYCHIATRIC GRAND ROUNDS

Psychological Flexibility Training: Help Patients Adapt to Change and Engage with Their Values Using Acceptance and Commitment Therapy (ACT)

PRESENTER:

Diana Hill, PhD

Acceptance and Commitment Therapy (ACT) is an action-oriented approach that helps patients adapt to and accept discomfort in their lives, as well as helping them take action toward what matters most to them. With over 1,000 randomized controlled trials to date, ACT has demonstrated effectiveness in treating anxiety, depression, chronic pain, and in enhancing overall well-being and performance. In this presentation Dr. Diana Hill will guide you through the six core processes of ACT that improve patient psychological flexibility. You will get a chance to try on these processes for yourself and will leave with exercises and examples to use immediately with patients.

LEARNING OBJECTIVES:

- Explain the roles that avoidance and control play in mental health concerns
- Identify the six core processes that together create psychological flexibility
- Evaluate the method of using values clarification to increase a patient's motivation to change

DIANA HILL, PhD, is a clinical psychologist and serves on the clinical advisory board of **Lightfully Behavioral Health**, and is a guest teacher at InsightLA, Blue Spirit Costa Rica, Mindful Heart Programs, Yoga Soup, PESI, and Praxis Continuing Education. A summa cum laude graduate of the University of California at Santa Barbara, majoring in Biopsychology, Dr. Hill completed her yoga teacher training at the Eldorado Mountain School of Yoga. She earned her doctoral degree in Clinical Psychology from the University of Colorado at Boulder, where she researched mindfulness-based interventions for eating disorders in conjunction with Dr. Debra Safer from Stanford University. Dr. Hill continued her emphasis in eating disorder treatment at the University of California at Davis, where she completed her clinical internship, and went on to complete a postdoctoral fellowship at La Luna Intensive Outpatient Center for eating concerns. Dr. Hill served as the clinical director of La Luna Center, where she developed their ACT-based program before entering into her private consultation and clinical practice.



MAY 2023

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its May 2023 presentation.

TUESDAY, MAY 23, 2023

Noon to 1:30 p.m.
No meals or breaks provided.

Please register at:
cottagehealth.org/psychgrandrounds

After registering you will receive
a confirmation email containing
information about joining the training.

FREE COMMUNITY EVENT

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

- **LMFTs, LCSWs, LPCCs and LEPs:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- **Registered Nurses (RNs):** Course approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health Employees will receive certificates in Compass Learning after completed evaluation is processed.

CONTINUING EDUCATION CREDIT FOR PHYSICIANS AND PSYCHOLOGISTS

- **Physicians:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- **Psychologists:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speakers of this live internet activity have stated that they do not have any relationships with ineligible companies. This activity did not receive commercial support.

PROGRAM COORDINATORS

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TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

Please register at:

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