

Workshop Checklist

Please send the following to Teresa:

- ___ Title of workshop, discussion or activity
- ___ Format (group discussion, activity, didactic, experiential)
- ___ 1-2 Objectives (written behaviorally, see below)
- ___ BRIEF description of activity
- ___ List of needed materials
- ___ Resume or CV

Example below

Example from 2014 Retreat

Title: Our Shared Purpose: Setting personal and professional intentions for the weekend

Format: Group activity/discussion

Leader: Joel Guarna, PhD

Duration: 1 hour

Objectives: Following this workshop segment, participants will be able to identify their own Toward (approach) and Away (avoidance) moves in workshop settings.

Description: The purpose of this workshop is to demonstrate use of the Matrix to promote flexible, prosocial behaviors and group cohesion among participants in the workshop. Using the Matrix model to demonstrate moving values into actions, group members will identify personal and professional values and translate them into behaviors while noticing thoughts, emotions and bodily sensations that could serve as obstacles.

Materials: White board or large paper, markers, paper, pens

Other sample objectives:

After this workshop, participants will be able to:

- Explain and give examples of the concept of psychological flexibility and its opposite, psychological inflexibility (constriction, rigidity).
- Describe how the principles of ACT relate to the principles of yoga.
- Identify and practice skills in self-compassion as a way to enhance personal and professional well-being.
- Describe one example of how to use a client's spiritual values, beliefs or practices as an ACT intervention.
- Describe an example of how to assist clients to choose what is important to them in their lives.
- Give two examples of cognitive defusion exercises that can be used with clients.
- Summarize the core concepts of using ACT to treat insomnia, using Dr. Guy Meadows approach as detailed in "The Sleep Book".
- Describe to fellow workshop participants a specific valued action they can take in the next week to apply "lessons learned" from this weekend.