

☑ IN-PERSON ☑ LIVE-ONLINE

**JULY 24th - JULY 28th, 2023****JAMIE FORSYTH, PhD & JOHN FORSYTH, PhD****Jamie Forsyth, PhD & John Forsyth, PhD*****Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life Is Hard*****15 Hour In-Person & Live-Online Course****Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

Life invites obstacles, problems, and pain. There is no escaping this simple truth. But for many, the pain of life is neither a teacher nor a friend, but instead the enemy and source of considerable suffering, hardship, and despair. Mental health professionals know this all too well. The pain may take psychological, emotional, or physical forms, but it's there and people are desperately seeking a way out and a way forward.

But what if the pain of life could be had just as it is. What if there was a way to nurture the conditions for our own genuine happiness and peace of mind, even when life is (or was) hard. Suppose even, that we could empower those we serve to develop a new relationship with the difficulties they carry and move forward with those difficulties in ways that dignify the pain and support what truly matters. In this intensive workshop, we will learn about one particular approach and set of practices that aims to do just that. It's called Acceptance and Commitment Therapy (ACT).

ACT is an evidence-based approach that balances mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life. Acceptance and mindfulness-based practices, including ACT, are rapidly making their way into mental health care, medicine, and society. This body of work offers a fresh perspective on psychological suffering and powerful clinical strategies to cultivate transformative life changes.

You will learn powerful strategies to help your clients:

- Gain freedom from suffering
- Let go of unhelpful struggles
- Cultivate peace of mind & self-compassion
- Show up to life as it is
- Get unstuck and moving
- Live a rich & meaningful life

Led by a dynamic husband and wife team, this workshop will introduce ACT, both as a model and intervention technology, and illustrate its use across a broad set of problem areas that are commonly seen in mental health settings. This work can be challenging for both therapists and clients alike, for much of ACT work involves contacting difficult and painful psychological

**John P. Forsyth, PhD**, is an internationally recognized author, speaker, and trainer in the use of Acceptance and Commitment Therapy and practices that cultivate mindfulness, loving kindness, and compassion. He is also professor of psychology and director of the Anxiety Disorders Research Program at the University at Albany in upstate NY. John also maintains a small private practice and offers ACT supervision to mental health professionals in the United States and abroad.

As an active researcher and practitioner of ACT and contemplative practices, John is the author of several popular books, including *Acceptance and Commitment Therapy for Anxiety Disorders*, *The Mindfulness & Acceptance Workbook for Anxiety* (2nd edition), *ACT on Life, Not On Anger*, and *Your Life on Purpose*. His latest book, *Anxiety Happens*, is for anyone who gets tripped up now and then by anxiety and fear.

For over 20 years, his work has focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and to nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path out of suffering and into wholeness. See [www.drjohnforsyth.com](http://www.drjohnforsyth.com)

**Jamie R. Forsyth, PhD**, is an active and gifted psychologist and clinical supervisor, with extensive expertise in the use and application of Acceptance and Commitment Therapy with severe forms of mental illness (e.g., psychosis and personality disorders) and forms of psychological and emotional suffering in inpatient, outpatient, and college mental health settings. Beyond ACT, Jamie is a skillful integrationist, supervisor, and researcher, with specialized knowledge in relational and process-oriented therapeutic work, addictions, motivational interviewing, including mindfulness and self-compassion practices. Jamie is active within a group mental health practice in upstate New York where she offers psychotherapy, performs psychological evaluations, and trains and supervises doctoral students under her direction.

As a husband and wife team, Jamie and John are known to infuse their teaching and trainings with energy, humility, lightheartedness, and compassion, and their down-to-earth workshops are consistently praised for their clarity, depth, and practical utility.

**John P. Forsyth, PhD & Jamie R. Forsyth, PhD | Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard | July 24th - July 28th, 2023**

content without defense and for a purpose other than psychological relief. Thus, understanding the application and integration of the ACT model of psychological health and suffering is essential for effective ACT work.

Through lectures, live and video demonstrations, and practical experiential exercises, we learn ways to help our clients live well, richly, and meaningfully, without first having to eliminate sources of emotional and psychological pain. We will also learn how ACT can be integrated effectively into your mental health practice. Clinical worksheets and other practical tools will be provided.

Mental health professionals, including graduate students and post-doctoral fellows, are invited to attend. Familiarity with ACT is not required

## Course Agenda

### Monday:

- Why It's Hard Being Human: Getting Inside the ACT Approach

### Tuesday:

- Confronting the System of Stuckness: Making Space for Something New

### Wednesday:

- Contacting the Sweetness in Life: Clarifying What Matters and What Gets in the Way

### Thursday:

- Cultivating a New Relationship with the Difficulties We Carry: Skillfully Disarming & Transforming Forms of Suffering

### Friday:

- Empowering ACTions that Matter: Stepping Openly, Mindfully, and Wholeheartedly

## Course Objectives

Upon completion of this course participants will be able to:

1. Describe Acceptance and Commitment Therapy (ACT)
2. Indicate evidence-based approaches that support the ACT model
3. Describe how practices that cultivate mindfulness and loving kindness can empower clinical work
4. Discuss and demonstrate ACT processes and interventions
5. Discuss ways to integrate ACT techniques into your mental health practice
6. Indicate methods of intervention that embody the ACT principles.
7. Describe how to integrate ACT with other methods.
8. Discuss the importance of flexibility in the model.

## Continuing Education

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is suitable for all clinicians and learning levels, beginning, intermediate and advanced.*

**Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life Is Hard**, Course #4106, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/26/2022 - 04/26/2024. Social workers completing this course receive 15 Clinical continuing education credits.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

### Speaker Disclosures:

#### John Forsyth:

**Financial:** John Forsyth receives salary as a professor and faculty member from the University of Albany, SUNY. He also receives royalties as an author from New Harbinger Inc. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-Financial:** John Forsyth has no relevant non-financial relationships with ineligible organizations.

#### Jamie Forsyth:

**Financial:** Jamie Forsyth receives salary as a staff psychologist from Freedom First Psychological Services. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-Financial:** Jamie Forsyth has no relevant non-financial relationships with ineligible organizations

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

**In-Person Location:**

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

**Live-Online Course Format:**

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or [certificate@cape.org](mailto:certificate@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
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Norwalk, CT 06852  
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E-mail: [info@cape.org](mailto:info@cape.org)

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JULY 3-AUGUST 25, 2023

### JULY 3-JULY 7, 2023

**Bessel van der Kolk, MD**

*Frontiers Of Trauma Treatment*  
*In-Person, Live-Online*

**Anatasia S. Kim, PhD**

*Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice*  
*In-Person, Live-Online*

**Linda Graham, MFT**

*The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster*  
*In-Person, Live-Online*

### JULY 10-JULY 14, 2023

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories*  
*In-Person, Live-Online*

**Joe Kort, PhD, LMSW**

*Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies*  
*In-Person, Live-Online*

**Licia Sky, BFA & Bessel van der Kolk, MD**

*Come to Your Senses: Embodied Self Awareness*  
*In-Person*

**Richard Schwartz, PhD**

*Internal Family Systems Workshop*  
*In-Person, Live-Online*

### JULY 17-JULY 21, 2023

**Paul Foxman, PhD**

*The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians*  
*In-Person, Live-Online*

**Janina Fisher, PhD**

*Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation*  
*In-Person, Live-Online*

**Flint Sparks, PhD**

*Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice*  
*In-Person*

### JULY 17-JULY 21, 2023

**James Hawkins, PhD, LPC**

*Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*  
*In-Person, Live-Online*

### JULY 24-JULY 28, 2023

**Gabriella Rosen Kellerman, MD**

*Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future*  
*In-Person, Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach*  
*In-Person*

**Franklin King, MD**

*The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments*  
*In-Person, Live-Online*

**John P. Forsyth, PhD &**

**Jamie R. Forsyth, PhD**

*Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard*  
*In-Person, Live-Online*

### JULY 31-AUGUST 4, 2023

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself*  
*In-Person, Live-Online*

**Amy Weintraub, MFA &**

**Angela Huebner, PhD**

*Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning*  
*In-Person, Live-Online*

**Maria Sirois, PsyD**

*Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth*  
*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Deborah Korn, PsyD**

*EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect*  
*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC**

*Doing IMAGO Relationship Therapy In The Space Between*  
*In-Person, Live-Online*

**Bob Anderson**

*Conscious Leadership: A Unified Model Of Leadership Development*  
*In-Person*

**George McCloskey, PhD**

*Intervention For Child And Adolescent Executive Control Difficulties*  
*In-Person, Live-Online*

### AUGUST 14-AUGUST 18, 2023

**Deborah Dana, LCSW**

*Polyvagal Theory In Therapy: Practical Applications For Treating Trauma*  
*In-Person, Live-Online*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss*  
*In-Person, Live-Online*

**Salman Akhtar, MD**

*In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment*  
*In-Person*

**Edward Hallowell, MD**

*Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span*  
*In-Person, Live-Online*

### AUGUST 21-AUGUST 25, 2023

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics In AEDP™*  
*In-Person, Live-Online*

**Jonah Paquette, PsyD**

*Awe, Wonder, And The Science Of A Meaningful Life*  
*In-Person, Live-Online*

**Donald Meichenbaum, PhD**

*Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities*  
*In-Person, Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : [WWW.CAPE.ORG](http://WWW.CAPE.ORG)**