



## Acceptance and Commitment Therapy (ACT), Process-Based Therapy, and Chronic Pain

Join Bespoke Mental Health Canada on **Friday October 18 and 25** at 9.00 a.m. – 12.30 p.m. (PT), 12.00 p.m.- 3.30 p.m. (ET) for full day workshop delivered by Dr Lance McCracken on ACT, Process-Based Therapy and Chronic Pain.

**Can't attend on that date?** Just book to watch it 'on-demand' at a time that suits you. Available to watch for one year from event (i.e., until Oct 25, 2025).



The workshop will briefly look at ACT as an evidence-based approach that is both generally applicable, and has particular support in the treatment of chronic pain. The main point for most of the workshop is for participants to gain knowledge, learn theory and principles, and develop a set of skills that can be used in practice. ACT is inherently a prototype "process-based" therapy. This workshop will define what this means and help participants develop ways to do this with the facets of psychological flexibility as the base.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Participants who complete this workshop (either live or on-demand) are eligible to receive 6 CE credits.

### Price

Professionals: \$175.00 CAD + tax

Students: \$140.00 CAD + tax

For more information, click [here](#)

To book, click [here](#)