

Acceptance and Commitment Therapy Trainings

Approved for 2.5
NASW CE's
MICEC-0038

PRESENTED BY: MATTHEW SKINTA, PhD, ABPP

This workshop will provide the core elements of ACT skills, including experiential components that will allow participants to try on those skills within the workshop. The transdiagnostic processes described have been found effective for a wide range of presentations, from anxiety and depression to work with substance use and chronic pain. This will include the common mindfulness and acceptance skills, such as defusion and acceptance, as well as those action-oriented skills so necessary to create change, such as values-identification and a willingness to engage in committed action in the presence of unwanted emotions and thoughts. Models that incorporate an awareness of racism and sexual orientation and gender diversity will also be described to illustrate how ACT can be applied in a versatile manner. Attend the final session in September for a deeper dive into the ACT concepts.



Dr. Matthew Skinta "About Me:" I am board certified in clinical health psychology, reflecting my background in integrated medical settings, HIV/AIDS-related work, and a respect for the ways that our physical health reflects and affects psychological well-being. I have specific clinical experience and expertise working with sexual orientation and gender identity, HIV/AIDS, chronic pain, and chronic depression.

My research interests are primarily focused on the interpersonal costs of minority stress upon sexual and gender minority (SGM) individuals. Histories of shame, family rejection, stigma, and concealment can lead to patterns of challenge and barriers to connection. I am interested in those approaches that might promote vulnerability, acceptance, and self-compassion in ways that nurture social connections and the health that comes with safety in our relationships.

Finally, contextual behavioral psychotherapies and the underlying assumptions of those therapies, including Acceptance & Commitment Therapy, Functional Analytic Psychotherapy, and Compassion-Focused Therapy, are the threads that run through both my research and clinical interests. I have also provided clinical training of staff or consultation based upon these therapies for studies in psychedelic-assisted psychotherapy that advance treatment responses to racial trauma, chronic depression, and self-acceptance among queer and trans people. Finally, contextual behavioral psychotherapies and the underlying assumptions of those therapies, including Acceptance & Commitment Therapy, Functional Analytic Psychotherapy, and Compassion-Focused Therapy, are the threads that run through both my research and clinical interests. I have also provided clinical training of staff or consultation based upon these therapies for studies in psychedelic-assisted psychotherapy that advance treatment responses to racial trauma, chronic depression, and self-acceptance among queer and trans people.



VIRTUAL:

Training link will be sent out via email 1-2 business days prior to training date.

Registration Required!
Please follow the link
on the training
website

**ACT: Core
Processes**

2/12/25 9a-12p
OR
7/23/25 1p-4p

**ACT: A Deeper
Dive**

9/18/25 1:00p-4:00p

