

## Continuing Education

APPROVED PROVIDER



University of Buffalo, SUNY, Department of Communicative Disorders and Sciences is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education

activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This conference is being offered for 0.5 CEUs (Intermediate Level, Professional/Related Area).

If you wish to receive credit for these CEU's, please bring your ASHA number with you.

## Learner Outcomes

At the conclusion of this program:

1. The participant will be able to describe the basic theory and applications of Acceptance and Commitment Therapy (ACT).
2. The participant will be able to describe mindfulness and values-identification techniques.
3. The participant will be able to implement ACT principles and other strategies to manage stress and prevent burnout.

## Directions

Classics V is located at 2425 Niagara Falls Blvd., Amherst, NY.

From I-290W: Take Exit 3 for US-62/ Niagara Falls Boulevard; turn right onto Niagara Falls Boulevard and drive for 1 mile. Classics V will be on your right.

From I-290E: Take Exit 3B for US-62/ Niagara Falls Boulevard and merge onto Niagara Falls Boulevard; drive for 1.1 miles and Classics V will be on your right.

Dr. Rosemary Lubinski  
University at Buffalo  
Dept. of Communicative Disorders & Sciences  
120 Cary Hall  
Buffalo, NY 14214-3023



University at Buffalo  
State University of New York

## Department of Communicative Disorders & Sciences

Invites You To Attend

# ACT Mindfully: *Using the Principles of Acceptance and Commitment Therapy (ACT) to Manage Stress, Prevent Burnout, and Lead a Valued Life*

Sherilyn Thomas, Ph.D.

Classics V Restaurant

Amherst, NY

September 24, 2010

## About the Speaker



Dr. Sherilyn Thomas is an Assistant Clinical Professor and the Director of the Psychological Services Center at the University at

Buffalo. She is a licensed psychologist in New York State, specializing in the evidence-based treatment of anxiety disorders. She has developed a sub-specialty in the psychological management of tinnitus and is also a certified trainer of Motivational Interviewing. Dr. Thomas earned her Ph.D. from the University at Buffalo and operates a private practice in Williamsville.

## Support for Conference

This conference is supported by funds from the Department of CDS. The conference is offered gratis to recent and current UB SLP externship supervisors and offered at cost to other professionals and students.

## Conference Description

Acceptance and Commitment Therapy (ACT) employs a variety of mindfulness techniques and other psychological skills to help participants disengage from self-limiting beliefs, identify what is truly important to them, and live more consistently with their personal values. Developed in the 1980s, ACT has gained empirical support as a treatment for a wide range of issues and is relevant for those in the psychiatric, medical, and other helping professions. Workshop participants will learn the basic principles of ACT, participate in mindfulness and values-related exercises to demonstrate the key concepts, and learn ways of applying these techniques in their personal and professional lives.

## Conference Schedule

8:15-8:45	Registration and Continental Breakfast
8:45-9:00	Welcome
9:00-10:15	Introduction to ACT
10:15-10:30	Coffee Break
10:30- 12:00	Mindfulness techniques and values-exploration
12:00-1:00	Buffet Lunch
1:00-3:00	Applying ACT and related strategies to manage stress and prevent burnout
3:00-3:15	Question/Answer Period

## REGISTRATION

### **ACT Mindfully: Using the Principles of Acceptance and Commitment Therapy (ACT) to Manage Stress, Prevent Burnout, and Lead a Valued Life**

**September 24, 2010**

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Name

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Place of Employment

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Address

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Phone

Email

### Fees:

<b>Professional</b>	<b>\$90</b>
<b>Student</b>	<b>\$25</b>

**Make checks (US Funds) payable to:  
University at Buffalo Foundation**

**Mail check and registration form by  
September 13, 2010 to:**

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Email: cdsrosie@buffalo.edu  
Phone: 716-829-5565

No refunds after September 17, 2010.