

Final Programme



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5th ACBS Nordic

Special Invites: Matt Villatte (US), Robyn Walser (US), Niklas Törneke (SE), Graciela Rovner (SE), Rikke Kjelgaard (DK), Gerhard Anderson (SE), Andrew Gloster (CH), Louise McHugh (IR), Chris Irons (UK) and Joe Oliver (UK)

Poster Session – Lunchbreak – Friday 12.45-13.15

Location: Conference Lounge-area

Follies Dinner Night – Friday Evening from 19.00 to 01.00

With Special Invite DJ

Location: Restaurant and lounge area.

Thursday, November 15

	Hjortekilden 1	Hjortekilden 2	Ulvedalen 1	Ulvedalen 2
09.00-10.15	Uncovering the Process of Creative Hopelessness (1) Robyn D. Walser (US) & Rikke Kjelgaard (DK) Preconference Workshop	Mastering the Clinical Conversation with RFT (3) Matt Villatte (US) Preconference Workshop	ABC and Metaphors (2) Niklas Törneke (SE) Preconference Workshop	ACTiveRehab- ACT for the Pain Rehab Team (4) Graciela Rovner (SE) Preconference Workshop
10.15-10.30	Break	Break	Break	Break
10.30-12.00	Workshop	Workshop	Workshop	Workshop
12-00-13.00	Lunch	Lunch	Lunch	Lunch
13.00-14.30	Workshop	Workshop	Workshop	Workshop
14.30-14.45	Break	Break	Break	Break
14.45-16.00	Workshop	Workshop	Workshop	Workshop

16.30 to 18.00

Special Invite

Dr. Chris Irons

Compassion Focused Therapy (CFT)

From the Inside Out - Self-reflection and practice.

Dr. Chris Irons is an accredited trainer and supervisor of Compassion Focused Therapy (CFT), and regularly presents to academic, professional and lay audiences on CFT and more broadly, the science of compassion.

Friday, November 16

	Hjortekilden 1	Hjortekilden 2	Ulvedalen 1	Ulvedalen 2
08.30-09.20	<p>Welcome by ACBS Denmark & Why are we here? Historical notes on psychological treatment from Freud to Hayes (and his new friend Hofmann) Gehard Andersson (SE) Plenary</p>			
09.20-09.30	Break		Break	Break
09.30-10.45	<p>Doing Experiential Therapy (5) Robyn Walser (US) Matt Villatte (US) Workshop, Part I</p>	<p>The ACT Matrix in Swedish Psychiatry (1830) Thor Bengtsson, Peter Eldh (SE) Workshop, 75 min</p>	<p>Self in Praticce (10) Louise McHugh (IRE) Workshop Part I</p>	<p>Guiding Mindfulness/awareness Exercises for Patients with Somatic Conditions (7) Graciela Rovner (SE) Workshop, Part I</p>
10.45-11.00	Break	Break	Break	Break
11.00-12.30	<p>Doing Experiential Therapy (5) Robyn Walser (US) Matt Villatte (US) Workshop, Part II</p>	<p>ACT with Love: Helping Couples Act (1828) Max Böhling (DK) Workshop 90 min.</p>	<p>Self in Praticce (10) Louise McHugh (IRE) Workshop Part II</p>	<p>Guiding Mindfulness/awareness Exercises for Patients with Somatic Conditions (7) Graciela Rovner (SE) Workshop, Part II</p>
12.30-13.15	Lunch	Lunch	Lunch	Lunch
12.45-13.15	Poster Session (Lounge area)			
13.15-14.00	<p>Current Directions in Relational Frame Theory: Research and Application (13) Louise McHugh (IR) Plenary, 45 min</p>			
14.00-15.00	<p>10 Mistakes you don't want to do as an ACT Therapist (6) Rikke Kjelgaard (DK), Workshop, Part I</p>	<p>Coaching Perspectives of the well-being Coaching Program (1801) Merja Kurunsaari, Maaret Rutanen (FI) ACT Group Intervention for Young Adults with Diabetes type 1. (1805) Sara Hammer(SE) Minding the Speech (1807) Hilda Sønsterud, Kristin Feragen & Melanie Kirmess (NO) ACT treatment groups for parents to children of Autism Spectrum Disorders (ASD) and/or other disabilities (1819) Tiina H. Bergman, Bella Berg & Tatja Hirvikoski (SE) Paper, 4 x 10 min.</p>	<p>"Process based therapy - an RFT perspective" (8) Niklas Törneke (SE), Workshop Part I.</p>	<p>ACT peer Supervision (1829) Thor Bengtsson (SE) Workshop 60 min</p>
15.00-15.15	Break	Break	Break	Break
15.15-16.45	<p>10 Mistakes you don't want to do as an ACT Therapist (6) Rikke Kjelgaard (DK), Workshop Part II</p>	<p>Multidimensional Model of Change and Integrative Group Therapy for Depression (1824) Stanislaw Malicki (NO) Workshop, 90 min.</p>	<p>. "Process based therapy - an RFT perspective" (8) Niklas Törneke (SE), Workshop, Part II</p>	<p>ACT Interventions for Children and Young People (1820) Päivi Lappalainen(, Raimo Lappalainen and Anna-Lotte Lappalainen (FI) Symposia, 90 min.</p>
16:45-16.50	Break	Break	Break	Break
16:50-17.30	<p>Using the ACT Model in the Clinic and beyond (12) Andrew Gloster (CH), Plenary, 40 min.</p>			
19.00-01.00	Follies Night – Dinner and Party			

Saturday, November 17

	Hjortekilden 1	Hjortekilden 2	Ulvedalen 1	Ulvedalen 2
08.30-09.15	Internet based therapy (11) Gerhard Andersson (SE), Plenary. 45 min			
09.15-09.20	Break	Break	Break	Break
09.20.- 10.30	ACT for Psychosis Recovery (9) Joe Oliver (UK) Workshop Part I	"Integrating Concepts and Principles of RFT Into Clinical Work. (1833) Matt Villatte (US) & Nicklas Törneke (SE) Panel, 45 min.	ACTING on your Feet in dynamic Group Work (1826) Kristin Marjala & Eli Alperstein (NO) Workshop 70 min.	FAP - Listening Deeply to Self & Others (1825) Graciela Rovner, Thor Bengtsson and Maria Blom (SE) Workshop Part I
10.30-10.45	Break	Break	Break	Break
10.45-12.00	ACT for Psychosis Recovery (9) Joe Oliver (UK) Workshop Part II	Integrating ACT in University Well-being Services and Teaching (1818) Panajiota Räsänen, Mira Mäenpää, Ana Gallego and Kerttu Peltola (FI) Symposia 75 min.	Internet-based ACT for challenging life situations (1816) Päivi Lappalainen, Essi Sairanen & Merja Lappi (FI) Symposia 75 min	FAP - Listening deeply to self & others (1825) Graciela Rovner, Thor Bengtsson and Maria Blom (SE) Workshop Part II
12.00-13.00	Lunch	Lunch	Lunch	Lunch
13.00-14.30	Female, Fierce and Fabulous (14) Rikke Kjelgaard (DK) Workshop Part I		Effectiveness of Brief Interventions for Depression using Novice Therapists (1817) Raimo Lappalainen, Aino Kohtala, Katariina Keinonen (FI) Symposia 90 min.	Pain and PTSD (1834) Robyn Walser (US) Graciela Rovner (SE) Workshop Part I
14.30-14.45	Break	Break	Break	Break
14.45-15.30	Female, fierce and fabulous (14) Rikke Kjelgaard (DK) Workshop Part II		Intimate Partners (1804) Lene Forester (UK) CBS Delivered in Groups (1806) Tom Østergaard (NO), Tobias Lundgren (SE) Robert Zettle Paper 2 x 10 min.	Pain and PTSD Robyn Walser (US) Graciela Rovner (SE) Workshop Part II
15.30-15.35	Break		Break	Break
15.35-16.15	The second coming of the Viking warrior: How Nordic can help ACBS move towards gender equality (1803) Robyn Walser (US), Lene Forester (UK) & Graciela Rovner (SE) Panel 40 min.			
	Goodbyes from ACBS Denmark			