

Positive Behavioral Outcomes, LLC

BACB ACE Provider OP-16-2689

Session 6: An ACT Primer with D.J. Moran, Ph.D., BCBA-D (1 Type II CE Credit)

Have you heard about Acceptance and Commitment Therapy? Are you wondering what all the fuss is about? In this CE event, Dr. D.J. Moran walks the listener through the basics of the Acceptance and Commitment Therapy model, and provides examples of how it can be helpful. As is evidenced by the following bio, D.J. is an international authority on ACT, which makes him the perfect guest to introduce this worthwhile topic.

Daniel J. Moran, PhD, BCBA-D, received his doctorate from Hofstra University in 1998. He began his training in acceptance and commitment therapy in 1994 and founded the [MidAmerican Psychological Institute](#) in Joliet, IL in 2003. In addition, D.J. is the founder of [Pickslyde Consulting](#), an organization that has taken ACTraining to organizations and corporations worldwide. D.J. presented well over 100 ACT workshops on six continents, and was on the inaugural Association for Contextual Behavioral Science ACTrainer Committee. He co-authored [ACT in Practice](#) with Patty Bach, and a chapter about treating OCD with Steve Hayes.

D.J. has appeared on The Learning Channel, Animal Planet, & the Oprah Winfrey Network, and is committed to making Acceptance and Commitment Therapy principles more simply understood and applicable for clinicians so they can help reduce suffering and improve quality of living for their clients.

Objectives of this training:

1. The learner will be able to define *Psychological or Behavioral Flexibility*.
2. The learner will be able to name the six ACT processes.
3. The learner will be able to describe the role of Psychological Flexibility in supporting individuals with Autism Spectrum Disorders.
4. The learner will be able to provide examples of Defusion, Committed Actions, and Values.

Instructions for this event:

1. This event requires listening to Session 6 of The Behavioral Observations Podcast. You can find the podcast at the following locations*
 - a. <http://www.behavioralobservations.com/session-6-d-j-moran-acceptance-commitment-therapy/>
 - b. <https://itunes.apple.com/us/podcast/behavioral-observations-podcast/id1086413253?mt=2>
 - c. https://play.google.com/music/m/Dverthpe3ym2oj7b3kaibqpzouy?t=Session_6_-_DJ_Moran_on_Acceptance_and_Commitment_Therapy-The_Behavioral_Observations_Podcast_ABA
 - d. <http://www.stitcher.com/podcast/matt-cicoria/the-behavioral-observations-podcast-with-matt-cicoria/e/session-6-dj-moran-on-acceptance-and-commitment-therapy-44199128>
- *You may need to cut & paste these URL addresses into your browser.
2. Take the quiz in order to demonstrate attendance.
3. Download the certificate of completion.
4. Save all materials, including emails confirming purchase.
5. Optional: complete C.E. feedback survey, again you may need to cut and paste this URL into your browser: (<https://goo.gl/forms/vA1Uyd5hsCcCdzAG2>)

Thank you so much for participating in this Type 2 Continuing Education event. If you have any questions about this event or anything else related to the podcast, please feel free to email me at Matt@behavioralobservations.com!