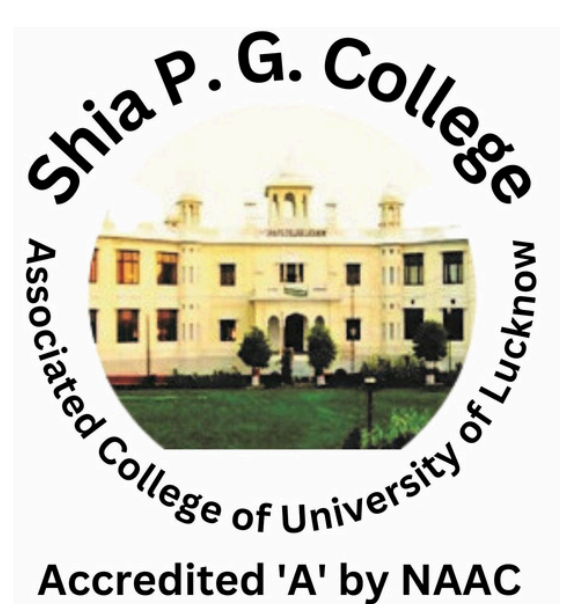




INDIAN MENTAL HEALTH &  
RESEARCH CENTRE LUCKNOW



भारतीय पुनर्वास परिषद्



# 6TH INTERNATIONAL CONFERENCE “MENTAL HEALTHCARE IN INDIA: BASICS AND BEYOND”

## PRE CONFERENCE WORKSHOP

### ACCEPTANCE AND COMMITMENT THERAPY (ACT) *The Application for Personal & Professional Growth*

04 OCTOBER 2024

10:00 AM – 01:00 PM

Venue: Shia P.G. College Lucknow

#### What is ACT ?

Acceptance and Commitment Therapy or ACT is not just a therapy but a process of self-discovery. It follows value based creative approach. ACT is not limited to therapeutic settings with clients; it is also valuable for individual's personal growth and development. ACT aims to enhance the human potential for a rich, fulfilling, and meaningful life through fostering mindfulness, values-driven activities, and acceptance.

#### Chairperson



**Dr. Archana Shukla**

Head,  
Department of Psychology  
University of Lucknow

#### Resource Person



**Dr. Geeta Singh**

Clinical Psychologist  
RCI registered (CRR: A43781)  
PhD-AIIMS Delhi, M.Phil-CIP  
Certified ACT Therapist  
(Trained by Dr. Russ Harris-Australia)  
Director Research, IMHRC

#### What you'll explore:

- How to conduct ACT sessions with clients
- Connecting with personal values
- Enhancing psychological acceptance
- Recognizing and dealing with Cognitive fusion
- Cultivating focus, flexibility, and satisfaction by engaging with the present moment
- Strengthening empowerment through acceptance and self-awareness
- Mastering mindfulness techniques beyond traditional meditation approaches

#### Discover:

- Practical ways to engage in experiential learning during sessions
- Applying ACT effectively across a diverse range of clinical issues
- Use of metaphor and paradox
- Applying ACT principles to enhance personal growth, and meaning in life

**Who can attend:** The workshop will be beneficial to Psychologists, Psychiatrists, Psychiatric Nurses, Social Workers, Healthcare & Mental Healthcare Professionals M.Phil, PDCP and P.G. students from different streams.

**Accreditation:** Certificate of Participation will be issued to the participants.

#### Workshop Fees:

₹ 1000/-

Scan for  
Registration



More Info:

[www.imhrc.org](http://www.imhrc.org)

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