

Virtual ACT Clinician Training - Winter & Spring 2025

What is ACT?

Acceptance and Commitment Training (ACT) is a mindfulness and value-based intervention that enhances psychological flexibility, enabling participants to engage in value-driven actions in the face of challenging thoughts and emotions.

Our team has developed a manualized evidence-based ACT workshop for caregivers of individuals with neurodevelopmental differences and other disabilities, designed to be co-delivered by clinicians and caregivers, in partnership.

About the Trainers

The training will be led by Dr. Kenneth Fung, a psychiatrist who developed the intervention, as well as a caregiver of someone with a neurodevelopmental disability.

Experienced ACT coaches will help you practice in small groups delivering exercises.

About the Training Program

It consists of 2 Levels:

- The Level 1 training will be led by Dr. Kenneth Fung, a psychiatrist who developed the intervention, as well as a caregiver of a family member with a neurodevelopmental disability.
- The Level 2 training includes experienced ACT Caregiver Facilitators who will coach you to deliver exercises in smaller teams.

Please note that to get a **Certificate of Completion**, you cannot miss more than 1 session in each Level 1 and Level 2.

Orientation Video:

Please watch the **mandatory** [orientation video](#) to better understand our workshop and training model before registering



	Level 1: Introduction to ACT	Level 2: Co-Facilitating ACT
Location	Virtual via Zoom	Virtual via Zoom
Date & Time	Thursdays, 7:00-9:00 pm EST Jan 16, 23, 30, Feb 6 and 13	Thursdays, 7:00-9:00 pm EST May 1, 8, 15, 22, 29 and June 5
Cost	\$250.00	\$350.00 (includes cost of manual and access to all resources for running workshop)

[Register Here](#)

Limited spots available

Questions: actforcaregivers@gmail.com

More information on our ACT workshops: actforcaregivers.com