

The Problem Gambling Research and Treatment Centre

A joint initiative of the Victorian Government, the University of Melbourne and Monash University

PROFESSIONAL DEVELOPMENT SEMINAR SERIES

Session details; ACT: Acceptance and Commitment Therapy and its application to problem gambling

Workshop Presenter: John Callanan, Psychologist

Date:

Monday 25th June 2012, 10:00am – 4:00pm

Venue:

Graduate House (Stillwell Room), 220 Leicester Street, Carlton (public parking available at the University car park, entrance in Bouverie Street, Carlton)

Abstract:

This workshop will explore the application of ACT to problem gambling. Based on Relational Frame Theory (RFT), ACT takes the view that trying to change difficult thoughts and feelings as a means of coping can be counter-productive, and utilises instead, alternative approaches including acceptance, mindfulness, cognitive defusion, values, and committed action. This is a skills-based workshop.

Presenter Details:

John Callanan is a Psychologist who is looking at the application of Acceptance and Commitment Therapy (ACT) to problem gambling. His research forms part of his postgraduate studies and includes a treatment protocol as well as a rational for trialling ACT in that context. He previously worked as a Problem Gambling Counsellor at Gambler's Health Northern and has completed the introductory and advanced ACT training courses.

Fee:

Gambler's Help staff/OGR staff fully subsidised; \$200 otherwise (includes morning and afternoon refreshment and lunch)

Registration Details:

The contact for registration is Chelsea Harris, the Problem Gambling Research and Treatment Centre Administrator at the University of Melbourne. RSVP's can be sent to Chelsea by email at chelseah@unimelb.edu.au or by phone on 8344 8220, up to **Monday, 18th June**.