

Learner Notification

Psychwire

ACT As Brief Intervention

Date of CE Release: 12-03-2024

Date of CE Expiration: 12-31-2025

Location: Online

Acknowledgement of Financial Commercial Support

No financial commercial support was received for this educational activity.

Acknowledgement of In-Kind Commercial Support

No in-kind commercial support was received for this educational activity.

Satisfactory Completion

Learners must listen to each self-directed audio recording while following along with the visual slides/read the articles, pass the post-test with a score of 80% or higher and complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. You must participate in the entire activity as partial credit is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Joint Accreditation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Psychwire. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Professions in scope for this activity are listed below.

Amedco Joint Accreditation Provider Number: 4008163

Physicians

Amedco LLC designates this material for a maximum of 8.00 *AMA PRA Category 1 Credits™* for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

Amedco LLC designates this activity for a maximum of 8.00 ANCC contact hours.

Psychologists



This course is co-sponsored by Amedco and Psychwire. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and content. Maximum of 8.00 hours.

The following state boards accept courses from APA providers for Psychologists/Counselors: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MO, NC, ND, NH, NE, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

MI: No CE requirements.

***OK:** Accepts APA credit for live, in-person activities but not for ethics and/or online courses.

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WDC, WI, WY

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

MA MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (held outside NY ONLY), OK*, OR, SC, UT, WA, WI, WY

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

Social Workers



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. ASWB Content Level: Intermediate. Social workers completing this course receive up to 8.00 continuing education credits.

The following state boards accept courses offering ASWB ACE credit for Social Workers: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV*, WY

***OK:** Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

***WV:** Accepts ASWB ACE unless activity is held live in West Virginia.

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT, VA, WI, WY

MI: No CE requirement

The following state boards accept courses offering ASWB ACE credit for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK*, OR, PA, RI, TN, TX, UT, VA, WI, WY

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

MA MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

MI: No CE requirement.

The following state boards accept ASWB ACE credit for Addictions Professionals: AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

New York Social Workers



NY-SW Credit Designation Statement

Amedco SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0115. 8.00 credit hours.

New York Marriage & Family Therapists



NY-MFT Credit Designation Statement

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0032. 8.00 credit hours.

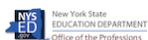
New York Mental Health Counselors



NY-MHC Credit Designation Statement

Amedco is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0061. 8.00 credit hours.

New York Psychologists



NY-PSY Credit Designation Statement

Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. 8.00 hours.

Objectives - After Attending This Program You Should Be Able To

1. Describe the fundamentals of Focused Acceptance and Commitment Therapy (FACT) and how to use it as a brief intervention for depression, anxiety disorders, addictions, chronic pain syndrome, medical problems, and a range of other common clinical problems. Discuss how to work in a brief intervention format, in 1 to 6 sessions of 30 minutes duration or less. Discuss techniques to rapidly conceptualize a wide range of common DSM disorders and clinical issues in terms of the FACT model. Identify ways to plan treatments based on individualized case conceptualizations.
2. Discuss how to facilitate optimism and hope and get client “buy-in” from the start. Identify how to distill the six core ACT processes into three larger overarching processes and move rapidly, fluently and flexibly between them. Develop self-compassion in both practitioners and clients. Use mindfulness-based cognitive strategies and values-guided behavioral activation strategies to motivate clients to make meaningful between-session behaviour changes.
3. Use values as the foundation for problem-solving, goal-setting, action-planning, and ongoing motivation for sustained behavioral change. Describe how to elicit and respond to clients’ feedback, measure progress, and prevent relapse. Identify and assess resistant or unmotivated clients, and engage them in therapy, and overcome obstacles to homework. Implement specific strategies for coping with physical pain, addiction and grief...

Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1-6.2, 6.5)

All individuals in a position to control the content of CE are listed below.

Name	Commercial Interest:Relationship
Russell Harris	NA
Marites Pacheco	NA
Taleigha Phillips	NA
Ryan Dixon	NA
