

## Learner Notification

### Psychwire

#### 2026 ACT as a Brief Intervention

January 2, 2026 - December 31, 2026

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 and complete an evaluation form to receive a certificate of completion. Your chosen sessions must be viewed in their entirety. Partial credit of individual sessions is not available. For Enduring APA and New York Boards of the Professions credits, you are also required to pass a posttest with a score of at least 80%. 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.

#### 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.

#### Physicians (ACCME) Credit Designation

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

#### Nurses (ANCC) Credit Designation

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

#### Psychologists (APA) Credit Designation

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



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

The following state boards accept courses from APA providers for Counselors: AK, AL, 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

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, WI, WY

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 (outstate held)\*, OK, OR, SC, UT, WA, WI, WY

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 Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

\* If the activity is held *live* in the state of NY, then direct addictions board is required, ie: NAADAC. If the activity is held outside NY, is virtual, enduring or remote, it is considered "outstate" and this reciprocity applies.

#### Social Workers (ASWB) Credit Designation



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. Social workers completing this course receive 8.00 GENERAL 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

\* WV accepts ASWB ACE unless activity is in live in West Virginia then an application is required.

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, PA, TN, TX, UT, VA, WI, WY

AL / Counselors: Activities not providing NBCC approval may be approved by the Board for individual licensees upon receipt of acceptable documentation prior to the activity. Please send course details to your licensing board for approval BEFORE the event. No approvals afterward by the board.

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, PA, RI, TN, TX, UT, VA, WI, WY

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

The following state boards accept courses offering 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 Board for Social Workers (NY SW)**

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 hours.

### **New York Board for Mental Health Counselors (NY MHC)**

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 hours.

### **New York Board for Marriage & Family Therapists (NY MFT)**

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 hours.

### **New York Board for Psychology (NY PSY)**

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.
2. Discuss how to work in a brief intervention format, in 1 to 6 sessions of 30 minutes duration or less.
3. Discuss techniques to rapidly conceptualize a wide range of common DSM disorders and clinical issues in terms of the FACT model.
4. Identify ways to plan treatments based on individualized case conceptualizations.
5. Discuss how to facilitate optimism and hope and get client 'buy-in' from the start.
6. Identify how to distill the six core ACT processes into three larger overarching processes –and move rapidly, fluently and flexibly between them.
7. Use mindfulness-based cognitive strategies and values-guided behavioral activation strategies to motivate clients to make meaningful between-session behaviour changes.

### **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.

First Name	Last Name	Commercial Interest: Relationship
Lisa	Carnell	NA
Joanna	Cruz	NA
Shanna	Dannug	NA
Ryan	Dixon	NA
Russell	Harris	NA