

TUESDAY 4 JUNE 2019
09:00 – 17:00

Room 3A

Acceptance and Commitment Therapy for Cystic Fibrosis; an introduction

Instructor: Ray Owen, Hereford, UK

Chairs EPSIG Committee: Alistair Duff, Leeds, UK / Eddie Landau, Tel Aviv, IL /
Dagmar Brocke, Utrecht, NL / Annet Bongen, Utrecht, NL / Angelique Tijtgat,
Brussels, BE / Urszula Borawska-Kowalczyk, Warsaw, PL

09:00 – 10:30	SESSION I: Introduction
09:00 – 09:30	Experiential exercises
09:30 – 10:00	Living with severe health conditions: the nature of the problem
10:00 – 10:30	Acceptance & Commitment Therapy (ACT): theoretical background & evidence
10:30 – 11:00	COFFEE BREAK
11:00 – 13:15	SESSION II: Core processes of ACT
11:00 – 11:45	Core processes of ACT – engaged
11:45 – 12:30	Core processes of ACT – open
12:30 – 13:15	Core processes of ACT – aware
13:15 – 13:45	LUNCH BREAK
13:45 – 15:15	SESSION III: Core processes (continued)
13:45 – 15:15	Core processes (continued) – live role-play demonstrations
15:15 – 15:30	COFFEE BREAK
15:30 – 17:00	SESSION IV: Formulation skills exercise
15:30 – 16:00	Taking it further
16:00 – 16:30	Questions and answers
16:30 – 17:00	Closing remarks