

An Acceptance & Commitment-based Approach to Increasing Psychological Flexibility



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Dr. Marika Gilbert is a staff psychologist at the American University Center for Well-Being Programs and Psychological Services. Dr. Gilbert received her Psy.D. in Clinical Psychology at Nova Southeastern University. She works from an integrative framework primarily drawing from Acceptance and Commitment, Interpersonal, and Solution-focused approaches.

This seminar is free of cost and limited to American University CWB employees.

Seminar includes beginner-level information and skills training in ACT. At the completion of this training, participants will be able to:

1. Demonstrate the benefits of psychological flexibility through the utilization of ACT
2. Utilize the six core principles of ACT to conceptualize psychopathology
3. Identify interventions that can be applied to increase psychological flexibility

1.0 hours of CE credits are available for participants who attend entire program.

Thursday, February 08, 2024

12-1:00pm

Seminar will take place virtually via Zoom. Attendees will receive Zoom link after registration. Register at the following link:

https://american.co1.qualtrics.com/jfe/form/SV_3scvwsKHsksR5hc

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