

VIRTUAL ACT CLINICIAN TRAINING

FALL & WINTER 2025

What is ACT?

Acceptance and Commitment Training (ACT) is a mindfulness and value-based intervention that enhances psychological flexibility, enabling participants to engage in value-driven actions in the face of challenging thoughts and emotions. Our team has developed a manualized evidence-based ACT workshop for caregivers of individuals with neurodevelopmental differences and other disabilities, designed to be co-delivered by clinicians and caregivers, in partnership.

About the Trainers

The Level 1 training will be led by Dr. Kenneth Fung, a psychiatrist who developed the intervention, as well as a caregiver of a family member with a neurodevelopmental disability. The Level 2 training includes experienced ACT Caregiver Facilitators who will coach you to co-deliver exercises in smaller clinician/caregiver teams.

About The Training Program

It consists of 2 Levels:

- Level 1: Introduction to ACT through group experiential exercises, reflection, and discussion.
- Level 2: Deepening your understanding of ACT, building co-facilitation skills, and small group practice.

To receive a Certificate of Completion you cannot miss more than 1 session in each Level 1 and Level 2.

Register
Here

Please watch the [mandatory orientation video](#) to better understand our workshop and training model before registering.

Location: Virtual via Zoom

Level 1 (Introduction to ACT)

- Dates: Thursdays, 7:00- 9:00 PM EST
 - October 2nd, 9th, 16th, 23rd, 30th
- Cost: \$250.00

Level 2 (Co-Facilitating ACT)

- Dates: Thursdays, 7:00- 9:00 PM EST
 - November 13th, 21st, 28th & December 4th, 11th & 18th
- Cost: \$350.00, includes cost of manual and access to all resources for running a workshop

Questions: actforcaregivers@gmail.com

