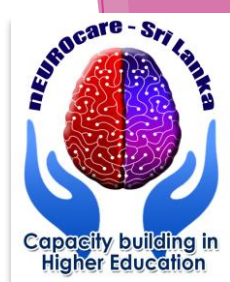




Kristianstad
University
Sweden



General Sir John Kotelawala Defence University

Pre-conference workshop – nEUROcare 2023 Acceptance and Commitment Therapy (ACT)

1-Day
Workshop

Organized by,
nEUROcare project
Faculty of Allied Health Sciences
General Sir John Kotelawala Defence University

Date

Location

Time

6th February 2023

Auditorium-University
Hospital, KDU

0800am-5.00pm

Workshop Overview

Acceptance and Commitment Therapy (ACT) is a method of psychotherapy that combines elements of traditional behavior therapy and cognitive behavioral therapy. Clients learn to stop avoiding, denying and struggling with their inner emotions and accept these deeper feelings as appropriate responses to specific situations. Clients begin to accept their difficulties and commit to making necessary behavioral changes due to this understanding, regardless of what is going on in their lives or how they feel about it.



Resource Persons

Martin Persson
Professor in Health Sciences
Faculty of Health Sciences
Kristianstad University
Sweden



Emma Matei
Lecturer
Faculty of Health Sciences
Kristianstad University
Sweden

Participants (max.50)

- University academia and student counsellors.
- Will be selected based on the relevancy.
- Priority will be given for early registrants.
- Certificate, tea and lunch will be provided.

Registration fee 1000/=LKR.

- ✓ 1500/= LKR for both workshops (HI3 and ACT).
- ✓ The selected participants will be informed payment details in due course.
- ✓ Please fill Google sheet (via QR or the link)
<https://forms.gle/qi4Zz4dXG3RsvCQLA>

For more details contact Dr Prasanna Herath (Mob:0777447590/e-mail:
prasannah@kdu.ac.lk)



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