Acceptance and Commitment Therapy (ACT) in the Treatment of Unwanted Pornography Viewing

Cameron S. Staley, Ph.D. & Matt Ashton, Ph.D.

Friday, January 11, 2019
8:00 am - 4:30 pm
Idaho State University (Pocatello, ID)
Pond Student Union Building – Salmon River Suites (3rd Floor)

Training Summary
This full-day training is designed for mental health clinicians who work with compulsive sexual problems including unwanted pornography viewing. Recent research has found Acceptance and Commitment Therapy (ACT) effective in reducing unwanted pornography viewing by over 90% (Crosby & Twohig, 2016) within 2 to 3 months of treatment.
The training will:
1) Review research and provide an evidenced based conceptualization of unwanted pornography viewing.
2) Provide an overview for an eight session Acceptance and Commitment Therapy (ACT) treatment approach for unwanted pornography viewing.

Expected Learning Outcomes
• Integrate ACT techniques and skills into your current practice
• Practice 20 experiential ACT and mindfulness exercises as a group
• Apply these concepts in the context of clinical work with individuals who struggle with compulsive pornography use
• Utilize metaphors and exercises which guide therapy and help clients make connections to concepts
• Learn effective ways to track process oriented outcomes such as awareness, flexibility, and values
• Learn meditations which strengthen mindful awareness of emotions and impulses
• Apply principles in individual or group therapy

Registration
Pre-registration is required by Jan 4. Seating is limited. Register online at www.isu.edu/ctc under the “Outreach Services” tab. Check-in begins at 7:45 am.

Cost
ISU Students: Free
Community members: $20
Professionals seeking CEUs: $100
20% Discount ($80 per person) for groups of 5 or more

CEUs
This workshop has been approved for 7 Continuing Education hours through Idaho State University. Attendees are encouraged to check with their individual boards for CE credit prior to the workshop. Participants will receive certificates following the training.
Presenters

Cameron S. Staley, Ph.D., Staff Psychologist, Group Coordinator

Dr. Cameron Staley is a staff psychologist at Idaho State University’s Counseling and Testing Services. His responsibilities include providing individual, couples, and group therapy, along with biofeedback training for ISU students.

Dr. Staley has presented his research at the International Academy of Sex Research (IASR) and the Society for the Scientific Study of Sexuality (SSSS) along with peer-reviewed publications in the journals Socioaffective Neuroscience and Psychology, Sexual Addiction & Compulsivity, and Archives of Sexual Behavior.

Dr. Staley completed his psychology internship at Brigham Young University’s Counseling and Psychological Services facilitating treatment groups for students with sexual concerns utilizing principles from Acceptance and Commitment Therapy (ACT).

Matthew W. Ashton, Ph.D., Staff Psychologist, Biofeedback Coordinator

Dr. Matt Ashton is a staff psychologist at Idaho State University’s Counseling and Testing Services. He is active in providing individual, couples, and group therapy, along with biofeedback training for ISU students, and supervision of graduate students in training.

Dr. Ashton has worked with young adults in college settings in different parts of the US with particular interest in anxiety, stress, decision making, sexuality, and spirituality. He completed his psychology internship at Brigham Young University’s Counseling and Psychological Services facilitating treatment groups for students with sexual concerns utilizing principles from Acceptance and Commitment Therapy (ACT). Additionally, he has organized and conducted treatment groups for anxiety based on ACT principles and interventions.