Acceptance and Commitment Therapy (ACT) for Anxiety

Presenters: Matt Ashton, Ph.D., & Cameron Staley, Ph.D.

Presentation Description

This full-day workshop will provide a broad overview of Acceptance and Commitment Therapy (ACT) including theoretical foundations, conceptualization framework, assessment, and process dimensions of ACT theory and practice. These concepts will be applied to working with anxiety symptoms in both individual and group treatment settings through practicing the use of metaphors, experiential exercises, mindfulness, and promoting values-oriented action.

Matt Ashton, Ph.D., Staff Psychologist

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 to 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, and spirituality. He has facilitated 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 and general mental health concerns based on ACT principles and interventions.

Cameron Staley, Ph.D., Staff Psychologist

Dr. Cameron Staley is a staff psychologist at Idaho State University’s Counseling and Testing Service. His responsibilities include providing individual, couples, and group therapy along with biofeedback training to ISU students. He also teaches graduate and undergraduate courses for the psychology department and supervises graduate students providing clinical services.

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).