

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Acceptance & Commitment Therapy for Pain and Addiction

Presented by: Kathleen McChesney, MA, PsyD

Offered: 13 August 2025, 1300–1600 PM ET

Location: ZoomGov

Course Description: Acceptance and Commitment Therapy (ACT) is one of several 'Third Wave' Cognitive Behavioral Therapies proven to effectively treat chronic pain and addiction. This course will review the core philosophy behind this psychotherapeutic approach, discuss its theoretical approaches toward psychopathology and change, and offer opportunities to practice case conceptualization. Attendees will have opportunities to practice using ACT metaphors, experiential exercises, and guided mindful practices for use in clinical settings with patients.

Learning Objectives:

1. To comprehend the philosophical origins, theories and rationale behind ACT's therapeutic style
2. Learn core therapy processes, Intervention strategies, and direct areas of change to address
3. Attendees will strengthen case conceptualization skills through ACT-specific approaches in the areas of exercises, role plays, metaphors, and mindfulness.

13 August 1300-1600 PM ET

1300–1330 ACT Defined

1. Philosophy, Origins, Theories of Pathology and Change

1330–1420 6 Core Areas of Processing, Intervention, Therapist Competence

1. Hexaflex of Inflexibility/Clinical Areas of Processing
2. Hexaflex of Flexibility/Clinical Areas of Directional Change
3. Practice Applications of Metaphors, Experiential Exercises, Mindfulness

1420–1435 ----- BREAK -----

1435–1500 Case Example Practice: Chronic Pain "Paul"

1. Case Conceptualization, Areas to address, How to engage

1500–1525 Case Example Practice: Substance Use "Sam"

1. Case Conceptualization, Areas to address, How to engage

1525–1600 Q & A, Discussion and Wrap-Up