



# Steven C. Hayes, Ph.D. -- 2 Events!

Nevada Foundation Professor in the Behavioral Analysis Program, Department of Psychology, University of Nevada  
Developer of Acceptance and Commitment Therapy (ACT) and Relational Frame Theory (RFT)  
Author or co-author of 44 books, including *Get Out of Your Mind and into Your Life*

## “Turning Toward: The Healing Power of Human Consciousness”

Thursday, May 11, 2017, 7:00 PM

## “Why Psychological Flexibility Matters to Clients, Practitioners, and to their Relationship”

Friday, May 12, 2017, 9:30-11:30 AM

*CEU registration REQUIRED: [www.bit.ly/FANHayes](http://www.bit.ly/FANHayes)*

Both, New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield

Presented by **Family Action Network (FAN)**,  
in partnership with Compass Health Center, Countryside Montessori School,  
the ECGC Parent Group at NTHS, Family Service Center, Josselyn Center,  
the National Alliance on Mental Illness - Cook County North Suburban (NAMI-CCNS), Roycemore School,  
Samaritan Counseling Center, and The Family Institute at Northwestern University.

These events are free and open to the public. CEUS for clinicians at May 12 event. Suitable for youth 12+.

**Info: [familyactionnetwork.net](http://familyactionnetwork.net)**

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**FOR IMMEDIATE RELEASE: STEVEN C. HAYES, Ph.D. – TWO EVENTS**

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Steven C. Hayes, Ph.D. is Nevada Foundation Professor in the Behavior Analysis Program, Department of Psychology, University of Nevada. An author of 44 books and nearly 600 scientific articles, Dr. Hayes has shown in his research how language and thought lead to human suffering, and has helped develop **Acceptance and Commitment Therapy (ACT)**, a powerful “third wave” therapy method that is useful in a wide variety of areas. His popular book **Get Out of Your Mind and into Your Life** was featured in *Time Magazine* among several other major media outlets and for a time was the number one best-selling self-help book in the United States. Dr. Hayes has been president of several scientific societies and has received several national awards, such as the **Lifetime Achievement Award** from the **Association for Behavioral and Cognitive Therapy**.

**EVENT #1:** Thursday, May 11, 2017, Turning Toward: The Healing Power of Human Consciousness, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. Life should be getting easier, but it's not. Science and technology have given us previously unimagined longevity, communication, and recreation, but it has also exposed us to pain and suffering on a 24/7 basis. The result is more anxiety, depression, and substance abuse than ever, most shockingly even among our children and young adults. We need modern minds to face this modern world of ours. Behavioral science has identified a cluster of processes known as psychological flexibility that predict how we will do over time in facing life challenges. This talk will break down these steps into six different psychological pivots – six moments of turning toward or turning away – and will argue that you already have within you the most powerful ally of all in learning them: human consciousness itself.

**EVENT #2 (Free CEUs available for clinicians):** Friday, May 12, 2017, Why Psychological Flexibility Matters to Clients, Practitioners, and to their Relationship, 9:30-11:30 AM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093. **Register for CEUs at [www.bit.ly/FANHayes](http://www.bit.ly/FANHayes).** Psychological flexibility is comprised of a small set of processes (acceptance, defusion, flexible attention to the now, perspective taking, values, and committed action) that are known to relate to the development of psychopathology if they are absent or human prosperity if they are present. While psychological flexibility is best known as the model that guides **Acceptance and Commitment Therapy (ACT)**, it is becoming increasingly apparent that flexibility processes are central to our understanding of a range of treatment methods. For example, psychological flexibility processes empower exposure methods, and help explain why they work. They help explain the impact of traditional CBT methods. They relate to clinicians' willingness to use exposure and other evidence-based methods, and they help clinicians do their work with less burnout, stigmatization of recipients of care, and with a greater sense of personal accomplishment. Finally, these same processes foster empowering therapeutic relationships. This talk will describe psychological flexibility as a general model of behavioral development and change, and will show why it matters to target these processes for change both for clients and for the practitioners who serve them.

Sponsored by *Family Action Network (FAN)*, in partnership with *Compass Health Center, Countryside Montessori School, the ECGC Parent Group at New Trier High School, Family Service Center, Josselyn Center, NAMI-CCNS, Roycemore School, Samaritan Counseling Center, and The Family Institute at Northwestern University*. FAN is grateful for the support of its 2016-17 annual sponsors *Compass Health Center, Evanston Township High School D202, New Trier High School D203, the Martin & Mary L. Boyer Foundation, Magnetar Capital, and Tina & Byron Trott*; our strategic partners *Acclaim Media, the Butler Family Foundation, Center for Talent Development at Northwestern University, Curt's Café, Envestnet, Erikson Institute, Evanston/Skokie D65, the Finnegan Family Foundation, Hackstudio, Loyola University Chicago School of Law, the Mammel Foundation, the Master of Science in Education Program at the School of Education and Social Policy at Northwestern University, the McGaw YMCA, National Alliance on Mental Illness – Cook County North Suburban, New Trier Parents' Association, North Shore Community Bank, Northern Suburban Special Education District (NSSED), Northwestern University, R4 Services, LLC, ReDefined Fitness, The Book Stall at Chestnut Court, The Family Institute at Northwestern University, Victories, and Youth & Opportunity United (Y.O.U.); and our in-kind sponsors *Kirkland & Ellis LLP and Turing Group*.*

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