

La Maîtrise universitaire de formation continue
MAS Psychologie de la Santé



Acceptance and Commitment Therapy (ACT) Conference and atelier

Prof. JoAnne Dahl

University of Uppsala, Sweden

25 et 26 juin 2018

Université de Fribourg. Pérolles 21

Salle E230. 09h-17h



Developed within a coherent theoretical and philosophical framework, Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility. Psychological flexibility means contacting the present moment fully as a conscious human being, and based on what the situation affords, changing or persisting in behavior in the service of chosen values. ACT has proven to be effective in treating anxiety disorders, depression, addiction, and somatic health problems such as chronic pain.

Frais d'inscription étudiants (sur justificatif): 140.- CHF
Frais d'inscription participants MAS : 180.- CHF
Frais d'inscription doctorants (sur justificatif): 180.- CHF
Frais d'inscription : 250.- CHF

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