

Patricia J. Robinson, PhD, Psychologist

Whole Person Care Using Brief ACT to Address the Psychological Burden of Diabetes & Chronic Pain



CE CREDITS
Psychologists:
13 HOURS

WORKSHOP PRESENTER:

Patricia J. Robinson, PhD, Psychologist

DATE:

March 27-28, 2026

**Instruction 10:00 am – 1:15 pm then break for lunch
on your own**

Instruction 2:00 pm – 5:15 pm then end of day

LOCATION & CONTACT:

In Person: Latham Hall: Widener University | Philadelphia, PA

Virtual: Virtual, hybrid, watch parties at multiple locations

● **Contact for more information: pachapteracbs@gmail.com**

COST:

\$350 | Early Bird up to 3/06: \$300

\$15.00 for CE Credits for Psychologists

50% off for virtual attendees from developing nations

**Course Workbook and the Mastery of
FACT free chapter available upon
registration**

People struggling with long-term conditions, such as diabetes and chronic pain, often experience challenges to their mental, emotional, and social well-being. As many as 1 in 5 Americans are living with one of these two conditions, and, in an ideal world, they would be able to access care from a provider trained to address behavioral aspects of both their physical and psychological well-being.

This 2-day hybrid workshop in Philadelphia introduces an approach that prepares healthcare workers to offer whole-person care in a brief format that can make services more readily available to people living with co-morbid medical and mental health problems. Focused Acceptance and Commitment Therapy (or "FACT") is a transdiagnostic, strength-based approach that targets function and planned experimentation to enhance psychological flexibility.

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REGISTER

**Register
Here**



<https://bit.ly/49GHre8>

REGISTER

TRAINING
DAY 1

On day 1, participants will learn to use several important FACT tools for assessment and intervention. They will view a demonstration of how to use the Four Square Assessment (Four Square A) tool to develop an understanding of the function of behaviors related to coping with diagnosis and management of diabetes. They will use the Pillars Assessment Tool conceptualize strengths and needs related to a person's overall level of psychological flexibility (PF). Then, they will observe use of the FACT Four Square Intervention (Four Square I) tool to select and attempt one or more interventions to enhance PF. The day will also include introduction of a FACT Tool kit to use in learning FACT during and after the workshop.

TRAINING
DAY 2

On day 2, participants will consider the problem of pain from a FACT perspective. A brief introduction to predictive coding theory will pave the way for a demonstration of an intervention that emphasizes mindfulness of the body and creation of a new perspective on pain. Participants will experiment with implementing the "mindfulness of the body" intervention in role plays. Later, participants will learn the Life Path intervention, a versatile FACT intervention that may be used in individual and group service formats. The day will conclude with the introduction of the FACT Core Competency Tool. This 17-item tool describes skills and knowledge areas that participants can assess and target in their on-going efforts to learn FACT and progress towards mastery.

Relevant financial relationships and conflict of interest: No commercial support was obtained for this CE program or for the instruction content that could be construed as a conflict of interest. No commercial support is being sought for an endorsement of any product (e.g., books, drugs, etc.). Dr. Robinson will receive honoraria for this presentation. Attendees must be present for the entirety of workshop on both days to earn CE credits (no exceptions).

LEARNING OBJECTIVES:

- 1 Describe the Focused Acceptance and Commitment Therapy Tool Kit.
- 2 Define psychological flexibility.
- 3 Use the FACT Pillars Assessment Tool to assess the relative strengths of a person on each of the three FACT pillars: open, aware, and engaged.
- 4 Use the Four Square Assessment Tool to develop an understanding of a person's behavioral responses to difficult life problems, such as diabetes or chronic pain.
- 5 Use the Four Square Intervention Tool to identify possible interventions to enhance a person's psychological flexibility in responding to a long-term condition.
- 6 Describe how predictive coding theory supports use of "mindfulness of the body" interventions to enhance psychological flexibility.
- 7 Offer a "mindfulness of the body" intervention to assist a person with developing a new world view, one that offers a way forward toward greater vitality.
- 8 Use the Life Path to establish a metaphor to support on-going care for someone challenged by a long-term condition.
- 9 Use the FACT Can Do Plan to enhance the quality of behavioral experiments developed in a FACT visit.
- 10 List the four domains of the FACT Core Competency Tool.
- 11 Set up a learning plan that supports on-going mastery of FACT in addressing the needs of people challenged by chronic conditions.

