



ABN 44 162 221 892

## **Statement of Attendance**

### Acceptance and Commitment Therapy for Perinatal and Infant Mental Health Introductory Online Workshop 2

Name: Barbara Hiller

Signature:

College Number (if applicable): CMA3002

#### **Learning Outcomes**

Describe an important difference between traditional Cognitive Behavioural Therapy and Acceptance and Commitment Therapy

Describe the difference between values and goals

Detail 3 strategies which support cognitive defusion

Detail 2 strategies which support self-compassion

*Completion of introductory workshop 1 and introductory workshop 2 are pre-requisites to joining the NDC Accreditation Pathway.*

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