

INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY (ACT) THEORY & PRACTICE

DR. TONG, KA HO ADRIAN (COUNSELLING PSYCHOLOGIST, ACT PRACTITIONER & ASSISTANT PROFESSOR) | CANTONESE | 2025 SUMMER INTAKE

About the Lecturer:

Dr. TONG, Ka Ho Adrian is a Counselling Psychologist and Assistant Professor at Hong Kong Shue Yan University. He began his career as a behavioral therapist after completing his undergraduate studies, later expanding his expertise to cognitive therapy during and after his Master's in Counselling. Through continued exploration, he shifted his focus to contextual behavioral science—the foundation of Acceptance and Commitment Therapy (ACT)—and has since applied ACT in his clinical practice for over five years. Dr. Tong **holds certification in ACT** and is currently honing his skills under the supervision of Dr. Jennifer Gregg, a direct student of ACT co-founder Dr. Steven Hayes. Alongside his academic role, he remains an active practitioner, integrating ACT into his clinical work. His research is **ACT-focused, including his PsyD thesis on the efficacy of ACT for parents of children with ASD in Hong Kong and ongoing studies categorizing experiential avoidance and cognitive fusion.**



By the end of this course, you will:

1. **Understand ACT's perspective on human nature** and the central role of psychological flexibility in fostering well-being.
2. **Understand the foundations of Relational Frame Theory (RFT)** and the six core principles that define ACT's therapeutic approach.
3. **Learn to conceptualize clinical cases** through the ACT framework, translating theory into structured practice.
4. **Acquire essential ACT techniques** for assessment, intervention, and facilitating values-driven behavioral change.
5. **Identify ACT-consistent and inconsistent practices** to ensure fidelity to the model and avoid common therapeutic misapplications.

Interactive Learning:

- Direct teaching & case discussions
- Video analysis of therapy sessions
- Interactive role-play demonstrations
- Live supervision and feedback

Language: Cantonese

JOIN NOW



11/6, 19/6, 9/7, 17/7, 31/7, 7/8



7:00–10:00 PM



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