LEADING EDGE SEMINARS · CANCUN 2027

WEEK 1 · CE & EMPLOYER APPROVAL PACKAGE

# Returning to What Matters

*An Experiential Acceptance and Commitment Therapy Seminar*

**With Robyn Walser, PhD**

**WORKSHOP**
February 1–5, 2027
Monday to Friday
9:00 am-12:30 pm, local resort time

**RESORT STAY**
January 30-February 6, 2027
Seven nights
Dreams Jade Resort & Spa · Puerto Morelos, Mexico

**TRAINING**
Live, in person · Intermediate/ advanced
16.25 CE hours

ACT can make sense on paper and still be hard to do in the room, when a client is caught in avoidance or fused with a painful story and the session starts to stall.

Robyn Walser helps you move from understanding ACT to using it fluently: working with psychological flexibility, functional analysis and values-guided responding as they unfold in session, through experiential exercises, clinical demonstrations and case discussion.

**CE & EMPLOYER APPROVAL PACKAGE**

Objectives, five-day agenda, CE details and an employer approval summary, ready to share.

01 · THE TRAINING

# Deepen your fluency in ACT

This is hands-on ACT. Rather than reviewing the model, you'll practise noticing avoidance, control and fusion as they happen, choosing interventions by their function and the client's values, and paying attention to what's going on in you as the therapist.

- Integrate present-moment awareness, acceptance, defusion, self-as-context, values, and committed action.
- Apply functional analysis to avoidance, control strategies, and short-term relief patterns.
- Notice how your own urgency, discomfort, and uncertainty shape clinical decisions.
- Practise values clarification, committed action, and responses to barriers and clinical stuckness.
- Strengthen therapeutic presence and respond to alliance strain, rupture, and repair.

### Who should attend

Designed for intermediate and advanced mental health professionals, including marriage and family therapists, psychologists, social workers, psychotherapists, counsellors, pastoral counsellors, psychiatrists, physicians, nurse practitioners, occupational therapists, and graduate students in accredited programs in these fields.

## Your presenter

### Robyn D. Walser, PhD

Robyn D. Walser is a clinical psychologist, educator, and author. She is Director of Trauma and Life Consultation and Psychology Services, Assistant Professor at the University of California, Berkeley, and Director of Research at Bay Area Trauma Recovery Clinical Services. Her work at the National Center for PTSD focused on trauma recovery, depression, and moral injury. She has led ACT workshops internationally since 1997. Her books include You Are Not Your Trauma and The Heart of ACT: Developing a Flexible, Process-Based, and Client-Centered Practice Using Acceptance and Commitment Therapy. Her teaching emphasizes experiential learning, clinical flexibility, and human connection.

Workshop content and presenter background adapted from the Praxis CE planning materials and presenter biography. Full workshop page: **leadingedgecancun.com/event/acceptance-and-commitment-therapy-training/**

# What you will learn

At the conclusion of the workshop, participants will be better able to:

1. Describe the theoretical foundations of Acceptance and Commitment Therapy (ACT) as a process-based, functionally contextual approach to psychotherapy.
2. Identify the six core ACT processes (present-moment awareness, acceptance, cognitive defusion, self-as-context, values, and committed action) and their roles in promoting psychological flexibility.
3. Apply functional analysis to understand patterns of experiential avoidance, control strategies, and short-term relief that interfere with values-based living.
4. Demonstrate the use of present-moment awareness, acceptance, and cognitive defusion to help clients respond more flexibly to difficult internal experiences.
5. Recognize how therapists' own internal experiences (e.g., urgency, discomfort, helpfulness, uncertainty) influence in-session decision making and intervention selection.
6. Apply ACT processes to therapists' internal experiences in session in order to support presence, flexibility, and values-guided clinical responding.
7. Explain the functions of self-as-context, values, and committed action in supporting perspective-taking, direction, and sustained behavior change.
8. Implement values clarification and committed action strategies that are tailored to the function of client behavior rather than diagnosis alone.
9. Integrate the six core ACT processes into coherent, flexible clinical responses across a range of clinical presentations.
10. Evaluate moment-to-moment clinical choices (e.g., pausing versus pushing, naming versus bypassing, staying versus fixing) and articulate how these choices support psychological flexibility.
11. Describe the role of the therapeutic relationship in ACT, including how therapist presence, openness, and values-guided responding shape safety, trust, and engagement.
12. Identify and respond to relational moments such as alliance strain, rupture, and repair using ACT-consistent principles rather than technique-driven or control-oriented strategies

03 · FIVE-DAY AGENDA

# Your week of learning

Daily: 9:00–10:15 am and 10:30 am–12:30 pm, with a morning break 10:15–10:30. All times local resort time. Instructional time is 3.25 hours a day, 16.25 hours in total; breaks and check-in don't count toward CE hours.

MON 1 Feb 2027

## ACT foundations & functional analysis

| | |
|---|---|
| 9:00–10:15 am | Orientation; ACT as a process-based, functionally contextual approach; overview of the six core processes. |
| 10:30 am–12:30 pm | Functional analysis of experiential avoidance, control, and short-term relief, illustrated through clinical examples. |

TUE 2 Feb 2027

## Acceptance, defusion & awareness

| | |
|---|---|
| 9:00–10:15 am | Acceptance and willingness, cognitive defusion, and present-moment awareness; emphasizing function over form. |
| 10:30 am–12:30 pm | Experiential and clinical practice applying these processes, including attention to therapist internal experiences and flexible responding. |

WED 3 Feb 2027

## Perspective, values & action

| | |
|---|---|
| 9:00–10:15 am | Self-as-context and perspective-taking. |
| 10:30 am–12:30 pm | Values as ongoing patterns of action; committed action, values-guided goal setting, and working with barriers to action. |

THU 4 Feb 2027

## Integration & clinical flexibility

| | |
|---|---|
| 9:00–10:15 am | Weaving the six ACT processes and responding flexibly to clinical stuckness. |
| 10:30 am–12:30 pm | Case formulation and integration practice across processes, with attention to moment-to-moment clinical choices. |

FRI 5 Feb 2027

## The therapeutic relationship

| | |
|---|---|
| 9:00–10:15 am | Therapist presence, openness, and values-guided responding within the therapeutic relationship. |
| 10:30 am–12:30 pm | Relational moments: responding to alliance strain, rupture, and repair using ACT-consistent principles. |

# Stay, connect & recharge

## Dreams Jade Resort & Spa

A beachfront, all-inclusive resort in Puerto Morelos, just south of Cancun. Your seven-night stay runs from Saturday, January 30 to Saturday, February 6, 2027. Morning workshops leave your afternoons open to enjoy the resort and connect with other clinicians.

## Your retreat package includes

**7**
nights of all-inclusive accommodation

**1**
workshop registration with Robyn Walser

**All**
meals, drinks and snacks, plus access to resort amenities

Packages are priced per room, per week, based on occupancy. A second adult sharing your room doesn't automatically receive a workshop registration; additional registrations can be added during booking.

## Choose your room category

**JUNIOR SUITE TROPICAL VIEW**
A room option with tropical surroundings.

**JUNIOR SUITE OCEAN VIEW**
An upgraded option with partial ocean views.

**PREFERRED CLUB OCEAN VIEW**
ADULTS ONLY · 18+
Premium accommodation with enhanced amenities and exclusive privileges.

## Beyond the workshop

Begin with the Sunday Night Meet & Greet, then enjoy informal opportunities to connect over coffee, by the pool or before dinner. Optional excursions and spa services are separate from the core training package.

Explore Paradise Perks → Explore the resort →

Airfare is not included. Fly into Cancun International Airport (CUN). Contact us about airport transfers, extended stays, companion arrangements or accessibility needs.

# Plan your professional development

16.25
CE HOURS

**Continuing education.** This workshop is approved for 16.25 CE hours by Praxis Continuing Education and Training. The educational activity is sponsored by Praxis Continuing Education and Training by New Harbinger and co-sponsored by Leading Edge Seminars.

See the CE page for profession-specific US approvals and Canadian and international participation information, and check acceptance with your own licensing or professional body before registering. Attend all sessions, sign in daily and complete the evaluation to receive your certificate; no partial credit is awarded. Canadian participants receive a Certificate of Participation for 16.25 hours on 100% attendance.

Review CE approvals and requirements →

## Pricing, payment plans & cancellation

Compare room and occupancy options on the pricing page. **Flexible payment plans are available**: contact Emily to set one up.

View retreat pricing →

Read the cancellation terms →

QUESTIONS?

**Emily Porter**
Leading Edge Seminars
emily@leadingedgeseminars.org
416-964-1133

Ask about workshop suitability, accommodation, payment plans or employer documentation.

**Register for Cancun 2027 · leadingedgecancun.com/product/register**

# Employer approval summary

Use this page, together with sections 01–03, when requesting professional development time or funding.

| | |
|---|---|
| **Program** | Returning to What Matters: An Experiential Acceptance and Commitment Therapy Seminar |
| **Presenter(s)** | Robyn Walser, PhD |
| **Format** | Live, in-person, five-day workshop · intermediate/advanced |
| **Dates** | February 1-5, 2027 (Monday to Friday), 9:00 am–12:30 pm local time |
| **Location** | Dreams Jade Resort & Spa, Puerto Morelos (Cancun), Mexico |
| **Instructional hours** | 16.25 CE hours (3.25 instructional hours a day, Monday to Friday) |
| **CE sponsor** | Praxis Continuing Education and Training by New Harbinger; co-sponsored by Leading Edge Seminars |
| **Certificate** | Issued on full attendance, daily sign-in and completed evaluation; no partial credit |
| **Learning objectives** | 12 objectives, listed in section 02 of this guide |
| **Costs** | The package combines accommodation and one workshop registration. Ask Emily for a breakdown separating the workshop fee from accommodation and travel. |

## A request note you can adapt

Dear **[manager's name]**,

I'd like to request approval to attend **Returning to What Matters**, a live 16.25-hour continuing education workshop with Robyn Walser, PhD, running February 1-5, 2027. The workshop is CE-approved through Praxis Continuing Education and Training.

It would support my work with **[client group / caseload]**, particularly in **[one or two learning objectives from section 02]**. The attached guide includes the full objectives and the five-day agenda.

I'm requesting **[time away / funding amount / both]**. I can provide a cost breakdown separating the workshop fee from accommodation and travel.

Thank you for considering it,
**[your name]**

Prepared October 2026 from the Praxis CE materials and the Leading Edge Cancun website. Please check the website for current details.