



The Poetics of ACT

Finding Beauty in the Midst of Darkness

Kelly G. Wilson, PhD · Co-Founder, Acceptance & Commitment Therapy



Photo: Karla Buerkle

November 9–11, 2026 · The Red Earth Venue, Moab, Utah · 12 APA-Approved CE Credits

Something has shifted in the rooms where we do this work. Our clients carry what the world is carrying — and so do we. The question of how to remain present, how to stay open without being swept away, how to act with integrity when the ground is uncertain — these are not abstract clinical questions right now. They are the texture of the work itself.

We chose Moab deliberately. There is something about the scale of canyon country — the deep time written in the rock, the quality of light, the particular silence — that creates conditions for a different kind of learning. Space to slow down. Room to see clearly.

This workshop approaches ACT as the lived practice of a poetic stance — not a protocol. Work with self and identity is woven throughout all six ACT processes as a central thread. Appropriate for beginners and veteran therapists alike. No prior background in ACT required.

CE Approval: This program is co-sponsored by Destination Psych CE and CE-Go. CE-Go is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Go maintains responsibility for this program and its content.



Double Arch · Arches National Park · Photo: Karla Buerkle

WHAT TO EXPECT

- **Immersive & Experiential Learning**
- **Half-Day CE Format — Afternoons Free for Moab**
- **Intimate, Curated Venue**
- **All Levels Welcome — No Prior ACT Background Required**

Early Bird Registration Open Now

Through June 15, 2026
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PROGRAM SCHEDULE & VENUE INFORMATION

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Dead Horse Point State Park · Photo: Karla Buerkle

MONDAY, NOVEMBER 9

1:00 pm – 5:15 pm · 4 CE Credits

12:15 – 1:00 PM · Check-In & Welcome

1:00 – 2:45 PM

The Problem with Protocols

1.75 CE

How medical and pharmacological research models narrowed our assumptions about therapeutic change — and why a process-based, poetic orientation represents a substantive alternative.

2:45 – 3:00 PM · Break

3:00 – 5:00 PM

The Poetic Stance in Practice

2 CE

Differentiating protocol-driven from process-based approaches. Therapist variables — attention, presence, responsiveness — as active therapeutic ingredients.

5:00 – 5:15 PM

Reflection & Close

0.25 CE

5:15 – 6:30 PM · Social Hour (Optional)

TUESDAY, NOVEMBER 10

9:00 am – 2:00 pm · 4 CE Credits

8:00 – 9:00 AM · Morning Gathering

9:00 – 11:30 AM

Suffering, Formulation, and the Limits of What We Know

2.5 CE

A process-oriented understanding of psychological suffering applied to collaborative case formulation. How identity and behavior are shaped by experience outside awareness. Clinical decision-making in real time.

11:30 AM – 12:30 PM · Lunch on-site (provided)

12:30 – 2:00 PM

Limitation, Possibility, and the Work of Language

1.5 CE

Noticing and tracking shifts between contexts of limitation and possibility. ACT-consistent methods for exploring verbal narratives, self-stories, and rule-governed behavior with clients.

2:00 PM · Free Time — optional soundbath available

WEDNESDAY, NOVEMBER 11

8:45 am – 1:00 pm · 4 CE Credits

8:00 – 8:45 AM · Morning Gathering

8:45 – 10:30 AM

Self, Identity, and the Six Processes

1.75 CE

Integrating work with self and identity as a central thread — not an add-on — woven through acceptance, defusion, present-moment awareness, values, and committed action.

10:30 – 10:45 AM · Break

10:45 AM – 12:45 PM

Slow Is Fast — Values, Pacing, and the Living Practice

2 CE

The principles slow is fast, small is big, and less is more as guides to therapeutic pacing. Collaborative formulation of values-based directions with clients. Closing practice and integration.

12:45 – 1:00 PM

Conclusion

0.25 CE

WHERE TO STAY

Guests are responsible for booking their own lodging.

Moab Springs Ranch — Recommended

Our recommended base, with a room block available for attendees. Casual resort-style cottages near the Arches entrance, relaxed atmosphere, easy trail access, and good value. Contact us for room block details.

Moab Under Canvas

Luxury glamping on 60 private acres, 15 min from the venue. Safari tents with private decks and exceptional stargazing. Book well in advance.

Red Cliffs Lodge

Rustic lodge on the Colorado River, 15 min from Moab. On-site winery, horseback riding, and exceptional river scenery.

Hotels, Vacation Rentals & More

Moab offers a wide range of options — boutique hotels, chain properties, VRBO, and Airbnb throughout town. November availability is generally good.

THINGS TO DO IN MOAB

Arches National Park

Delicate Arch, Landscape Arch, Fiery Furnace — iconic sandstone formations minutes from the venue.

Canyonlands National Park

Mesa Arch at sunrise. Grand View Point. Vast canyon country that rewards every level of explorer.

Dead Horse Point State Park

A towering mesa above a dramatic bend in the Colorado River — one of the most photographed viewpoints in the Southwest.

Mountain Biking & Hiking

World-renowned slickrock riding alongside trails for every ability level. Outfitters and rental shops abundant in town.

Stargazing

Minimal light pollution and high-desert clarity make November nights in Moab extraordinary. The La Sal Mountains provide a striking backdrop.

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