

DESTINATION PSYCH CE

Board Submission Packet

The Poetics of ACT: Finding Beauty in the Midst of Darkness

Kelly G. Wilson, PhD · November 9–11, 2026 · Red Earth Venue, Moab, Utah

12 APA CE Credits · ASWB Approved · NY State Education Department Approved

Contents of This Packet

This packet contains the documentation most commonly requested by state licensing boards when reviewing continuing education credits from a non-pre-approved provider. Participants are welcome to use the materials in this packet — along with the template cover letter included in Section 4 — when submitting credits for board approval.

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Note: Licensing boards are the final authority on continuing education acceptance. We recommend contacting your board directly before submitting this packet to confirm their specific documentation requirements and submission process.

SECTION 1 - EVENT OVERVIEW & PROVIDER INFORMATION

EVENT TITLE	The Poetics of ACT: Finding Beauty in the Midst of Darkness
EVENT FORMAT	Immersive, in-person continuing education retreat
DATES	November 9–11, 2026
LOCATION	Red Earth Venue · Moab, Utah
CONTACT HOURS	12 hours of CE content
CE APPROVALS	APA, ASWB, NY State Education Department — see Section 5
PRESENTER	Kelly G. Wilson, PhD

PROVIDER INFORMATION

CE PROVIDER	CE Learning Systems (operating as CE-Go)
PROVIDER ROLE	APA-approved CE sponsor; co-sponsor of this program
APA APPROVAL	CE Learning Systems is approved by the American Psychological Association to sponsor continuing education for psychologists. CE Learning Systems maintains responsibility for this program and its content.
ASWB APPROVAL	This program is approved by the Association of Social Work Boards (ASWB) for licensed social workers.
NY STATE APPROVAL	CE Learning Systems is recognized by the New York State Education Department as an approved provider of continuing education for all licensed mental health professionals in New York State.
ORGANIZER	Destination Psych CE LLP · destinationpsychce.com
CONTACT	info@destinationpsychce.com

SECTION 2 · COURSE DESCRIPTION & LEARNING OBJECTIVES

Course Description

Monday — Foundations: The Case for the Poetic Stance

Arrival is a new beginning — afternoon start, easing in, getting oriented to the place and each other, ending with a sunset social. It's the day of opening and settling. We ask a foundational question: how did we come to do this work the way we do, and is there another way? Participants will be introduced to a process-based, poetic orientation to clinical practice — grounded in both contextual behavioral science and the psychoanalytic tradition — and will begin exploring their own presence and attention as active ingredients in therapeutic change. The day will be experiential throughout.

Tuesday — Inside the Room: Process, Suffering, and Language

On Tuesday, we dig deeper. An optional morning walk to settle in, then the clinical heart of the workshop — psychological suffering, collaborative case formulation, the real-time practice of following what is alive in a session. The work is experiential throughout: we learn by doing, by noticing, by practicing with each other what we are learning to do with clients. Lunch is on-site and unhurried — a full hour on 17 private acres between Arches and Canyonlands. Then we turn to language: the narratives, rules, and self-stories that shape what clients can see and do.

Wednesday — Integration: Self, Values, and the Living Practice

On Wednesday we move towards closure. We begin the day with an optional morning reflection time — and then start the final stretch of work: integrating self and identity as a living thread through all six ACT processes, finding the pace that serves the work, and practicing the art of collaborative values-based direction with clients. As on every day, the learning is experiential — we stay close to what is alive rather than what is known in advance. We close gently, with time for reflection and goodbye. What you carry out is yours to keep.

Content Area / Clinical Relevance

This program addresses evidence-based clinical practice in psychotherapy, with specific focus on Acceptance and Commitment Therapy (ACT) — a well-established, empirically supported treatment model within the cognitive-behavioral tradition. Content is directly relevant to the assessment, conceptualization, and treatment of clients presenting with psychological distress across a broad range of clinical presentations. All content falls within the scope of practice for licensed mental health professionals.

Learning Objectives

Upon completion of this program, participants will be able to:

1. Describe how the dominance of medical and pharmacological research models narrowed prevailing assumptions about therapeutic change, and explain why a process-based, poetic orientation represents a substantive alternative.
2. Differentiate a protocol-driven approach to ACT from a process-based, poetic stance, and identify specific ways this distinction shapes how therapists listen, respond, and follow the living structure of a client's experience in session.
3. Identify therapist variables — including quality of attention, presence, and responsiveness — that function as active therapeutic ingredients, and explain how cultivating these capacities serves client outcomes.
4. Apply a process-oriented understanding of psychological suffering to collaborative case formulation and ongoing clinical decision-making.
5. Notice and track shifts in therapeutic dialogue between contexts of limitation and contexts of possibility, and explain how this awareness opens dignified, meaningful paths forward for clients.
6. Apply ACT-consistent, collaborative methods to explore how verbal narratives, rules, and self-stories influence lived experience and behavioral flexibility.
7. Integrate work with self and identity as a central thread through acceptance, defusion, present-moment awareness, values, and committed action.
8. Apply the principles of slow is fast, small is big, and less is more to guide the pacing and sequencing of therapeutic interactions.
9. Create values-based therapeutic directions collaboratively with clients, grounded in the client's current context and expressed values.

SECTION 3 - PROGRAM SCHEDULE & CONTACT HOURS

All sessions are in-person only. One CE credit equals 60 minutes of instructional time. Breaks, meals, and optional social activities are not included in contact hour totals. Partial credit is not available; participants must attend the full program to receive CE certificates.

Monday, November 10, 2026 - Foundations: The Case for the Poetic Stance			
TIME	SESSION	CE	DESCRIPTION
12:15 – 1:00 PM	Check-In and Welcome	—	Arrival, introductions, orientation
1:00 – 2:45 PM	Session 1: The Problem with Protocols	1.75 CE	How medical and pharmacological research models narrowed 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	Session 2: The Poetic Stance in Practice	2.0 CE	Differentiating protocol-driven from process-based approaches. Therapist variables — attention, presence, responsiveness — as active therapeutic ingredients. Experiential introduction to a poetic clinical orientation.
5:00 – 5:15 PM	Reflection and Close	0.25 CE	Brief structured reflection. Questions and close of formal instruction.
5:15 – 6:30 PM	Social Hour (Optional)	—	Informal gathering. Light refreshments. High desert sunset.
		4.0 CE Credits	

Tuesday, November 11, 2026 · Inside the Room: Process, Suffering, and Language

TIME	SESSION	CE	DESCRIPTION
8:00 – 9:00 AM	Morning Gathering	—	Breakfast and optional outdoor exploration.
9:00 – 11:30 AM	Session 3: 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)	—	
12:30 – 2:00 PM	Session 4: 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	Afternoon — Free Time	—	Optional soundbath activity. Self-directed exploration of the Moab landscape.
		4.0 CE Credits	

Wednesday, November 12, 2026 · Integration: Self, Values, and the Living Practice

TIME	SESSION	CE	DESCRIPTION
8:00 – 8:45 AM	Morning Gathering	—	Breakfast and optional outdoor reflection time.
8:45 – 10:30 AM	Session 5: Self, Identity, and the Six Processes	1.75 CE	Integrating work with self and identity as a central thread woven through acceptance, defusion, present-moment awareness, values, and committed action. Shared experiential practice.
10:30 – 10:45 AM	Break	—	
10:45 AM – 12:45 PM	Session 6: Slow Is Fast — Values, Pacing, and the Living Practice	2.0 CE	The principles of slow is fast, small is big, and less is more as guides to therapeutic pacing. Collaborative formulation of values-based directions. Experiential exercises and structured dialogues for building therapist flexibility, presence, and creativity.
12:45 – 1:00 PM	Conclusion	0.25 CE	Final reflections and integration, evaluations, and close of the program.
		4.0 CE Credits	

TOTAL PROGRAM CE CREDITS: 12.0 APA CE Credits

SECTION 4 · PRESENTER CREDENTIALS

Kelly G. Wilson, PhD

CURRENT TITLE	Professor Emeritus of Psychology, University of Mississippi
FOUNDER	OneLife Education and Training, LLC
DEGREE	Doctor of Philosophy in Clinical Psychology, University of Nevada, Reno (1998)
APA INTERNSHIP	I.A. Lougaris V.A. Medical Center, University of Nevada, Reno
PROFESSIONAL ROLE	Founding President, Association for Contextual Behavioral Science (2006–07)
TEACHING AWARDS	University of Mississippi Excellence in Graduate Teaching & Mentoring Award (2017); Elsie M. Hood Outstanding Teacher Award (2010); University Outstanding Faculty, State of Mississippi Legislature (2011)
ACBS FELLOW	Fellow of the Association for Contextual Behavioral Science (2012)

Subject Matter Expertise

Dr. Wilson is one of the original developers of Acceptance and Commitment Therapy (ACT) and co-author of its foundational text, *Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change* (Hayes, Strosahl, & Wilson, 1999; Guilford Press), and its second edition (2011). He has authored or co-authored 11 books and over 69 peer-reviewed articles on ACT, contextual behavioral science, psychological flexibility, values-based intervention, and related topics. His work has been translated into more than 15 languages.

Dr. Wilson directed the University of Mississippi Contextual Psychology Workgroup and ACT Treatment Development Group from 2000 to 2019, chaired 21 doctoral dissertations, and has served as a co-investigator on federally funded research grants from NIDA, NIAAA, and NCI totaling over \$3.5 million. He has delivered over 333 professional workshops and invited presentations in more than 25 countries.

Selected Publications

- Hayes, S.C., Strosahl, K., & Wilson, K.G. (2011). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change* (2nd ed.). Guilford Press.
- Wilson, K.G. & DuFrene, T. (2012). *The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse*. New Harbinger.
- Merwin, R.M., Zucker, N., & Wilson, K.G. (2019). *Using ACT to Treat Anorexia Nervosa and the Spectrum of Anorectic Behavior*. Guilford Press.

- Wilson, K.G. & DuFrene, T. (2010). *Things Might Go Terribly, Horribly Wrong*. New Harbinger.
- Wilson, K.G., Sandoz, E.K., Kitchens, J., & Roberts, M.E. (2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *The Psychological Record*, 60, 249–272.

Full curriculum vitae available upon request from Destination Psych CE.

SECTION 5 - CE APPROVAL DOCUMENTATION

This program is offered under the following CE approvals. Copies of approval documentation are available upon request from Destination Psych CE.

American Psychological Association (APA)

This program is offered for APA CE credits through the co-sponsorship of CE Learning Systems (CE-Go). CE Learning Systems is approved by the American Psychological Association to sponsor continuing education for psychologists. CE Learning Systems maintains responsibility for this program and its content.

APA CE approval is accepted for license renewal by most U.S. licensing boards for psychologists, and in many states for licensed professional counselors (LPC), licensed marriage and family therapists (LMFT), and licensed clinical social workers (LCSW/LICSW). Participants are strongly recommended to verify acceptance with their state licensing board prior to registering.

Association of Social Work Boards (ASWB)

This program is approved by the Association of Social Work Boards (ASWB) for licensed social workers. ASWB approval is the primary CE accreditation recognized by state social work licensing boards across the United States.

New York State Education Department

CE Learning Systems is recognized by the New York State Education Department as an approved provider of continuing education for all licensed mental health professionals in New York State, including licensed psychologists, licensed mental health counselors (LMHC), licensed marriage and family therapists (LMFT), licensed clinical social workers (LCSW), and licensed master social workers (LMSW).

Questions about CE approvals may be directed to Destination Psych CE at info@destinationpsychce.com.

SECTION 6 - COVER LETTER FOR BOARD SUBMISSION

The following letter may be used to request advance approval from your state licensing board before registering. Add your name, license number, board address, and date before sending. Attach the relevant sections of this packet as supporting documentation. After the event, attach your CE certificate of completion.

Re: Request for Advance Approval of Continuing Education Credits

Dear Members of the Board:

I am writing to request advance approval of 12 continuing education credits I intend to earn at *The Poetics of ACT: Finding Beauty in the Midst of Darkness*, an in-person training program scheduled for November 9–11, 2026 at Red Earth Venue in Moab, Utah.

The program is offered through the co-sponsorship of CE Learning Systems (CE-Go), approved by the American Psychological Association to sponsor continuing education for psychologists. CE Learning Systems maintains responsibility for this program and its content. The program is also approved by the Association of Social Work Boards (ASWB) and the New York State Education Department.

The program consists of 12 hours of in-person instruction led by Kelly G. Wilson, PhD, Professor Emeritus of Psychology at the University of Mississippi and co-developer of Acceptance and Commitment Therapy (ACT). Content addresses evidence-based clinical practice in psychotherapy and falls within the scope of practice for licensed mental health professionals.

Enclosed please find the program description and learning objectives, program schedule with contact hours, presenter credentials, and CE approval documentation.

I would appreciate the board's advance determination on whether these credits will be accepted toward my license renewal.

Thank you for your consideration.

Sincerely,