



PRESS RELEASE

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LIFE UNIVERSITY HOSTS ACT TRAINING WORKSHOP WITH STEVEN C. HAYES, PHD

Marietta, Georgia, August 5, 2016 – Life University is hosting Steven C. Hayes’ Acceptance and Commitment Therapy (ACT) Training Workshop August 5-6 in it’s Center for Athletics and Sport Health Science auditorium. The ACT Training Workshop will help attendees to:

- Detect psychological flexibility processes in session
- Target flexibility processes at will
- Develop flexible and productive core intervention skills in ACT
- Conceptualize cases in terms of flexibility processes

Steven C. Hayes, PhD, is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of more than forty books and nearly 600 scientific articles, his career has focused on an analysis of the nature of human language and cognition and the application of this to the understanding and alleviation of human suffering.

Hayes has been president of Division 25 of the American Psychological Association, the American Association of Applied and Preventive Psychology, the Association for Contextual Behavioral Science, and of the Association for Behavioral and Cognitive Therapies. He was the first secretary-treasurer of the Association for Psychological Science, which he helped form and has served a five-year term on the National Advisory Council for Drug Abuse in the National Institutes of Health. In 1992, the Institute for Scientific Information listed him as the 30th highest impact psychologist in the world.

His work has been recognized with several awards, including the Exemplary Contributions to Basic Behavioral Research and Its Applications from Division 25 of APA, the Impact of Science on Application award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.

About Life University

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award



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baccalaureate, master's and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.