

Certificate of Completion

This certifies that *Name* Gert Backx

Date of birth _____

has successfully completed the four-day training:
ACT Bootcamp – Acceptance and Commitment Therapy



Training details

• Learning objectives:

- ✓ Gain a solid understanding of the theory and practice of the ACT model and the extended model of psychological flexibility.
- ✓ Learn and apply the six core processes of ACT, including acceptance, cognitive defusion, being present, self as context, values, and committed action.
- ✓ Apply ACT interventions in clinical practice.
- ✓ Develop skills in conceptualization and case formulation.

• **Total training hours:** 28 contact hours

• **Location:** Utrecht, The Netherlands (Van der Valk Hotel)

• **Training period:** September 25–28, 2025

Signatures

Steven C. Hayes, PhD - Trainer

Robyn D. Walser, PhD - Trainer

Gijs Jansen, MSc - Trainer

Utrecht, The Netherlands – September 28, 2025