



Each of us has thoughts that are painful: sometimes the pain is sadness, sometimes worry or anger or shame or grief or some feeling that you don't even have words for. Young people often struggle with thoughts and emotions, and they don't want to be told that 'everyone feels like that' or that 'you will grow out of it'. They want to feel that their emotions are valid and that the person offering help truly understands how painful life can feel at times. With a strong emphasis on validation and compassion, *Stuff That Sucks* shows you how to work with your client to accept their emotions rather than struggling against them. It also shows how to reconnect with what is really important to them, giving them the tools to help clarify their personal values and take steps towards living a life where those values can guide them in their day-to-day choices and behaviour.

Acceptance and Commitment Therapy (ACT) is an empirically supported therapeutic approach that draws on behavioural and mindfulness principles to help people make space for painful thoughts and feelings and instead turn their focus towards values. ACT is rapidly growing in popularity internationally and is being used successfully with people experiencing a range of life challenges including low mood, worries, difficult behaviour, anger, anxiety, and interpersonal or family conflict. This workshop will introduce participants to the fundamentals of ACT with a specific focus on its successful application with younger people.

This topic can be presented as a conference keynote or workshop to professionals, educators, parents and young people



Ben Sedley is a clinical psychologist and ACT therapist with experience in both primary health centres and community mental health teams in New Zealand and London, working with children, adolescents, adults and families facing mental health difficulties. Currently, Ben works as a Clinical Practice Advisor at Victoria University of Wellington, and well as maintaining a private practice. His book *Stuff that Sucks: A Teen's Guide to Accepting what you can't change and Committing to what you can* has received praise from young people, parents and clinicians around the world and was included in the UK Reading Well programme, which has led to it being recommended by GPs across England. Since the release of that book, Ben has been touring New Zealand and Australia introducing