

## **C.V.: Acceptance and Commitment Therapy (ACT)**

Ole Taggaard Nielsen has been working as a licensed clinical psychologist since 1997. Also licensed Specialist in Psychotherapy and licensed Supervisor in Psychotherapy. He is an ACBS Peer reviewed ACT Trainer and member of the ACBS trainer community. ACT experienced since 2007. Owner of the private practice "ACT Klinikken" in Copenhagen, Denmark, specializing in therapy, training and supervision. Website: [www.actklinikken.dk](http://www.actklinikken.dk)

Version: 2022

### **ACT Training (delivered as trainer):**

- Introduktion til ACT, Aleris Hamlet Psykologhus, 2022
- Introduktion til ACT, Dialog mod Vold - Askovhus, 2022
- Advanced ACT – developing fluency in ACT, Cph 2019
- Compassion Summit: ACT med medfølelse – modellen for psykologisk fleksibilitet, CPH 2016
- Introduction to ACT, 2 day workshop University Hospital Copenhagen, Rigshospitalet, CPH 2015
- Introduction to ACT, 1 day workshop, CPH 2015
- ACT primer (co-presenter Rikke Kjelgaard) 1 day workshop, CPH 2015
- ACT Training – Experiential Exercises in ACT. 1 Day Advanced, CPH 2014
- ACT primer (co-presenter Rikke Kjelgaard) 1 day workshop, CPH 2014
- ACT Recap and Skills Training 2 day Workshop, CPH 2014
- ACT primer (co-presenter Rikke Kjelgaard) 1 day workshop, CPH 2013
- Introduction to ACT and Mindful Change. Team Danmark Sportspsykologisk team, CPH 2013 2 day workshop
- ACT primer (co-presenter Rikke Kjelgaard) 1 day workshop, CPH 2012
- Introduction to ACT and Mindful Change. Dansk Psykolog Forening, CPH 2013, 5 day workshop
- When It Gets Really Intrusive: The Experience of OCD from an ACT perspective. 1 day Pre-conference workshop. Co-trainer Martin Brock (UK). Intermediate level. Nordic Conference Stockholm 2012
- ACT for OCD (co-trainer Martin Brock) Presentation at Nordic Conference Stockholm 2012
- Building ACT Skills (co-presenter Rikke Kjelgaard) workshop at Nordic Conference Stockholm 2012
- ACT primer (co-presenter Rikke Kjelgaard) 1 day workshop, CPH 2012
- Advanced Workshop (Preconference WC 2011) with Robyn Walser (USA) "Beyond the Basics – Building Skill in ACT" – 2 day workshop, Parma Italy 2011
- Introduction to ACT (SAKTs Annual Meeting), CPH 2011
- Introduction to ACT (Selskab for Praksiskandidater DPF) Talk. CPH 2011
- Introduction to ACT, 2 day workshop, CPH, 2010
- Advanced Workshop (co-presenter Susan Møller Rasmussen), 2 day workshop, CPH, 2010
- Introduction to ACT – Liasonpsykiatrisk selskab, CPH 2009
- Introduction to ACT – (co-presenter Susan Møller Rasmussen), 4 day workshop, Odense, 2009
- Introduction to ACT – Affektiv Klinik, CPH 2009- talk
- Introduction to ACT – (co-presenter Susan Møller Rasmussen), 2 day workshop, CPH, 2009
- Introduction to ACT – University Hospital of CPH, 1 day workshop, 2009
- Introduction to ACT – (co-presenter Susan Møller Rasmussen), 2 day workshop, CPH, 2009
- Introduction to ACT – (co-presenter Susan Møller Rasmussen), Talk at SAKT meeting, 2008

### **ACT Training received:**

- Developing Psychological Flexible Children and Adolescents w. Darin Cairns (online training), 2022
- ACT For Trauma by Robyn Walser 2021
- ACBS World Conference 2021 (online event)
- ACBS World Conference 2019 Dublin
- Supervision: Maximizing the Opportunity to Shape Clinical Skills with Darah Westrup, PhD 2016
- ACBS World Conference 2015 Berlin

- Jason Louma & Jenna LeJeune: “ACT with Compassion - Working with Highly Self-Critical and Shame-Prone Clients using Acceptance and Commitment Therapy”, 2 day workshop Berlin 2015
- Benjamin Schoendorff: ACT-FAP and the MATRIX Fostering Rapid and Lasting Change, 2 days, CPH 2014
- Russ Harris: Getting Unstuck in ACT, 3 days, CPH 2013
- Louise Hayes: “ACT with Youth” 2 day workshop, CPH 2013
- ACBS World Conference 2013 Sydney Australia
- Russ Harris: “Advanced ACT” – 3 day workshop, CPH 2013
- Kirk Strosahl and Patricia Robinson: “Focused ACT (FACT)”- 3 day workshop, CPH 2013
- Niklas Törneke: “The ABC of human behavior and Introduction to RFT” – 1 day workshop, CPH 2012
- Robyn Walser: “The Compassionate and Vital Life: Using ACT for Change”. – 3 day workshop, CPH 2012
- Kelly Wilson “ACT case conceptualization” – 3 day workshop, CPH 2012
- Russ Harris “ACT made simple”- 3 day workshop, CPH 2012
- Benjamin Schoendorff “Integrating ACT and FAP in your Clinical Practice and Therapeutic Relationships” – 2 day workshop, Sweden 2012
- Niklas Törneke “Introduktion til RFT” – 2 day workshop, CPH 2011
- M. Vilatte, J. Vilatte & Monestes “Empowering Your ACT practice with RFT” - ½ day workshop, WC 2011, Italy
- Kirk Strosahl “ACT with challenging Patients” - ½ day workshop, WC 2011, Italy
- Russ Harris: “ACT with Love” - ½ day workshop, WC 2011, Italy
- JoAnne Dahl ph.D. "Applying ACT to Complex Chronic “Dug in Problems”– 2 day workshop, WC 2009, The Netherlands
- Jason Luoma, Robyn Walser, Tobias Lundgreen and Russ Harris “Developing your Skills as an ACT Trainer”– 1 day workshop, WC 2009, The Netherlands
- Kevin Polk “An idiot's guide to ACT in Groups” - ½ day workshop, WC 2009, The Netherlands
- Martin Brock “OCD and Case Formulations in ACT” - 1 day workshop, WC 2009, The Netherlands
- Robyn D. Walser “Acceptance and Commitment Therapy : Treatment of Post-Traumatic Stress Disorder and Trauma-related problems” – 2 day workshop, 2009, CPH
- Steven Hayes “Get out of your mind and into your life –Introduction to ACT” – Steven Hayes. Talk. University Hospital of CPH, 2009
- Kelly Wilson “Acceptance and Commitment Therapy: Case conceptualization” – 2 day workshop, 2008, CPH
- Steven Hayes “Introduction to ACT” EABCT 2008 Helsinki – 1 day workshop, 2008
- Kelly Wilson “Advanced Theoretical and Experiential Workshop in Acceptance and Commitment Therapy (ACT)” 4 day workshop, 2007, CPH

#### **Mindful Self-Compassion training:**

- Kristin Neff: Self-Compassion and emotional resilience, CPH 2015
- Christine Brähler: Mindful Self-Compassion, CPH 2016

#### **Publications:**

Co-author of a Danish introduction book to ACT: “Introduktion til ACT”, Dansk Psykologisk Forlag (2010)

#### **Other:**

- Co-Organizer of the 1 and 2 year ACT training program certified by the Danish Psychologist Ass. 2011-2018
- Co-founder of the Danish chapter for ACBS
- First President of ACBS Denmark 2013-2014
- Co-Organizer of Compassion Summit Copenhagen 2016
- Organizer of Kristin Neff “Self-compassion and Emotional Resilience”, workshop in Cph 2015
- Discussant in panel: “The role of Defusion in brief ACT Interventions” ACBS world conference Berlin 2015
- ACT for the Public - Talks 2013
- Co-chair at the ACBS World Conference in ACT, Parma, Italy 2011 together with Giovambattista Presti, Associate Professor of Psychology, IULM University of Milan.

- Panel Discussion (WC 2011) “Supervising the ACT therapist – Willingness, Responsibility and Engaging the Challenges”.
- Review of Russ Harris “Confidence Gap” in the journal for the Danish Psychologist Ass., 2012
- Foreword in Danish for Russ Harris: “ACT spørgsmål og svar” (2019), “Slip Slanketyranniet” (Weight Escape) (2014), “Lykkefælden” (2013), “The Confidence Gap” (da. “Styrk Selvtilliden – Overvind usikkerhed med ACT” 2011, “The Reality Slap” (da. “Når Virkeligheden Slår hårdt” Dansk Psykologisk Forlag) 2012. Dansk Psykologisk Forlag.
- Organizer of various ACT Training events in Denmark 2008 -

#### **ACT Supervision provided for:**

- Center for Hjerneskode, psykologer på vej mod autorisation
- Studenterrådgivningen
- Primary supervisor of the 2 year training program provided by ACT Klinikken and ACT Danmark 2011-2018
- KABS Behandlingscenter – psykologer
- Frederiksberg kommune - psykologer
- Center for Ludomani
- Psykiatrisk Center Hvidovre
- Prescriba In-House psykologteam
- Incita, Revacentret i København
- Forebyggelsescentrene København
- Arbejdsmedicinsk Klinik Århus
- PC Ballerup/Gentofte
- PC Stolpegård
- Ambulatorium for ikke-psykotiske lidelser Psykiatrisk Center Ballerup
- Alkoholambulatorium Lænken
- Team Danmark psykologer
- Køge Kommune Social og Sundhedsforvaltningen ”Perronen”
- Various groups of professionals

#### **Membership:**

Association for Contextual Behavioral Science (ACBS) and the ACT Trainer community

#### **Supervision:**

Since 2009 clinical work in ACT has been supervised by PhD. Robyn D. Walser. National Center for Post Traumatic Stress Disorder, Menlo Park, California, United States.

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