



Zum beherzten Leben  
Bildungswerkstatt ACT

# Mavis Tsai, PhD

University of Washington, USA

## Awareness Courage Love

Fostering and Deepening Authentic  
Connections with Self and Others



October 27<sup>th</sup> and 28<sup>th</sup>, 2020

Kongresszentrum Parkarena - Winterthur / Switzerland

### Workshop description

A lack of social connection or loneliness increases the risk of death more than excessive drinking, obesity, and exposure to chronic air pollution, and as much as excessive smoking (Holt-Lunstad et al., 2015). Live with Awareness, Courage and Love (ACL) Meetups address the global public health loneliness epidemic by making available to the general public the concepts of Functional Analytic Psychotherapy (FAP), which emphasizes scientifically researched principles that focus on the healing power of present-moment authentic interactions. Live with ACL meetups foster a safe and accepting space to thrive, to be one's true self, and yet create deep connections by being understanding, bold, and kind. In this workshop, you will learn about and experience an innovative approach to disseminate and implement FAP by using powerful protocols that require minimal training. You will leave with tools to enhance your relationships, to move towards what you value most in life, and an invitation to make a difference by joining our worldwide ACL movement that currently has over 10,000 members in 92 cities, 25 countries, and 6 continents.

### 3 Educational Objectives

1. To experience exercises that increase authentic connection with self and others.
2. To explore what it means to thrive and to rise to live more true to yourself.
3. To learn a model of Functional Analytic Psychotherapy that moves beyond the therapy room and can be widely disseminated to the general public.

### For whom:

The workshop is for people who are interested in authentic relationships and social connection, who wish to become active in addressing isolation and loneliness in our modern, digitalized world and who want to contribute to the thriving of individuals, groups, and the larger society. It will be useful for people active in contexts of health services, social work, schools, religious institutions, as well as in public service and non-profit organisations or private companies.



## Presenter:

Mavis Tsai, Ph.D., is a clinical psychologist in independent practice and a research scientist at University of Washington's Center for Science of Social Connection. She is the co-creator (with Robert Kohlenberg, Ph.D.) of Functional Analytic Psychotherapy (FAP), a treatment which emphasizes scientifically researched principles to harness the healing power of present-moment authentic interactions. She received Washington State Psychological Association's Distinguished Psychologist Award in recognition of outstanding contributions to knowledge in clinical psychology, and is a Fellow of the Association for Contextual Behavioral Science. She has co-authored five books on FAP, some of which have been translated into Spanish, Portuguese, Italian, and Japanese. Mavis trains volunteers in six continents to lead Live with Awareness, Courage and Love Meetups ([www.livewithacl.org](http://www.livewithacl.org)), a global network of open-hearted change seekers who strive to meet life's challenges through deepening interpersonal connection and rising to live more true to themselves.

## Schedule:

We begin on October 27<sup>th</sup> at 8:50am in the Mülisaal/Parkarena. The workshop ends on October 28<sup>th</sup> at 5pm. All participants are invited to a social event immediately after the workshop (please indicate on the enrolment form whether you plan to attend).

## Certificate of attendance:

All participants will receive a certificate of attendance.

## The workshop will be held in english.

Mavis's talk will be translated into german consecutively.

This event offers a protected space to experiment and try out new behaviours. By enrolling, you agree to honour the confidentiality of whatever personal information might be shared with you!

## Cost:

SFr. 490.- (includes snacks and lunch)

Reduction for students: 25%

*Do get in touch if the cost seems too high for your budget, we will try to find a solution*

## Venue:

Kongresszentrum Parkarena, Hegifeldstrasse 2a, Winterthur

[www.parkarena.ch](http://www.parkarena.ch)

## Contacts:

- Dr. med. Herbert Assaloni, [herbertassaloni@bluewin.ch](mailto:herbertassaloni@bluewin.ch), 078 878 44 83
- Liza Glauser, [act.tage@bluewin.ch](mailto:act.tage@bluewin.ch), 044 886 69 78

Enrolment is open as of January 2020 [online](#) or with the enclosed enrolment form



## Enrolment form - Mavis Tsai, PhD

Name, surname	_____
Occupation	_____
Employer	_____
Postal address	_____
phone / mobile	_____
E-mail	_____
Date	_____
Signature	_____

Please indicate the following details :

- I am a student
- I am participating in the social event on October 28<sup>th</sup> (no additional cost)
- I need information about accommodation (Hotel, Hostel, scout hostel)

### Cancellations Terms

Cancellations before September 30th 2020 will be refunded with a deduction of 10%. After that date, no refunds are possible.

Please complete the enrolment form and send it to the following address:

Bildungswerkstatt ACT, Liza Glauser, Alte Landstrasse 28, CH-8193 Eglisau,  
[bildungswerkstatt-act@zumbeherztenleben.ch](mailto:bildungswerkstatt-act@zumbeherztenleben.ch)