

# Acceptance and Commitment Therapy (ACT) for Tobacco Use

Friday, March 6, 2026, 12:00PM-1:00PM PT

**Trainer:** Dr. Tara Leiker, Program Manager, Lifelong Medical Care's Tobacco Treatment Training Program; Linnea Ubaldo, Program Coordinator

**Description:** Acceptance and Commitment Therapy (ACT) is a beneficial behavioral therapeutic approach used for tobacco use disorder to increase psychological flexibility to reduce the cognitive need and desire to use tobacco products. This 1-hour training session will focus on teaching of accepting difficult thoughts and feelings through the increase of psychological flexibility, and committing to values-based actions, rather than avoiding cravings or trying to control thoughts and feelings. It will teach participants how to help those who use tobacco to understand the role of avoidance in their tobacco use behavior and encourage them to engage in actions that align with personal values. Participants will also learn the key ACT principles of acceptance, diffusion, values, and committed action. Additionally, how ACT helps with tobacco recovery by helping to reduce avoidance, increasing cognitive flexibility, enhancing motivation, providing skills for managing cravings, and encouraging a mindfulness approach to use will be reviewed.

**Who Should Attend:** This training is directed towards administrative and/or clinical staff of Alameda County Public Health Department providers and Alameda County Behavioral Health (ACBH) funded substance use treatment and mental health programs, but all staff are welcome to attend.

## Measurable Learning Objectives

- Describe one (1) way to help those who use tobacco understand the role of avoidance and how to encourage actions to counter it that align with personal values.
- List four (4) principles of ACT used with tobacco recovery.
- Name one (1) thing using ACT in tobacco recovery reduces and two (2) things it increases.
- Describe one (1) way ACT can help provide skills for managing cravings.
- Describe two (2) ways using a mindful approach within the context of ACT can be beneficial.

**Questions?** Contact us at [tobaccotreatment@lifelongmedical.org](mailto:tobaccotreatment@lifelongmedical.org) | [Please click here to register.](#)

This training is sponsored by Alameda County Behavioral Health in contract with LifeLong Medical Care's Tobacco Treatment Training Program, located EBCRP. CE credit is provided by LifeLong Medical Care. If you have any questions or need to request accommodations for disabilities, please contact [tobaccotreatment@lifelongmedical.org](mailto:tobaccotreatment@lifelongmedical.org).

For grievance information, including filing a grievance or to receive a copy of the grievance policy, please contact [tobaccotreatment@lifelongmedical.org](mailto:tobaccotreatment@lifelongmedical.org).

Course Completion certificates will be awarded by email for those that submit a post-test/ evaluation form and are provided within one week of receipt of the form.

Course meets the qualifications for **1.0 hours of continuing education credit** for LMFT's, LCSW's, LPCC's, LEP's as required by the California Board of Behavioral Sciences and SUD Counseling Staff by the California Consortium of Addiction Programs and Professionals (CCAPP).

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