

**WEBINAR**

# How trauma can separate people from self and identity as an ongoing creative process



PhD Kelly G. Wilson



**Psico  
noa:** Instituto de  
Psicoterapias  
Contextuales



## Webinar

# **How trauma can separate people from self and identity as an ongoing creative process**

## **Program**

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From a behavioral point of view, self and identity are not fixed traits but living, evolving repertoires—patterns of behavior shaped across time and circumstance. These repertoires emerge in a crucible of questions. When that questioning unfolds in a benevolent environment—one that is rich in content and perspective, generous with reinforcement, and slow to punish—the self that forms is flexible, adaptive, and responsive to the shifting contexts of life.

But when the conditions of development are marked by harm or the threat of harm, those same repertoires can tighten. They become narrow, rigid, and hypersensitive to escape contingencies. Under trauma, the natural, values-driven evolution of self can be profoundly constrained.

In this lecture, I will examine how self and identity take shape—how they can be nurtured, restricted, impoverished, or distorted by the contingencies that surround them. We will consider how threat and trauma shape the self and how these effects are expressed in behavior. Finally, I will offer ways to integrate work with self and identity into every aspect of treatment, arguing that acceptance, defusion, present-moment awareness, values, and committed action cannot be fully understood or cultivated apart from their deep connection to self and identity.



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## **\_Webinar**



**Instructor**

PhD Kelly G. Wilson (USA)



**Fecha**

Saturday, January 17, 2026



**Hora**

2:00–4:00 p.m. (Argentina time) – Duration: 2 hours

*\*10 am Tucson, Arizona - EEUU / 2 pm Argentina / 6 pm Spain*



**Modalidad**

Live via Zoom



*\* In English with simultaneous Spanish translation.*

*\* Includes certificate and 45-day access to the recording.*

## **\_Registration**

**Cost: 75 USD**

Payment can be made in U.S. dollars or in Argentine pesos at the exchange rate of the day (based on the higher reference value).

**Participants may choose to pay in two installments** (Nov - Dec or Dec - Jan), with full payment due before the webinar begins.



To reserve your spot, please request payment details by emailing **psiconoaargentina@gmail.com**, indicating the currency in which you will make the payment



## PhD. Kelly G. Wilson

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Professor at the University of Mississippi (USA), ACT Trainer (ACBS), and original co-author of Acceptance and Commitment Therapy (ACT).

Over the past 20 years, his career has been dedicated to the development and dissemination of ACT at theoretical, philosophical, and practical levels. His work includes more than a hundred publications related to Contextual Psychology and Contextual Therapies.

He is co-author of Acceptance and Commitment Therapy: The Process and Practice of Mindful Change and author of Mindfulness for Two, ACT for Chronic Pain, Things Might Go Terribly, Horribly Wrong, among others.



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