

Save the Date

PLEA ACT Spring Training

***Lisa Coyne, PhD: ACT for
children, adolescents
and parents***

March 18th & 19th 2016

Pittsburgh, PA



Acceptance and Commitment Therapy (ACT) is a contextual behavioral approach to living, and can be considered a transdiagnostic treatment. There is a broad evidence base supporting its use with adults, and emerging data suggest its efficacy in treating youth and parents. Moreover, there is a large body of work on Relational Frame Theory (RFT) that provides an account of how and why ACT treatment components work.

This workshop will explore the developmentally sensitive use of ACT with children, adolescents, and their parents. The presentation will provide an overview of Contextual Behavioral Science, RFT, and the data supporting ACT, and then will address how to “set the stage” for contextual behavioral ACT with youngsters and parents, including functional assessment, case conceptualization, treatment planning, and applying the six core ACT processes in creative and flexible ways.

Participants will be given numerous opportunities to engage in experiential exercises and role plays in which to practice the principles taught. In addition to the workshop’s didactic content, clinical examples will be used to illustrate therapeutic techniques.

Presenter



Lisa W. Coyne, PhD, is an internationally recognized ACT Trainer and is on the Faculty at Harvard Medical School, where she directs the McLean Child and Adolescent OCD Institute (OCDI Jr.). She is an Associate Clinical Professor at Suffolk University in Boston, MA, and is also a licensed Clinical Psychologist. Lisa has published numerous peer-reviewed articles and chapters on ACT and OCD for children, teens, and families, and is the author of the recently released book for parents of young children *The Joy of Parenting: An Acceptance and Commitment Therapy Guide to Effective Parenting in the Early Years*.

Lisa will be joined by Beth Fulton, M.S. and Aaron Libman, M.Ed., BCBA, each of whom will present different aspects of the way in which ACT is being used in the PLEA School Based Partial Hospital Program for working with children, families and staff.

Stay tuned: Further information (CEU credits, venue, hotel accommodations) will be forthcoming in early 2016!