

ACT Newsy Bits...

6th Ed

Second free ACT Chat (via zoom)

THIS WEEK on Thursday, 25th of March:

Time: 18.30 – 19.30

Two places are still available in this ACT Chat:

If you want to participate in the discussion, please email me (iwallace553@gmail.com) by Wednesday 24th of March.

We will discuss the following questions:

1. **How to use ACT to put together a workshop on Self Care for Carers?**
2. **How would ACT explain language to young people?**
3. **Can an ACT approach be useful as a brief intervention for young people with ACEs' anxious attachment styles, on the edge of care or in foster care / adopted. (so, a variety of fusion and avoidance)?**

Please Note:

There will be NO ACT Chat in April.

I will let you know about the next one in due time.

If you are working with young people, you might be interested in this **ACBS pre-conference online workshop**:

Pre-Conference Workshop Spotlight: Acceptance and Commitment Therapy for Obsessive Compulsive and Anxiety Disorders in Children and Adolescents

Michael Twohig, Ph.D. & Patricia Zurita Ona, Psy.D.

In this two-day workshop we will first update the attendees on the research in this area. There are a handful of large randomized trials and smaller single subject designs using ACT for children and adolescents with obsessive compulsive and anxiety disorders. Next, we will present the overarching ACT conceptualization of obsessive compulsive and anxiety disorders. We will present the conceptual and procedural adjustments that would need to occur for each general presentation. This background information will likely take one-fourth of the training time. The remaining training time will showcase this work for children and adolescents. The audience will learn to facilitate exposures, monitor and facilitate processes of change within exposures, teach and track outcomes that are consistent with the ACT model. A unique behavioral intervention, the Choice Point, will be presented as a formulation and intervention to augment the impact of exposure sessions. We will teach the procedures didactically, with video, and role play.

Find details and a complete list of the pre-conference workshops available here:
https://contextualscience.org/wc2021virtual_preconference_workshops

AND last not least:

Russ Harris brought out a NEW animated version of **the Chess Board metaphor**:

<https://www.youtube.com/watch?v=phbzSNsY8vc>

Best wishes to you all –

Ingrid

<https://www.act-hub-wales.co.uk/>