

Instructor: Dr. Katie Saint, PhD, LPC, BCBA-D

Title: ABA and Parent Mental Health

BCBA CEs: 2 General CEUs

QABA CEs: 2 General CEUs

IBAO CEs: 2 General CEUs

### **Presenter/Speaker:**

Katherine Saint, PhD, LPC, BCBA-D, Katherine has her doctorate in Behavior Analysis and is a Licensed Professional Counselor. Katherine presents locally and internationally on topics related to autism, mental health and behavior analysis. Katherine has a private practice focusing on mental health counseling and is the Director of Training at Fox Valley Autism Treatment Program in Appleton, WI. Katherine has designed college courses as well as published books and articles related to mental health. Katherine also teaches master level behavior analytic courses at Pepperdine University.

### **Course Description:**

This course provides a comprehensive guide on addressing parent mental health issues within the scope of Applied Behavior Analysis (ABA). Learners will explore effective strategies for supporting parents, recognize impactful behaviors, and apply techniques like ACT Therapy and habit reversal training to promote mental wellness. The course includes video lessons, interactive activities, and quizzes to assess understanding and application of concepts.

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### **Course Objectives:**

Upon completing this course, learners will be able to:

1. Identify what is within the scope of ABA to treat mental health issues.
  2. Recognize strategies to support parents with mental health challenges.
  3. Analyze behaviors that significantly impact mental health outcomes.
  4. Implement effective strategies for working with parents diagnosed with conditions such as anxiety, depression, ADHD, borderline personality disorder, and generational trauma.
  5. Apply ACT Therapy and habit reversal training techniques to address parent mental health concerns.
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### **Course Structure:**

The course is divided into six lessons, each comprising video content, activities, and assessments. Learners will engage in a mix of theoretical learning and practical application.

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### **Course Schedule:**

#### **Lesson 1: Introduction to Parent Mental Health**

- **Topics:** Overview of parent mental health, scope of ABA in mental health.
- **Materials:**
  - Video: [Part 1 Parent Mental Health](#)
  - PowerPoint: Parent Mental Health.pptx
- **Activity:** None

### **Lesson 2: ABA and Parent Mental Health**

- **Topics:** Addressing mental health disorders using ABA techniques.
- **Materials:**
  - Video: [Part 2 ABA and Parent Mental Health](#)
  - PowerPoint: ABA and Parent Mental Health.pptx
- **Activity 1:** Match the mental health disorder with common behaviors.

### **Lesson 3: Behavioral Strategies for Mental Health**

- **Topics:** Strategies for managing anxiety, depression, ADHD, and other mental health disorders.
- **Materials:**
  - Video: Behavioral Applications in ABA
- **Activity 2:** Match mental health disorders with intervention strategies.

### **Lesson 4: Understanding Parental Burnout**

- **Topics:** Identifying and addressing the subdimensions of parental burnout.
- **Materials:**
  - Reading: Summary of Le Vigouroux Sarah (2021) study on parental burnout.
- **Activity 3:** Choose correct statements about parental burnout.

### **Lesson 5: Case Studies and Practical Applications**

- **Topics:** Applying ABA strategies in real-life scenarios.
- **Materials:**
  - Case Study Handouts
- **Activity 4:** Fill-in-the-blank activity on managing parental burnout.

### **Lesson 6: Assessment and Feedback**

- **Topics:** Review and assessment of key concepts.
- **Materials:** Quiz covering all lessons.
- **Quiz:** Multiple-choice, true/false, and short-answer questions.

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## **Evaluation and Grading:**

Passing score: 80% overall.

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**Key Resources:**

- Videos and PowerPoint presentations linked in lessons.
  - Articles and additional readings provided during the course.
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**Contact Information:**

For any questions or concerns, email [support@behaviorwebinars.com](mailto:support@behaviorwebinars.com)