



Behavior Webinars
Behaviorwebinars@gmail.com

General Information

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

Title: Using ACT to Fight Therapist Burnout

BCBA CEs: 2 Ethic CEUs,

IBAO CEs: 2 Ethics credits

QABA CEs: 2 ethics CEU

This webinar addresses how to use ACT therapy to give therapists tools to help fight burnout and engage in more value-based behaviors.

Speaker Bio

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.

Learning Objectives

- 1.) How the 6 processes of ACT related to ABA
- 2.) How to use the 6 processes to fight burnout
- 3.) Strategies for increasing motivation
- 4.) Strategies for using perspective taking to change behavior

Course Assignments, Activities, and Technology

	Title
<i>Lesson 1</i>	Introduction
<i>Lesson 2</i>	Video
<i>Lesson 3</i>	Activities to support learning

Evaluation and Assessment

Participants must score 80% or better on all quizzes and exams. Participant also must turn in all assignments and respond to all discussion boards. Participants will have multiple opportunities to complete these activities if the first attempt is not satisfactory.

References

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- Gould, E. R., Tarbox, J., & Coyne, L. (2018). Evaluating the effects of acceptance and commitment training on the overt behavior of parents of children with autism. *Journal of Contextual Behavioral Science*, 7, 81-88.
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