

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

Title: Building Community with Adults with Disabilities Using ABA and ACT Therapy

BCBA CEs: 2 Ethics/DEI CEUs

QABA CEs: 2 Ethics/DEI CEUs

IBAO CEs: 2 Ethics/DEI 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 Overview:** This course explores how Applied Behavior Analysis (ABA) and Acceptance and Commitment Therapy (ACT) can be used to foster meaningful community engagement for adults with disabilities. It emphasizes overcoming barriers, enhancing social connections, and creating inclusive community activities to support sustainable belonging. Participants will learn practical tools and strategies to improve social inclusion, manage anxiety, and build lasting friendships.

**Course Objectives:** By the end of this course, participants will be able to:

- Identify barriers to community engagement for adults with disabilities.
- Apply ABA principles to enhance social inclusion.
- Utilize ACT techniques to promote emotional well-being and committed action.
- Develop strategies for creating and sustaining meaningful social connections.
- Design inclusive activities that address diverse skill levels and foster engagement.

### **Lesson Plan:**

**Lesson 1: Introduction to Community Building** Topics Covered:

- Importance of community for adults with disabilities.
- Barriers to community engagement (e.g., labels, motivation, transportation).
- Overview of ABA and ACT principles in social contexts. Activities:
- Video presentation on community building.
- Reflection on personal experiences with social inclusion.

**Lesson 2: Practical Strategies for Engagement** Topics Covered:

- Modifying activities for inclusivity (e.g., sports, games).
- Reinforcement techniques to encourage desired behaviors.
- Strategies to manage anxiety in group settings. Activities:
- Interactive group activity: Adapting a game for diverse skill levels.
- Case studies on using reinforcement in social interactions.

**Lesson 3: Fostering Lasting Friendships** Topics Covered:

- Encouraging new hobbies and interests.
- Conflict resolution skills for peer interactions.
- Overcoming fears related to stepping out of comfort zones. Activities:
- Role-playing scenarios to practice conflict resolution.
- Group discussion on building trust and rapport.

**Lesson 4: Integrating ABA and ACT Techniques** Topics Covered:

- Key ACT components: values, present moment awareness, defusion.
- Differential reinforcement to shape social behaviors.
- Creating structured yet flexible expectations. Activities:
- Personal action plan: Using ACT techniques to navigate social challenges.
- Final quiz (80% required to pass).

**Assessment:**

- Quizzes after each lesson to test comprehension.
- Interactive activities and reflections to demonstrate practical application.
- Final comprehensive quiz to assess overall understanding.

**Course Materials:**

- Video lectures and downloadable resources.
- PowerPoint presentations.
- Recommended reading: Baer, R. A. (2003). "Mindfulness Training as a Clinical Intervention."

**CEU Requirements:** To earn the 2 Ethics/DEI CEUs, participants must:

- Complete all lessons and activities.
- Pass the final quiz with a score of 80% or higher.
- Actively engage in discussions and assignments.

**Contact Information:** For questions or additional support, please contact [support@behaviorwebinars.com](mailto:support@behaviorwebinars.com)