

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

Title: ABA and Parent Mental Health

BCBA CEs: 5 General CEUs

QABA CEs: 5 General CEUs

IBAO CEs: 5 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 Overview*

This course provides a foundational understanding of Acceptance and Commitment Therapy (ACT) principles and their integration with behavior analysis. Participants will explore the six core processes of ACT, including cognitive defusion, acceptance, and committed action, with practical applications through experiential exercises and case studies. Designed for behavior analysts, this course emphasizes fostering psychological flexibility in clients to enhance professional practice.

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### *Course Objectives*

1. Understand the six core processes of ACT.
2. Develop skills to foster psychological flexibility in therapeutic settings.
3. Apply ACT principles in behavior analysis to support client interventions.
4. Practice mindfulness, acceptance, and values-based decision-making.
5. Integrate ACT techniques into behavioral interventions effectively.

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### Lesson Plan

#### *Lesson 1: Course Agreement*

- Overview of course expectations and learning modalities.
- Agreement to actively participate in all course activities.

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#### *Lesson 2: Values*

- **Topics Covered:**
  - Role of values in ACT therapy.
  - Identifying and differentiating short-term and long-term values.

- Impact of value-based inconsistency on psychological well-being.
  - **Activities:**
    - Reflection exercises to identify personal values.
    - Video lecture and interactive quiz.
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### *Lesson 3: Present Moment Awareness*

- **Topics Covered:**
    - Importance of mindfulness and staying present.
    - Techniques for improving present moment awareness.
  - **Activities:**
    - Focused breathing exercises.
    - Sensory observation practice.
    - Video and matching activity.
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### *Lesson 4: Acceptance*

- **Topics Covered:**
    - Embracing thoughts and emotions without judgment.
    - Distinction between acceptance and experiential avoidance.
  - **Activities:**
    - Essay on acceptance versus experiential avoidance.
    - Case study analysis.
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### *Lesson 5: Contextual Self*

- **Topics Covered:**
    - Understanding self-identity in the context of environment and experiences.
    - Differentiating "Self as Context" from "Self as Content."
  - **Activities:**
    - Self-reflection exercises.
    - Video discussion and assessment quiz.
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### *Lesson 6: Cognitive Defusion*

- **Topics Covered:**
  - Techniques to detach from unhelpful thoughts.
  - Strategies for observing thoughts as mental events.
- **Activities:**
  - Visualization and mindfulness exercises.
  - Video and matching activity.

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### *Lesson 7: Committed Action*

- **Topics Covered:**
  - Aligning actions with personal values.
  - Setting SMART goals to achieve meaningful outcomes.
- **Activities:**
  - Goal-setting workshop.
  - Case studies on committed action.

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### *Lesson 8: Summary*

- **Topics Covered:**
  - Integration of ACT principles.
  - Practical applications of psychological flexibility.
- **Activities:**
  - Review of core concepts.
  - Interactive summary quiz.

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### *Lesson 9: Final Quiz*

- Comprehensive assessment of course content.
- Includes questions on all six core processes and their applications.

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### Assessment

1. Interactive quizzes after each lesson.
2. Case study evaluations and reflective essays.
3. Final comprehensive quiz.

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### Course Materials

- Video lectures by Katie Saint.
- PowerPoint presentations and downloadable resources.
- Recommended readings:
  - Baer, R. A. (2003). "Mindfulness Training as a Clinical Intervention."
  - Bond, F. W., & Bunce, D. (2003). "The Role of Acceptance in Workplace Performance."