

## Registration Form

PLEASE PRINT OR TYPE CLEARLY

Name \_\_\_\_\_

Affiliation \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Workshop Fee: \$200

One day fee: \$125  Friday  Saturday

Student Fee: \$50 per day  Friday  Saturday

I will be purchasing a lunch for \$7.50 through  
Chatham University Cafeteria Services

Credit Card payment on-line through

PayPal on PLEA website

[www.plea-agency.org](http://www.plea-agency.org)

or make checks payable to: PLEA

A \$10 administrative fee will be deducted for all refunds or  
cancellations, no refunds can be issued once the program has  
begun

Send Registration and Payment by 3/11/16

PLEA

733 South Avenue

Pittsburgh, PA 15221

email [df@plea-agency.org](mailto:df@plea-agency.org)

or fax (412) 243-5649

# chatham UNIVERSITY

Chatham University is a 145-year-old educational institution in Pittsburgh with over 2,100 undergraduate and graduate students in over 60 degree programs. It is the home of three graduate psychology programs, including a Masters of Arts in Psychology, a Masters of Science in Counseling Psychology, and a Doctor (PsyD) of Counseling Psychology. The Chatham University Psychology Continuing Education Program has also been approved to be a CE sponsor by the American Psychological Association.

For a campus map to assist with parking,

visit the following website:

<http://www.chatham.edu/about/pdf/campusmap.pdf>

*Continental Breakfast will be provided both days*

*Lunch will be available for \$7.50 through*

*Chatham University Cafeteria Services*

*See PLEA website for a listing of area hotels*



## *ACT for children, adolescents and parents*

*Presented by: Lisa Coyne, PhD*

Faculty, Harvard Medical School

Associate Clinical Professor, Suffolk University

Licensed Clinical Psychologist

Internationally recognized ACT Trainer



*Sponsored by PLEA*

*Co-sponsored by*

*Staunton Farm Foundation*

*Chatham University*

*March 18-19, 2016*

*Chatham University, Eddy Theater*

*Woodland Road, Pgh., PA 15232*

*Registration: 8:00 AM*

*Workshop: 8:30 AM—4:00 PM*

Date: March 18-19, 2016 Time: 8:30 AM—4:00 PM

### Chatham University

#### PROGRAM DESCRIPTION:

This workshop will explore the developmentally sensitive use of **ACCEPTANCE AND COMMITMENT THERAPY (ACT)** with children, adolescents and their parents. The presentation will provide an overview of the expanded version of Applied Behavior Analysis (ABA) known as Contextual Behavioral Science (CBS), and will introduce Relational Frame Theory (RFT), the behavior analytic theory of language and cognition upon which ACT is based. The program then will address how to “set the stage” for contextual behavioral ACT work with youngsters and parents, including functional assessment, case conceptualization, treatment planning, and applying the six core ACT processes in creative and flexible ways. Participants will be given numerous opportunities to engage in exercises and role plays in which to practice the principles taught. In addition to the workshop’s didactic content, clinical examples will be used to illustrate therapeutic techniques.

#### TARGET AUDIENCE:

Psychologists, therapists, counselors, psychiatrists, MDs, nurses, mental health professionals, coaches, dieticians, guidance counselors, teachers and students in related fields.

#### EDUCATIONAL OBJECTIVES: *Upon attendance, learners will be able to:*

- Describe three distinguishing characteristics of Contextual Behavior Science (CBS), the larger scientific frame work encompassing ACT and RFT.
- Specify the six core ACT processes that underlie psychological flexibility.
- Explain functional analysis (“towards” and “away”) using the ACT Matrix.
- Discuss two experiential ACT exercises, adjusted for the developmental context (child, adolescent, parent or staff in a school or clinical setting).

#### CONTINUING EDUCATION CREDIT: (\$10/DAY)

**Psychologists:** Chatham University Psychology Continuing Education Programs (PCEP) is approved by the American Psychological Association to sponsor continuing education for psychologists. PCEP maintains responsibility for this program and its content. For questions related to these CE credits/program, please contact Mary Beth Mannarino at [mmannarino@chatham.edu](mailto:mmannarino@chatham.edu).

**Social Workers, Marriage and Family Therapists, and Professional Counselors** in Pennsylvania can receive continuing education credits from providers approved by the American Psychological Association. Chatham University PCEP is approved by the American Psychological Association to sponsor continuing education. PCEP maintains responsibility for this program and its content. For questions related to the CE credits/program, please contact Mary Beth Mannarino at [mmannarino@chatham.edu](mailto:mmannarino@chatham.edu).

ACT 48 credits offered through Allegheny Intermediate Unit. Credit authorization code and \$2 required.

### Lisa Coyne, PhD

Lisa W. Coyne, PhD, is an internationally recognized ACT Trainer and is on Faculty at Harvard Medical School, where she directs the McLean Child and Adolescent OCD Institute (OCIDI Jr.). She is an Associate Clinical Professor at Suffolk University in Boston, MA, and is also a licensed Clinical Psychologist.

Lisa has published numerous peer-reviewed articles and chapters on ACT and OCD for children, teens, and families, and is the author of the recently released book for parents and young children *The Joy of Parenting: An Acceptance a Commitment Therapy Guide to Effective Parenting in the Early Years*.

Lisa will be joined by Beth Fulton, M.S. and Aaron Libman, M.Ed., BCBA, each of whom will present different aspects of the way in which ACT is being used in the PLEA School Based Partial Hospital Program for working with children, families and staff.

