

PLEA ACT Institute

Committed to providing quality trainings to families & organizations.

PLEA provides parent workshops, staff trainings and organizational trainings that are based in Acceptance and Commitment Training (ACT).

ACT is an evidence-based approach rooted in Applied Behavior Analysis (ABA), that integrates mindfulness exercises and provides some guidance on moving towards the things that are important.

These trainings are ideal for families, social service agencies, and schools.



PLEA is proud to host a variety of services such as a School Based Partial Hospital Program, Summer Camp Program, Respite Program, Compeer, PAL, and BHRS in Pittsburgh, Pennsylvania.

PLEA is committed to delivering high quality, effective and empirically sound services and support to children, families and adult consumers. As part of an ongoing effort to enhance the quality of our services, we incorporate ACT into all levels of our organization; across programs and individually with those we serve.

To learn more about PLEA and our programs we invite you to visit the PLEA website at www.plea-agency.org.



PLEA
733 South Avenue
Pittsburgh PA 15221

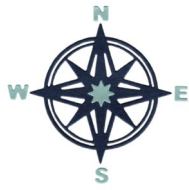
Phone: 412-243-3464
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www.plea-agency.org



Acceptance and
Commitment
Training (ACT)
Institute

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412-243-3464



Staff & Organizational Trainings

Staff Workshops

We provide workshops designed to help staff build the skills to cope with job related stress and move towards what is important in the work place. This workshop will help direct care staff identify and move towards their values. After all, why have we chosen a helping field?

Organizational Training and Consultation

Our organization trainings and consultative services range from introduction to ACT workshops to total organization values clarification.

We can design an ACT based training program to meet your organizations needs.

Please feel free to contact us for a free initial consult.

Contact **Beth Fulton** at:
412-243-3464 X-111
Fax: 412-243-5649

ACT For Parents

PLEA ACT for Parents Workshops

This 5 part workshop for parents is designed to...

1. Help parents build skills to cope with parenting stress.
2. Help parents deal with the daily struggles of parenting a child with special needs.
3. Provide parents with some basic tools to promote positive parent-child interactions.

These workshops are open to all parents and are provided at PLEA on a regular basis for a small per-person fee.

Workshop schedule and additional information can be found on our website.
www.plea-agency.org

We can come to you!
We can facilitate a parent workshop at your organization. Contact us for more information and group rates.

Parent Workshop Facilitator Training

After completion of this training program, your staff will be able to facilitate ACT based parent workshops at your organization.

This training consists of:

1. An initial 2 day training on the basics of ACT.
2. PLEA trainer will provide direct training during a 5 sequence workshop.
3. PLEA trainer will provide supervision, consultation and feedback for your staff

Our Expert Trainers

Beth Fulton, MS:

Ms. Fulton has worked with children and families at PLEA since 1997. In recent years, she served as the BHRS Program Director and is a co-developer of the PLEA ACT Institute. Ms. Fulton also serves children and families in the PLEA Enhanced School Based Partial Hospital program. Ms. Fulton has earned a bachelor's degree in Psychology and a Master's degree in Applied Psychology with a counseling concentration.

Ms. Fulton has received extensive training in ACT since 2010 from a variety of prominent ACT trainers such as Kelly G. Wilson, PhD, Lisa W. Coyne, PhD, Kevin Polk, PhD. In the fall of 2015, Ms. Fulton attended ACT Boot Camp where she received training from Steven C. Hayes, PhD, Daniel J. Moran PhD, BCBA, Robyn D. Walser PhD, and Benjamin Schoendorff MA, MSc. In 2014-2015 Ms. Fulton was trained and supervised in the ACT for Parents Workshop via a train-the-trainer model from the developer of the protocol, Lisa W. Coyne PhD. Ms. Fulton currently facilitates these parent workshops and provides services to PLEA families based in this protocol. She is currently undergoing the process of becoming a certified ACT Trainer. Ms. Fulton is a member of the Association for Contextual Behavioral Science (ACBS) and is a board member of the PA Chapter of ACBS as a Member-at-Large.

Aaron Libman, M.Ed, BCBA

Mr. Libman, a Board Certified Behavior Analyst, has worked in various capacities at PLEA since 2010, now serving as the Clinical/Program Director of the School Based Partial Hospital Program. Additionally, he is a co-developer of the PLEA ACT Institute. Mr. Libman has a Bachelor's Degree in Psychology with a certificate in Organizational Studies and a Master's in Education. He is a member of the Association for Behavior Analysis International and the Association for Contextual Behavioral Science.

Mr. Libman was initially exposed to ACT in 2009 and has been involved with the approach since then. He has received extensive training in ACT from Dr. Kelly Wilson, Dr. Lisa Coyne, and Benjamin Schoendorff. This training, along with his personal experience with ACT has led to multiple opportunities to present the model and its application in organizational contexts, most recently at the Child and Adolescent Obsessive Compulsive Disorder Institute at McLean Hospital, part of Harvard Medical School.