




CDP Presents A Monthly Webinar Series

Acceptance and Commitment Therapy (ACT) as a Treatment Approach for Military-Connected Children and Teens

Presenters:

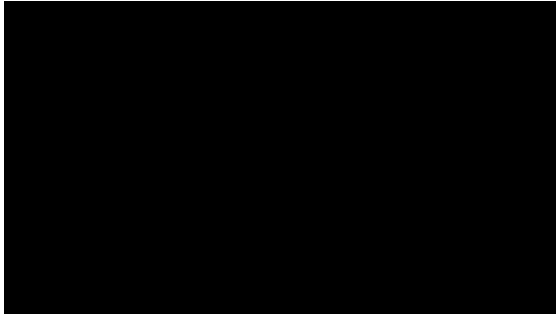




Michelle G. Bubnik-Harrison Ph.D.

Jaime L. Benson, Ph.D.

Sara Marie Hinojosa Ph.D.

Upcoming Training & Events



Before We Get Started in:


01:00:00

Q & A — You can submit a question via chat anytime during the presentation. Questions will be answered during the last 10 minutes of the program. While chatting, please select “All Panelists and Attendees” in chat so all can see your comments and questions!

Resources — You can find a PDF of the presentation and additional resources on your CE21 account page.

Dial In for Audio (only if having audio problems)
Stay Logged In! Dial 646-876-9923 Meeting # 822 2198 2347
Help — for assistance, please e-mail Micah Salas at micah.salas.ctr@usuhs.edu




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Licensed Psychologist
Kennedy Krieger Institute

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Licensed Psychologist and Associate Director
Kennedy Krieger Institute

Sara Marie Hinojosa Ph.D.
Licensed Psychologist and Supervisor
Kennedy Krieger Institute

To receive credit, you must attend the webinar all the way through the Q & A section at the end of the presentation.

Please do NOT leave the webinar!

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Disclaimer

The views expressed are those of the presenter and do not necessarily reflect the opinions of the Uniformed Services University of the Health Sciences, the Department of Defense, or the U.S. Government.




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Acceptance and Commitment Therapy (ACT) as a Treatment Approach for Military-Connected Children and Teens

Upcoming Training Events:

Online Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP) Training via Zoom	13-14 May 2024
CDP Presents: Eating Disorders - Assessment and Treatment in a Military Behavioral Health Context, Online via Zoom	14 May 2024
Online Cognitive Behavioral Therapy for Insomnia (CBT-I) Training via Zoom	21-22 May 2024
CDP Presents: Understanding the Role of Shared Decision-making in PTSD Clinical Practice, Online via Zoom	6 June 2024
Online Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP) Training via Zoom	13-14 June 2024

Register now for these upcoming trainings:
www.deploymentpsych.org/trainings




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Sorry We Missed You!




We have you covered!
Check out last month's series:
Intimate Partner Violence: An Overview of Assessment and Response with Military-Connected Clients

Great presentation and useful information. Also, a good refresher...I had sat through a few of these trainings 5-10 years ago and maintaining currency on population risks, as well as resources is very helpful.

Thanks for providing such high-quality free trainings!

Great Training!




Watch Archived CDP Presents Webinars at
<https://deploymentpsych.org/archived-webinars>

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\$20


Includes CEs
\$45 Conference + PMI



COME AS YOU ARE:
Complex Presentations and
Transdiagnostic Approaches
Center for Deployment Psychology - Evidence-Based Psychotherapy Conference
PMIs May 7-8, 2024 & Conference May 9, 2024

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Keynote Address:
Arthur M. Nezu, PhD, ABPP & Christine M. Nezu, PhD, ABPP
Drexel University



The Relevance of Emotion-Centered Problem-Solving Therapy (EC-PST) for Veteran and Active Duty Populations

Pre-meeting EBP Workshops
May 7-8:

- Motivational Interviewing Skills (MI)
- Prolonged Exposure Therapy for PTSD (PE)
- CBT for Insomnia (CBT-I)



Register now for the conference:
www.deploymentpsych.org/EBPConference

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Training on Assessment of PTSD and Suicide Risk Management in Veterans



Supporting Providers
Who Serve Veterans



March 13-14 June 5-6 August 14-15
10:00 AM – 6:30 PM ET
14 Credits (APA, ACE, NASW)



Target Audience:

Licensed behavioral health providers who regularly treat U.S. Veterans (or who intend to treat U.S. Veterans) in the community can apply. This training is **NOT** intended for behavioral healthcare providers working in **VA or DoD** settings.

Register now for the training:
<https://deploymentpsych.org/TAPTSDSRMV>

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PODCAST

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New Episodes
Every Two Weeks

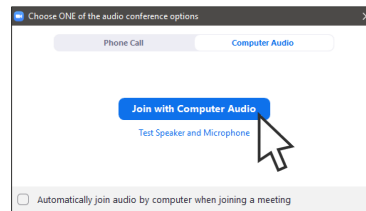
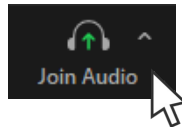
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Enhancing Your Experience

**"If you cannot hear me, you may need to click "Join Audio"
in the lower-left corner of the screen."**



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Enhancing Your Experience



Exit Fullscreen Mode

10

Enhancing Your Experience



Close All Programs

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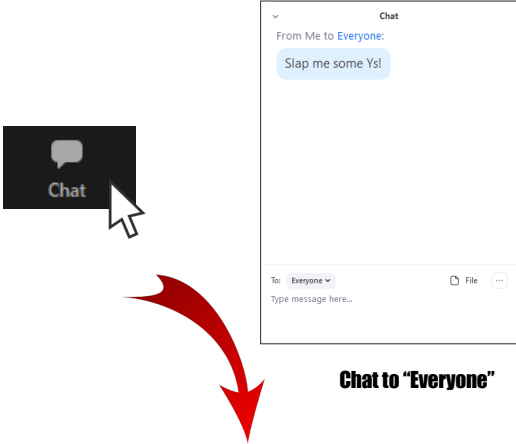
Enhancing Your Experience



Best Heard With a Headset


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Enhancing Your Experience



Chat to "Everyone"


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Disclosures

All faculty, course directors, planning committee, content reviewers and others involved in content development are required to disclose any financial relationships with commercial interests. Any potential conflicts were resolved during the content review, prior to the beginning of the activity.

Drs. Bubnik-Harrison, Benson, and Hinojosa have no financial interests to disclose.

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Acceptance and Commitment Therapy (ACT) as a Treatment Approach for Military-Connected Children and Teens

Michelle Bubnik-Harrison, PhD

Sara Hinojosa, PhD

Jaime L. Benson, PhD

4/24/2024



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Acceptance and Commitment Therapy (ACT): An Evidence-Based Approach

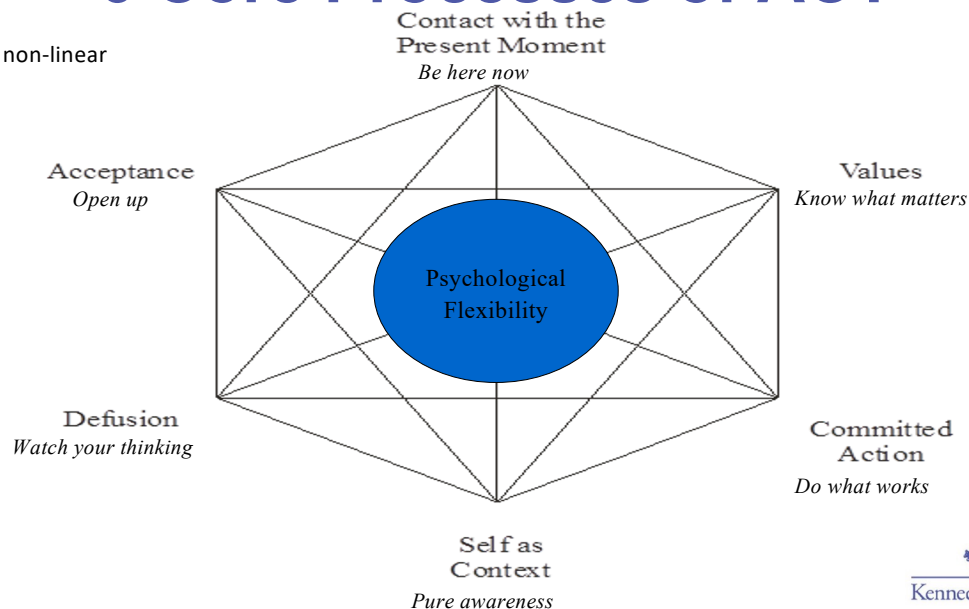
- Origins (Hayes & Smith, 2005)
- An evidence-based intervention for a variety of psychiatric concerns (Gloster, Walder, Levin, Twohig, & Karekla, 2020)
- Evidence-based for teens as well! (Harris & Samuel; 2020; Perkins, et al., 2023)



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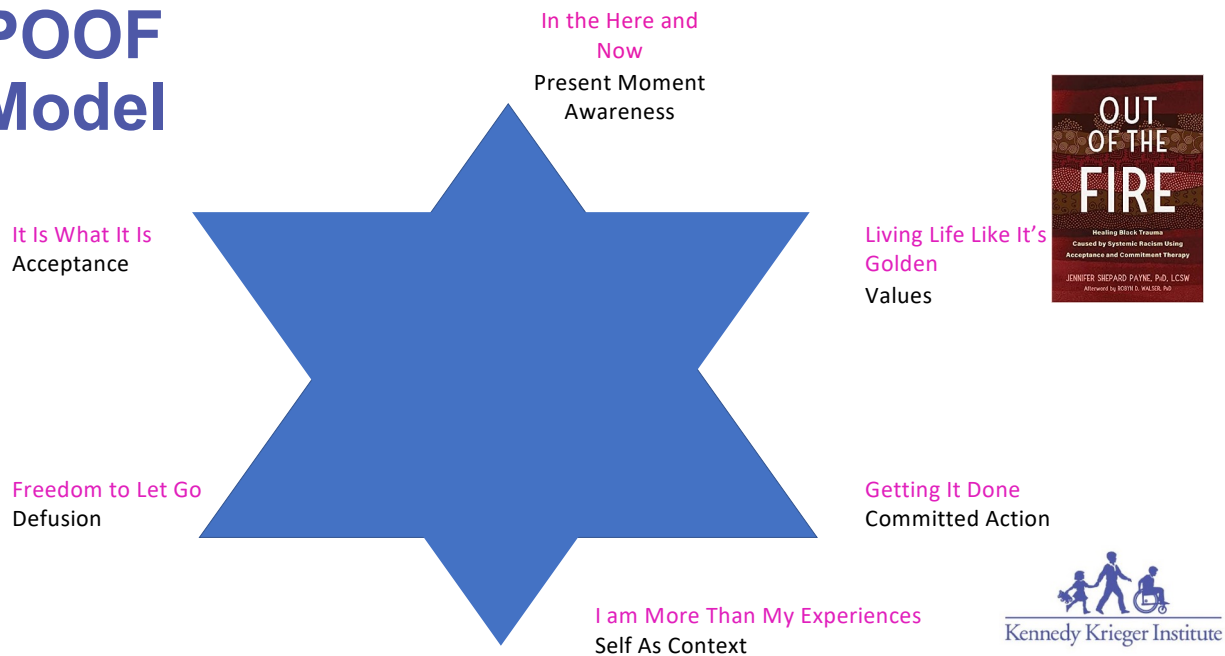
6 Core Processes of ACT

Treatment is non-linear



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POOF Model



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Defining the Problem

- Clinical concern can be described as
 - If I could just...
 - Feel less depressed, not feel pain




Harris, 2019



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Working with Teens

- Fit with developmental goals
 - Tune In
 - Make Space
 - Move Forward
- 
- Mindfulness & Values
 - Defusion & Acceptance
 - Committed Action & Self-as-context



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Tuning in

- Mindfulness
 - Awareness of all aspects of our experience
 - Including the unpleasant
- Values
 - What's important to us
 - What brings us pride and satisfaction



Harris, 2019



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Tuning in: Activities



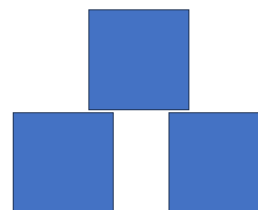
- Mindfulness
 - Everyday experiences
 - Eating, brushing teeth, waiting in the cafeteria line
 - Dedicated practice
 - Example!
- Values
 - Discuss role models
 - Hobbies- Who is your favorite professional athlete, musician, influencer?

Harris, 2019



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Making Space



- Defusion
 - Stepping back
- Acceptance
 - Allowing

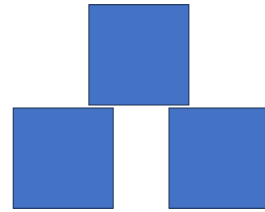
Harris, 2019



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Making Space: Activities

- Defusion
 - Leaves on a stream
 - Variations: clouds, sushi train, traffic
(Hayes & Smith, 2005; Harris, 2009)
- Acceptance
 - Chocolate Cake (Hayes et. Al., 1999)
 - Chinese Finger Trap (Eifert & Forsyth, 2005)



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Moving Forward

- Committed Action
 - Actions moving towards your values
 - Example: Learning~> study
- Self- as- Context
 - The transcendent self, the observer self



Harris, 2019



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Moving Forward: Activities



- Committed Action
 - Magic Wand (Black, 2022)
- Self-as-Context
 - Metaphors: Sky and Weather or Actors on stage (Harris, 2009)



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ACT with Young Children

- ACT has been shown to be as effective of a treatment for childhood anxiety and depression symptoms as CBT (Fang and Ding, 2020; Swain et al., 2015)
- Like CBT, ACT requires significant adaptations to be successful with younger children due to less developed executive functioning and language skills
- Tips for doing ACT with young children according to Black (2022)
 - Practice on yourself first
 - It's ok to model imperfection
 - Keep your language simple
 - Slow Down
- Parent involvement, modeling, and reinforcement are necessary components of ACT with young children



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ACT Model of Parenting for Young Children

- The missing link.....the parent's thoughts and feelings!

Coyne & Murrell, 2009



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Experiential Avoidance

- Tendency to avoid or suppress unwanted thoughts or feelings
 - Related to parental stress (Blackledge & Hayes, 2006).
- Various forms
 - May try to ignore thoughts, change them through logical arguments, or distract self from thoughts
 - Keep thoughts to self

Blackledge & Hayes, 2006; Coyne & Murrell, 2009



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ACT Model of Parenting for Young Children

- ACT can reduce and/or prevent burnout for parents of children with disabilities
- Parent's approach to their thoughts and feelings, especially in the context of their relationship with their child, is a key ingredient to effective parenting.
- Parent's values and vulnerabilities serve as lenses through which they view their child and focus their choices in how to nurture them, provide guidance, and set limits.
- Therapists can help parents compassionately acknowledge and accept feelings, worries, or perceived inadequacies.

Blackledge & Hayes, 2006; Coyne & Murrell, 2009



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Mindfulness and Parenting

Let's Practice!



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Mindfulness and Parenting

- Mindfulness is a compassionate, rich, and non-defensive awareness of the present moment.
- Takes practice
- Can help experience moments with the child more thoughtfully and effectively
- When parents can acknowledge thinking without responding to it □ It helps them show up in more sensitive, responsive ways!

Black 2022; Coyne & Murrell, 2009



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Supportive Parenting

- Understanding, acknowledging, and acting in ways that support children's intentions and goals.
- Partner with child

Coyne & Murrell, 2009; Dix et al., 2004



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Empathetic Awareness

- Ability to predict your child's motives and desires or to imagine their thoughts and feelings (linked with mindfulness)
- Parents with empathetic awareness report children have fewer behavioral difficulties and being happier themselves (Coyne et al., 2006).

Coyne et al., 2006; Coyne & Murrell, 2009



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ACT: Accept, Choose, and Take Action

- Accept
 - Teach ways to notice and accept thoughts as they are showing up in interactions
- Choose
 - Identify the things that matter most to parents and their relationships with young children.
- Take action
 - Choose to make decisions that align with values
 - Saying yes to effective behavior management strategies

Coyne & Murrell, 2009



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Values as Actions

- Values are chosen directions
- Spend time guiding parents to identify their parenting values
- Choose how to respond to your child instead of simply reacting to situations as your mind describes them to you

Black 2022; Coyne & Murrell, 2009



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Values

Let's practice!



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Learning Parenting ABCs

- Context
 - Situation, your thoughts and feelings, meanings parents give situations
 - Determines the strength of the relationships between the ABCs and helps give reinforcers and punishers their relative power
- A = Antecedent □ Child behaviors or emotion expression; parent experience
- B = Behavior □ Parenting strategy used
- C = Consequence □ Change in child behavior; change in parent experience

Coyne & Murrell, 2009



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Consider the Context

Let's practice!



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One last note...

- Let's practice what we preach!
- As you begin (or continue, or expand) your journey providing ACT to teens, youth, and parents
 - Notice your thoughts and feelings as you try new strategies with your clients
 - Thank your mind for these thoughts and feelings
 - Take action towards your values as a clinician that brought you to trying ACT.



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Take Home Points

- ACT is an effective intervention for a variety of concerns in youth
 - Best target middle-school and above
 - Younger populations- target caregiver
- Inclusive
 - Focused on patient's/family's values



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Thank you for attending!

Questions?

To learn more about our team visit:
www.kennedykrieger.org/military



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Next Steps



Before You Go:

Thank you for attending and participating in our training.

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 Please allow 2 hours for our system to track attendance.

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Please note that Zoom will occasionally take attendance that does not transfer to CE21. If your "Seminar Completion" tab is red, and you have attended the webinar in the required entirety, please wait 4 hours before contacting Micah Salas at micah.salas.ctr@usuhs.edu



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