



ACT FOR KIDS AND TEENS SIG IN ITALY: EXPERIENCE AND DIRECTIONS OF A WORKING GROUP

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Mindfulness programs for children (6-11 years old): we created and implemented a mindfulness based program for primary school's children to learn awareness of body, thoughts and emotions.
 ACT processes: present moment – defusion, acceptance



Italian Values Cards (11-20 years old): we made a translation and an adaptation of Louise Hayes' values card.
 ACT processes: values



Goals

- Act for Kids and Teens is a special interest group of ACT-Italia, founded in 2013, that aims to:
- ✓ promote communication among clinicians and researchers, exchange ideas and share experiences,
 - ✓ support empirical studies and application of ACT-based work with children, adolescents and their families;
 - ✓ spread knowledge and competencies in Italy about ACT intervention with young clients.

Participants and Methods

Members of the group (30 people) are clinicians, researchers and students from different parts of Italy, interested and specialized in the application of ACT with children, adolescents and parents.

Ten group meetings have been organized up to the present. Each meeting has a specific topic (i.e. assessment procedures, basic processes, group interventions, valued actions...) shared within the group. Members with experience on this topic submit their contributions (clinical reports, assessment tools, experiential exercises, paper reviews or empirical data) through an online form. Each contribution is presented and discussed by the group during the meeting.

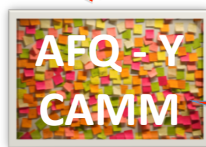
A SIG Committee coordinates activities, collects contributions and organizes trainings and workshops.

Results

- ✓ **Validation study** of the Italian version of two self-report measures consistent with ACT conceptual and clinical framework: **Avoidance and Fusion Questionnaire for Youth - AFQ-Y** (Greco, Lambert & Baer, 2008) and **Child and Adolescent Mindfulness Measure - CAMM** (Greco, Baer & Smith, 2011) and **Youth Quality of Life Instrument - YQOL** (Patrick & Edwards, 2002). Research has been conducted on a sample of 1287 adolescents (age 11-18) in 11 schools all over Italy (north, center, south).
- ✓ **Clinical Trial on ACT oriented Parent Training protocol** for parents of children with ADHD. Research has been conducted on 53 parents (18 ACT-PT vs 35 CBT-PT) with a pre – mid – post - follow up assessment.
- ✓ **Italian translation and adaptation of Louise Hayes' Values Card** and organization of a 2-days intensive workshop with Louise Hayes (60 participants) on ACT model and its application in adolescence.
- ✓ Organization of a **3-days mindfulness retreat with Plum Village's monks** (100 participants) on teaching mindfulness to children and parents.
- ✓ **Collection of tools for practicing ACT** with children and adolescents in the Italian context: assessment procedures, therapeutic exercises, cards and games, clinical cases with young clients. All these materials will be available for Italian clinicians' community.

JOIN US!

For any information about our activities write to:
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Validation of the Italian version of AFQ-Y and CAMM (11-18 years old): we translated and validated the instruments on a large sample of adolescents.
 ACT Processes: acceptance-defusion - present moment, self as context

Speedy Thoughts (6-11 years old): we help children to be aware of their thoughts by putting them on toy cars and playing with them.
 ACT processes: defusion - acceptance - self as a context



Floating Thoughts (5-16 years old): after having experienced how the mind works, child write his thoughts on small buoys in a container full of water.
 ACT processes: defusion – self as context



Mindfulness retreat with Plum Village's monks (kids, caregivers and parents): we organized and took part in a 3-days mindfulness retreat.
 ACT Processes: present moment, self as context



It's Time to ACT (11- 13 years old): an ACT program (12 sessions) for adolescents with dyslexia and school anxiety
 ACT processes: self as context - defusion - committed action - values

Find my way (6-18 years old): using a maze or drawing a path we work on values, goal setting and awareness of external and internal obstacles.
 ACT processes: values – committed action

