



ENGLISH



Welcome from the ACBS President

Welcome to the 2024 annual ACBS World Conference! We are gathering this year for the first time in South America. This has been a long time coming and reflects the commitment from ACBS to support a diverse and global membership. It is also a wish come true for many ACBS members. Numerous people from multiple South American countries have told me how excited they are to have the conference in Argentina.



The conference will feature various contributions from expert scholars and clinicians. A quick look at this program will reveal to you the breadth and depth of this organization. You will likely find that you have a difficult time determining what to attend. If you do, please thank the Program Chairs, members of the Conference Strategy Committee, or any of the number of people who reviewed submissions. Their contributions have created a rich, stimulating, and educational program.

I also hope that while you are at the conference that you will quickly realize that there is one important part of this conference that is not explicitly listed in the program. Namely, community. And all of us - irrespective of whether you are a first-time attendee or have been to several ACBS conferences - are key to generating the caring community that is the cornerstone of ACBS. I therefore invite you to engage with an open heart and head and I'm sure you will soon experience connection in return.

Finally, I wish to point out that there have been literally hundreds of people and thousands of hours of work that has gone into this conference. I wish to thank the staff and volunteers for your engagement. I also wish to thank the ACBS members of Argentina for opening your home to us despite ongoing economic difficulties. Working with all of you has enriched my time as president - and I can't wait to enjoy a week together in Buenos Aires.

Sincerely,
Andrew Gloster, PhD - ACBS President

Message from our World Conference 2024 Program Chairs



Welcome to Buenos Aires! Bienvenidas y bienvenidos a Buenos Aires! Bem-vindas e bem-vindos a Buenos Aires!

It is a tremendous joy to welcome you to the beautiful and vibrant city of Buenos Aires, full of color, rhythm and passion. This is the 22nd World Conference for the Association for Contextual Behavioural Science but it is the first World Conference taking place in Latin America. This is a reason to celebrate for all of us. It is a unique opportunity to immerse ourselves in a rich and enchanting cultural universe, while we learn about the latest and most innovative research in and application of contextual behavioral science (CBS), receive training, and connect with the ACBS community. Buenos Aires is known as "The Paris of South America," a city that blends tradition and modernity, where European architecture meets South American vitality. We are confident that you will enjoy wonderful gastronomic experiences while savoring the local wines. We hope you can appreciate the tango while walking the same streets where Carlos Gardel and Astor Piazzolla once did. And may you be enchanted by the scenery that inspired Jorge Luis Borges and that was the setting for the charming Argentine cinema.

Beyond the opportunity to strengthen the bonds that many of us already have in this CBS community, we hope to welcome those who are coming for the first time with the warmth and receptivity of Latin Americans. This 22nd ACBS World Conference has been thoughtfully organized, keeping in mind our shared mission of alleviating human suffering and furthering human well-being. At the same time the conference program committee has endeavored to compile a program that focuses on our values of inclusion, equity, and diversity in particular. We have sought to create space for the different voices that make up our community and tried to create a program that embodies a more global and diverse ACBS.

This year's agenda features an exceptional pool of speakers who will present and discuss a variety of topics, such as the integration of tradition and innovation, possibilities and challenges of psychedelics, processes of change in clinical interventions, intersectionality and CBS, body-based interventions, process-based approaches beyond psychotherapy, promoting social change using CBS, and social connection using FAP principles, and possibilities in the face of climate change. This, however, is only a taste of the many workshops, symposia and panel discussions that will be conducted by international experts.

Our heartfelt thanks goes to all the volunteers who have contributed their valuable time and effort. It has been a real honor and pleasure to work with you all.

We hope you enjoy the conference, as it celebrates its premiere in Latin America and wish you all an inspiring, instructive and joyful time.

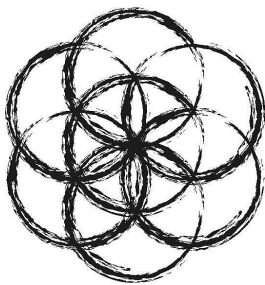
Jae Villanueva, Ph.D. and Mônica Valentim, Ph.D.

Special Thank You from ACBS to our 2024 World Conference Program Committee!

See here for a full list of the fantastic volunteers who helped put the program together.
https://contextualscience.org/wc2024_program_committee

Thank you to the 2024 Sponsors:

The Center for Compassion Focused Therapy
PsychFLEX
Tres Olas/ Ediciones Psara



Bookstore

The bookstore at World Conference 2024 is located in the Juan Pablo II external foyer.

Spanish language books are available for purchase from **Three Waves Editions** and **Psara**. They are both publishing houses dedicated to editing, publishing, and distributing unpublished books, translations of classic materials, skill manuals, and compilations on Dialectical Behavior Therapy (DBT), ACT, FAP, auxiliary protocols, mindfulness, and other related therapies. Both publishers aim to disseminate knowledge of contextual therapies in Latin America and Europe.

They will accept debit cards, credit cards, Mercado Pago, Stripe, cash in pesos and USD. It is likely that during the event many of the books will have a 10% discount.

Wednesday, 24 July	9:00 am – 7:00 pm
Thursday, 25 July	9:00 am – 7:00 pm
Friday, 26 July	9:00 am – 3:00 pm
Saturday, 27 July	9:00 am – 3:00 pm

Evening Events

Wednesday, 24 July 2024 - Opening Chapter, Special Interest Group (SIG) & Committee Social (5:45-8:00pm), Juan Pablo II (Floor 2)

Say hello to your old friends and make some new ones!

Get connected with some of the Chapters, SIGs and Committees in your geographic area or area(s) of interest.

Join us for a special local surprise at 6:30pm (Argentinian's bring your dancing shoes!)

Conference Attendees and Pre-Conference Attendees welcome. Cash bar available.



Thursday, 25 July 2024 - Social and Poster Session #1 & #2 (6:00-6:45 & 6:45-7:45pm), Juan Pablo II foyer (Floor 2) & Sala de Lectura (Floor 1)

Please explore research posters in the Juan Pablo foyer (Floor 2) and in the Sala de Lectura (Floor 1). The posters change halfway through the session. Bars are available in both areas.

Scan this QR code to see a detailed list of posters and their abstracts.

Saturday, 27 July 2024 - Follies & Dance Party (8:30pm-1:30am), Teatro Margarita Xirgu

Teatro Margarita Xirgu, Chacabuco 875, San Telmo (doors open at 8:30pm, Follies start at 9:00pm, dance party starts at 10:30pm; drinks included).

We regret that due to the content and format of the Follies, translation will not be available. Follies presentations are welcome in Spanish, Portuguese, or English.

Delegates: get your creative powers focused because anything you have seen in the CBS world that deserves to be made fun of is fair game. Produce your sketches, songs, PowerPoints, and stand up routines, and then email them to dj@drdjmoran.com or drleebaggley@gmail.com to ensure they have your name for a place in the Follies. (At the conference, hurry and find D.J. or Dayna – you only have a short time to do it).

CEs, Certificates, Evaluations

CE Credits & Certificates (with hours)

For those who have pre-paid and signed up for continuing education credits or a certificate with hours, please remember to **scan in and out with the barcode on the FRONT of your badge** at the beginning and end of each session using our scanner system in the room. (ACBS does not have access to building scanning, so can not verify your attendance using the scan from the turnstile at the building entrance/exit.) If there is a problem and the scanners are not working, please make sure to sign in and out on the yellow attendance sheet provided. We cannot give CE credit if you do not scan/sign in and out. Those arriving more than 15 minutes late or leaving before the entire session is completed will not receive CE credits.

CE credits are NOT available for IGNITE sessions, Chapter/SIG/Committee meetings, or other lunch/evening meetings.

CEs for BCBAs are not available for all sessions. Check here for a list of excluded sessions.
https://contextualscience.org/wc2024_ce_credits

For those who have pre-paid and signed up for continuing education credits or a certificate with hours, we will email you a printable copy of your certificate by 28 September.

General certificates of attendance (without hours) will be emailed to all registered attendees by August 1, 2024.

ALL certificates are sent via SimpleCert, so check your email for "certificates@simplecert.net".

Evaluations

General conference evaluations and CE evaluations can be completed at <http://contextualscience.org/evals> or by following the QR code on this page. We appreciate your help in evaluating the conference & contributing to the improvement of future conferences.

Association for Contextual Behavioral Science (ACBS) is approved by the American Psychological Association to sponsor continuing education for psychologists. ACBS maintains responsibility for this program and its content. ACBS will issue certificates of completion.



To all CE and general Evaluations

Badge requirement

Please remember that your badge is absolutely necessary to enter the conference venue, UCA, San José building. UCA security requires detailed identification information for each attendee (which we already collected from you during registration) and badge scanning to enter the building, each day. For this reason, we regret that guests are not permitted to enter, due to UCA safety and security policies.

Badges are also required for entry into the Follies venue in San Telmo. Please don't forget to bring it with you.

Translation (Spanish/ Portuguese/ English)

Headset live translation:

25-27 July, all sessions in the room Juan Pablo II are available via provided translation headsets that can be collected in the Juan Pablo II foyer.

AI, phone-based translation:

23-24 July all sessions in Auditorio 1, Auditorio 2, Auditorio 3, Aula Magna, Juan Pablo II, Aula 204, Aula 218.

25-28 July all sessions (except plenary overflow rooms) in Auditorio 1, Auditorio 2, Cine, Aula Magna, Aula 124/125, Aula 126, Aula 204, Aula 219.

Attendees are required to provide their own internet connectable device with their personal headphones. (Attendees are not permitted to use speakers on their devices for the comfort of others.)

Attendees can connect via QR codes on the wall in the respective rooms (codes vary by room/day), or via the links in the conference app, where available.

Translation is provided as written text or as audio at the discretion of the attendee.

DON'T FORGET YOUR PHONE, EARBUDS/ HEADSETS, AND CHARGER/ POWER BANK!

Plenary overflow rooms

For your comfort, during the plenary sessions, the audio and slides will be live streamed into Aula 204 and Aula Magna with additional seating. Note, wireless translation headsets will not work in the Aula Magna room. If you are using a translation headset, you must attend from Juan Pablo II or Aula 204.

PowerPoints/ Handouts

Any supplementary materials, translated when possible, are available via the conference app.

Lunch/Breaks

Lunch/Breaks for conference registrants can be found in Sala de Lectura on floor 1, or in the Juan Pablo II foyer on floor 2. Please make sure you collect your selected meal preference you shared when registering (vegan, gluten free, etc.).

Attendees are not permitted to eat or drink in rooms with carpet, as per UCA requirements. Some seating is available in the Aula Magna foyer, Auditorio 2, 3, adjacent hallways, Juan Pablo II, or hallways throughout the building. Eating outside is permitted. Please do your best to clean up after yourself, for the comfort of others.

Drink tickets

Conference attendees receive drink tickets valid for Wednesday and Thursday evenings respectively. They may only be used on the correct, corresponding evening (indicated on the ticket). Additional drinks may be purchased for a fee (electronically or with pesos).

Quiet room

Aula 134 is available 23-28 July for attendees who wish to find a quiet space in the building during the event. Conversation, food, and beverage are not permitted in this small room for the comfort of others.

Networking room

Auditorio 3 is available from 25-28 July as a break/networking room for any attendees.

Luggage

25-28 July, Aula 220 is available for your use as an unattended luggage room. ACBS is not responsible for any lost or stolen items.

Internet

Complimentary internet is available in the UCA meeting space. HOWEVER, please know that our bandwidth is limited, and a large percentage of our attendees will rely on this internet for AI language translation. **To make this workable for everyone, if you have independent internet service, please use that, and UNDER NO CIRCUMSTANCES are those using UCA Wi-Fi permitted to stream video or download large files during conference sessions as it will interfere with the translation access of other attendees.** Thank you for your understanding in this important matter. To connect, just join UCA-WIFI-SUR, no password is required.

Conference App

Instructions for installing the Conference App:

- 1) Go to your phone's app store. Search for **Yapp**. Install Yapp on your phone.
- 2) Open Yapp
- 3) Click on "+" in the upper right corner.
- 4) Type **ACBS** in the box that says Enter Yapp Id and click "Go" or "Enter"
- 5) The ACBS World Conference logo will appear on your screen. Click on the logo and the app will open.



To save paper and to be as up to date as possible, this year all program updates will be included in the conference app.

The full conference program, including abstracts, is also available online at https://contextualscience.org/wc2024_program.

Questions / Help

Information desk hours

South end of San Jose building, ground floor

- *Tues. 8:00am-5:15pm*
- *Wed. 8:00am-5:15pm & 5:45pm-8:00pm*
 - *Conference only name badge collection available after 2:00pm*
- *Thurs. 7:30am-5:00pm*
- *Fri. 8:00am-5:00pm*
- *Sat. 8:00am-5:00pm*
- *Sun. 8:30am-11:00am*

If you have any questions or need any help after the conference, please reach out to ACBS staff:

- Melissa: staff@contextualscience.org
- Abbie: support@contextualscience.org
- Renae: office@contextualscience.org

Tuesday-Wednesday • 23 & 24 July • Pre-Conference Workshops

		9:00-10:45 am	Break	11:15am-1:00pm	LUNCH 1-2:00pm	2:00 - 3:30 pm	Break	4:00-5:30pm
<u>ROOM</u>								
Juan Pablo II	Floor 2	Healing Interrupted Lives: Using Acceptance and Commitment Therapy and Process-Based Work to Recover from Trauma - Robyn Walser, Ph.D.						
Aula 218		Focused Acceptance and Commitment Therapy: Powerful Behavior Change Services for All People - Patti Robinson, Ph.D., Kirk Strosahl, Ph.D.						
Aula 204		Here, Now, and Between Us: Functional Analytic Psychotherapy (FAP) and the Power of the Therapeutic Relationship - Mavis Tsai, Ph.D., Sarah Sullivan-Singh, Ph.D., Barbara Kohlenberg, Ph.D., Amanda Muñoz Martínez, Ph.D., Daniel Maitland, Ph.D.						
Aula Magna	Floor 1	Mastering Compassion Focused Practice from The Inside Out: An Experiential Introduction to Compassion Focused Therapy and Compassionate Mind Training - Dennis Tirch, Ph.D., Laura Silberstein-Tirch, Psy.D., Manuela O'Connell, Lic.						
Auditorio 1	Floor 0	Creating a State-of-the-Art Process-Based Practice: The Role of AI, EMA, Functional Analysis and Digital Technology - Maria Karekla, Ph.D., Andrew Gloster, Ph.D., Steven C. Hayes, Ph.D.						
Auditorio 2		Helping build flexible relationships toward the self and the social world: Using CBS to support flexible growth in self and social connections with people aged 12 to 24 years - Louise Hayes, Ph.D.						
Auditorio 3		Language Matters. Moving from Formula to Function: Progressing Applications of Behaviour Analysis with RFT and ACT - Nanni Presti, Ph.D., Sarah Cassidy, Ph.D.						

ACBS Pre-Conference experiential workshops require a separate registration. See our website for details: https://contextualscience.org/wc2024_preconference_workshops

Program Detail • Thursday • 25 July

Thursday Morning 8:00 AM

A. On Becoming a PRT

Chapter/SIG/Committee Meeting (8:00 AM - 9:00 AM)

Location: Auditorio 2 - Floor 0

Translation: Not available

Lou Lasprugato, MFT, ACBS Training Committee Chair
Raul Manzione, M.Sc., Training Committee
Sarah Pegrum, Ph.D., Training Committee
Mônica G Valentim, Ph.D., Training Committee
Fabián O Olaz, Ph.D., Training Committee
William Ferreira Perez, Ph.D., Training Committee

If you are thinking about completing the application process to become a peer-reviewed ACT trainer, then this panel is for you. Being a peer-reviewed trainer (PRT) is an important way to be a part of ACBS and contribute to the dissemination of ACT. The panel includes training committee members who will share their experiences and discuss the steps in becoming a PRT. They can assist with answering whatever questions you may have, such as, "How long does it take?; What is the process?; What is the application like?; What if I am not a native English speaker?; What is the point of becoming a PRT?; Do I have the experience/qualifications to be a PRT?", and many others. All are welcome to attend!

B. Finding Your Home in ACBS: A Membership Committee Meeting That Is Open to All ACBS Members, Including First-Time Attendees

Chapter/SIG/Committee Meeting (8:00 AM - 9:00 AM)

Location: Auditorio 1 - Floor 0

Translation: Not available

Lanaya Ethington, Private Practice

Founded in 2005 by a small number of CBS leaders, ACBS has grown into an organization with over 9,000 members in more than 100 countries and currently counts 44 Chapters, 43 SIGs and 14 Leadership Committees. With its growth in size and scope comes an increased need for members to actively build and maintain community within ACBS. The organizational complexity of ACBS can be daunting or confusing for members who feel ready to become more involved. The Membership Committee would like to facilitate a conversation with ACBS members who are interested in learning about ways to become more engaged in our organization. We would like to extend a special invitation to those who may be attending their first ACBS World Conference. We will do some icebreakers and networking, and also give some tips about how to maximize your conference experience.

Thursday Morning Plenary 9:00 AM

1. Reboot, Reframe and Re-envision: Advancing Health Equity within Behavioral Science

Plenary (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Didactic presentation, Original data*

Categories: Health / behavioral medicine, Social justice / equity / diversity

Location: Juan Pablo II - Floor 2

Lori E. Crosby, Psy.D., University of Cincinnati & Cincinnati Children's Hospital Medical Center



Advancing health equity within the realm of behavioral science necessitates a fundamental shift in our methods and processes. It calls for a strategic "reboot," a recalibration of our approach to research design, execution, and dissemination. Central to this transformation is the imperative to place the lived experiences of our patients and the community at the forefront, elevating the rigor, relevance, and reach of our work. By actively involving the community and individuals with lived experiences throughout the entire research process—from design and implementation to dissemination—we not

only enrich our work but also exponentially magnify its impact. Simultaneously, we must "reframe"

our conceptual framework, adopting methodologies that explicitly address and target the social and structural determinants of health inequities. This paradigm shift is essential to foster a more comprehensive understanding of the complex dynamics at play. Furthermore, a crucial aspect of this transformation involves "re-envisioning" the recruitment and engagement processes in research. In this way, we will not only advance science but also contribute to dismantling health disparities at their roots.

Educational Objectives:

1. Discuss the importance of centering the lived experiences of patients and communities in research endeavors aimed at advancing health equity within behavioral science.
2. Identify strategies for actively involving individuals with lived experiences and communities throughout the entire research process, to enhance scientific rigor and impact.
3. Explain the importance of reframing conceptual frameworks and adopting methodologies targeting social and structural determinants of health to advance health equity.

Thursday Morning 10:45 AM

2. Functional Analytic Psychotherapy (FAP): Creating Intense and Curative Therapeutic Relationships

Workshop (10:45 AM - 1:45 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Original data, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Functional Analytic Psychotherapy (FAP)

Target Audience: *Beginner*

Location: Juan Pablo II - Floor 2

Mavis Tsai, Ph.D., University of Washington; Awareness, Courage & Love Global Project

Andressa Secchi Silveira, Universidade Estadual de Londrina

Giulia Mendoza Martinez, Lic., Hello ACT

Manuel Ricardo Nazareno Tarraf, Universidad Nacional de Mar del Plata

Maria J Lami Hernandez, Ph.D., Instituto de Psicoterapia Conductual Contextual

Increase the emotional intensity, interpersonal focus and impact of your treatment. Functional Analytic Psychotherapy (FAP) uses functional analysis to create deep, meaningful and healing therapeutic relationships. By focusing on the subtle ways clients' daily life problems occur in the context of therapy and by augmenting the therapist repertoires identified as awareness, courage and love (behaviorally defined) in responding contingently to emotional and interpersonal target behaviors, clients are helped to resolve presenting symptoms and to delve into their purpose and passion for living. FAP calls for therapeutic stances and techniques that no single orientation would predict, and provides a conceptual and practical framework that concretely builds skills to help practitioners reach their highest aspirations. A model also will be presented for how to disseminate FAP more broadly by going beyond the therapy office and creating a community and sense of belonging for individuals who want to connect more open-heartedly and support one another in rising to live more true to themselves.

Educational Objectives:

1. Apply the rules of FAP in a variety of experiential exercises in order to increase intensity, connection and impact in your clinical work.
2. Identify your own therapist avoidance repertoires, and gain a more functionally precise understanding of the contexts in which commonly used interventions may be inadvertently counter-therapeutic.
3. Implement the FAP principles of Awareness, Courage and Love beyond the therapy room to impact greater change in your community.

3. Understanding the Dynamics of Clinically Relevant Behaviors and Therapists Behaviors through Sessions Microanalysis

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Original data*

Categories: Processes of change, Clinical intervention development or outcomes, Micro-processes analysis

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 219 - Floor 2

Discussant: Daniel Maitland, Ph.D., Bowling Green State University

Oscar A Cordoba-Salgado, Ph.D., Universidad de Los Andes

Gladis Pereira, Ph.D., European University of Madrid

Natalia Andrés-López, M.Sc., Universidad Autónoma de Madrid

This symposium presents cutting-edge research focused on understanding and improving therapeutic outcomes through the detailed study of clinically relevant behaviors and therapists' behaviors in session. It features three key studies: the integration of concurrent conditions into outcome research, the examination of client behaviors within the session and their verbalizations of relevant behavior outside of therapy sessions, and the analysis of ineffective therapist behaviors and their impact on therapy success. These investigations highlight the significant role of therapists' actions on treatment outcomes, illustrating how therapists' contingent responses can enhance therapeutic success, while certain therapists' behaviors may hinder it. The importance of understanding one-on-one therapist-client dynamics to increase treatment efficacy and fidelity will be discussed. By exploring these intricate interactions, the symposium seeks to deepen our knowledge of therapeutic processes and advocate for the development of more effective intervention strategies, ultimately improving client care.

- **Beyond Linear Paths: Unveiling Dynamic Processes in Psychotherapy Outcomes**

Gladis Pereira, European University of Madrid

Natalia Andrés-López, Universidad Autónoma de Madrid

Ioana Ivan, Babeş-Bolyai University

María Xesús Froxán-Parga, Universidad Autónoma de Madrid

Research in psychotherapy is increasingly acknowledging the importance of individual-focused studies that connect the process of change with outcomes. Moreover, there is a growing consensus on the need to shift from simple linear explanations to an interdependent, dynamic network perspective. This research aims to explore the link between therapy processes and its outcomes by examining the several concurrent sequential relationships associated with both effective and ineffective interventions. Through an analysis of 80 psychotherapy sessions from 13 different cases using a mixed-methods approach, a detailed conversational analysis was conducted turn-by-turn following a microsequential approach. The findings suggest that although the reinforcement of target behavior was associated with both positive and negative outcomes, the key features of effective sessions included concurrent conditions such as the precision of specific strategies and a greater use of appetitive strategies rather than aversive throughout the therapy. These insights highlight that analyzing psychotherapeutic interactions by dividing them into linear segments may not capture the full picture. Instead, considering the presence, absence, and simultaneous occurrence of related events might play a crucial role in uncovering the mechanisms that drive outcomes in psychotherapy.

- **Clinically relevant behaviors inside and outside of session: an analysis from microprocesses**

Natalia Andrés-López, Universidad Autónoma de Madrid

Gladis Pereira, European University of Madrid

María Fernández-Shaw, Universidad Autónoma de Madrid

María Xesús Froxán-Parga, Universidad Autónoma de Madrid

Clinical change has been defined as the development of a new learning history through the differential reinforcement of client behaviors in the therapeutic environment. It is assumed that problematic behaviors occurring during daily life also occur during therapy and that there is functional equivalence between daily life and the therapeutic environment. However, during sessions, alongside shaping clinically relevant behaviors, therapists also engage in more analytical interventions, discussing with clients their current behaviors and exploring potential modifications for daily life. The first strategy has been defined as experiential (Rule 3) and the second, refers to a more analytical strategy (Rule 5). This study aims to analyze the interaction between therapist and client throughout psychotherapy sessions, focusing specifically on the client's clinically relevant behaviors in session and the verbalizations of such behaviors outside of sessions. 15 behavior-oriented interventions were coded using a categorical system designed to identify clinically relevant behaviors both within and outside of the sessions. The results show that sequential patterns of these behaviors, both within and outside of sessions, are evident in all cases, varying as treatment progresses and depending on the issue. These analyses allow insight into the procedures that the therapist carries out to achieve clinical change.

- **Ineffective Therapist Behaviors: The Critical Role of Therapist Contingencies in Addressing Interpersonal Distress**

Oscar Cordoba-Salgado, Universidad de los Andes
Amanda M. Muñoz-Martínez, Universidad de los Andes

Functional Analytic Psychotherapy (FAP), as a Contextual Behavioral Science (CBS) approach, focuses on enhancing interpersonal functioning through the in-session contingencies administered by therapists. A MBL study was conducted with three clients experiencing interpersonal difficulties and psychological distress. The research aimed to examine the relation between therapist-contingent behaviors and therapy outcomes. Results indicated a significant covariance between therapists' ineffective behaviors and poor progress in treatment outcomes, underscoring the pivotal role of therapist responsiveness in facilitating change. These findings highlight the necessity of refining therapists' contingent responses to improve therapeutic outcomes and highlight the importance of ongoing supervision to reduce the impact of ineffective therapeutic actions.

Educational Objectives:

1. Explain the study of concurrent conditions in their process-to-outcome research, and how these conditions affect therapeutic outcomes.
2. Critically evaluate therapists' in-session behaviors and understand their impact on therapy success.
3. Identify the importance of contingent responses and the nuanced dance of in-session behaviors and their impact on out-session outcomes.

4. Reclaiming Self: Strengthening trauma therapy through self-interventions from ACT perspective: Türkiye Chapter Sponsored

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Case presentation, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Trauma, PTSD, Self

Target Audience: Beginner, Intermediate

Location: Aula 218 - Floor 2

Sevinç Ulusoy, M.D., Cansagligi Foundation, Center for Contextual Behavioral Science
Zulal Celik, M.D., Goztepe Prof. Dr. Suleyman Yalcin City Hospital, Department of Psychiatry

Perceptions such as "I don't know who I am", "I feel adrift," "Life seems empty," "I'm not the person I used to be," or "I'm a failure" can be a challenge for individuals in the long term after a traumatic event. Within interventions for trauma-related disorders, a primary focus of Acceptance and Commitment Therapy (ACT) particularly concerning the individual's concept of Self: how a person attributes and relates to themselves after a traumatic experience. While the extraordinary nature of the traumatic event is undeniable, the individual's attribution of the event and their perception of themselves in connection to it play a more decisive role in PTSD severity. In this workshop, we will demonstrate how to address self-related problems in individuals with traumatic experiences from the ACT perspective. Participants will gain the ability to formulate how fusion with the self as content, particularly in the context of trauma, impacts the client's life. They will also acquire practical experience in applying interventions related to the self in this context.

Educational Objectives:

1. Recognize, identify and formulate "self" related issues using contextual cues with trauma victims.
2. Use experiential ACT exercises to undermine rigid self-conceptualizations and to build a more flexible sense of self.
3. Use "self" language within the session and its interaction with other dimensions when working with individuals who have experienced trauma.

5. From theory to research and from research to practice: ACT and insomnia

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Literature review, Original data*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Insomnia

Target Audience: Beginner, Intermediate

Location: Aula 217 - Floor 2

Discussant: Skye Margolies, Ph.D., University of North Carolina- Chapel Hill

Léo Paulos-Guarnieri, Instituto de Psiquiatria do Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo

Tatiana Cohab Khafif, M.A., University of São Paulo

Renatha EL Rafihi-Ferreira, Ph.D., Universidade de São Paulo

Ila Linares, Ph.D., University of São Paulo

Chronic insomnia is a sleep disorder associated with the adverse effects of insomnia on mental and physical health. There is a large body of evidence on the efficacy of cognitive behavioral therapy for insomnia (CBT-I). Although many patients have beneficial experiences with CBT-I, some do not respond to this modality of intervention. Acceptance and Commitment therapy (ACT) is a third-wave behavioral therapy with a divergent approach to the cognitive strategy present in the multi-component treatment of CBT-I and has proven to be an effective treatment option for insomnia. ACT aims to develop and expand behavioral and psychological flexibility, in this regard several studies have demonstrated an association between psychological inflexibility and insomnia, suggesting that inflexibility acts in some way on the severity of insomnia. This symposium aims to discuss, in various ways, how psychological inflexibility is understood and addressed in cases of insomnia.

- Association between psychological flexibility and insomnia: a systematic review.
Léo Paulos-Guarnieri, University of São Paulo

Background: Acceptance and Commitment Therapy aims to promote psychological flexibility, being effective for insomnia. However, little is known about the nature of the relationship between psychological inflexibility and flexibility with insomnia and sleep quality. In order to assess which processes of inflexibility and flexibility may be most prominent in the relationship with sleep, a systematic review was carried out to characterize the nature of this relationship.

Methods: Following PRISMA Guidelines, Pubmed, PsycInfo and Scopus were searched. Papers that associates psychological inflexibility or flexibility with insomnia were included. Type of associations, measures and participants characteristics were assessed. Two independent researches made the search in databases and assessed the included papers.

Results: Nineteen articles were included, all of which found some kind of comparative, correlative, predictive or mediating relationship, with emphasis on the processes of acceptance/experiential avoidance, defusion/fusion and value-based actions/inaction.

Conclusion: Psychological inflexibility and flexibility seem to be associated with insomnia and sleep quality. Therefore, psychological flexibility may be a protective factor, while psychological inflexibility a predisposing and perpetuating factor for insomnia severity and sleep quality.

- Efficacy of Acceptance and Commitment Therapy (ACT) for insomnia: results of three randomized clinical trials.
Renatha El Rafihi-Ferreira, University of São Paulo

Objective: To present results from three randomized clinical trials (RCT) that compared the effectiveness of Acceptance and Commitment Therapy (ACT) versus Cognitive-Behavioral therapy (CBT) for insomnia.

Method: In the first RCT, 45 adults with insomnia were randomized to ACT plus stimulus control and sleep restriction or CBT-I. In the second study, 37 adults were randomized to ACT as monotherapy or CBT-I. In the third RCT, 227 participants were randomized to ACT, CBT or wait list. In all RCTs, therapies were conducted in groups with 6 weekly sessions.

Results: Both therapies reduced insomnia severity with large effect sizes in the post-treatment ($d=1.4$ to 1.6 to ACT versus $d= 1.5$ to 1.7 CBT) and in the follow-up ($d=1.5$ to 1.6 to ACT versus $d= 1.3$ to 1.7 CBT). Both interventions had a significant positive impact on depression, anxiety, beliefs, acceptance about sleep, and psychological flexibility.

Conclusions: Both therapies are effective. ACT has proven to be an effective therapy, especially in the long term and is a viable option for those who have difficulties in adhering to behavioral techniques.

- Cognitive and psychological factors associated with treatment response and insomnia remission in behavioral therapies for insomnia.
Ila Marques Porto Linares, University of São Paulo

Objective: Describe whether anxiety, depression, psychological flexibility, beliefs and acceptance about sleep, are factors associated with treatment response and remission in insomnia treatment.

Methods: Participants were 152 adults meeting DSM-5 diagnostic criteria for chronic insomnia and who were participants in a randomized clinical trial comparing acceptance and commitment therapy vs cognitive behavioral Therapy for insomnia.

Results: In post-treatment, each additional point on the dysfunctional beliefs scale reduced the chances of treatment success (OR=0.96) and insomnia remission (OR=0.94). Each additional point on the psychological flexibility scale increased the chances of treatment success by an average of 1.08. Each additional point on the acceptance scale increased the chances of remission by an average of 1.09 times.

Conclusion: Low scores in dysfunctional beliefs about sleep are associated with response to treatment and remission of insomnia shortly after completion of therapy, regardless of the therapeutic modality. After 6 months of completing treatment for insomnia, low scores in dysfunctional beliefs about sleep and high scores in psychological flexibility and acceptance are associated with response to treatment and remission of insomnia.

- Acceptance and Commitment Therapy for Mental Disorders: A Meta-Analysis and Systematic Review

Tatiana Cohab Khafif, University of São Paulo

Background: Over the past three decades, globally, more than 325 randomized clinical trials on Acceptance and Commitment Therapy (ACT) have demonstrated its efficacy across diverse populations. Despite numerous meta-analyses, a comprehensive synthesis and evaluation of these trials across various psychiatric populations is lacking. This study aims to assess ACT's effectiveness in alleviating symptomatology among individuals with psychiatric disorders, with a specific section on sleep disorders.

Methods: Following PRISMA Guidelines, searches were conducted in Pubmed/MEDLINE, EMBASE, PsycInfo, Web of Sciences, and the Cochrane Central Register of Controlled Trials (CENTRAL) databases. Screening and extraction were conducted using Covidence.

Results: Initially, 7948 studies were identified, reducing to 152 after screening for eligibility. Final results and analyses are expected in early 2024.

Educational Objectives:

1. Understand how psychological inflexibility can influence the quality of sleep in adults.
2. Describe the impact of ACT on sleep quality.
3. List the predictors and factors associated with success in behavioral therapies for insomnia.

6. Grounding Your Therapy in Functional Contextualism

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Theory and philosophical foundations, Clinical intervention development or outcomes, Functional Contextualism

Target Audience: *Beginner*

Location: Aula 204 - Floor 2

Miranda Morris, Ph.D., True North Therapy and Training

Paulo Bozza Jr., NB Contextual : Contextual Behavioral Psychotherapies

As an ACT therapist, do you ground your work in functional contextualism? Functional Contextualism is the philosophy that underlies ACT, and it informs absolutely everything we do as practitioners. And it isn't just for the "nerds" - it is for every ACT therapist who seeks greater depth and precision in their work. An understanding of functional contextualism illuminates why we do what we do in ACT. It is a powerful lens through which to understand our clients and ourselves, and it can help us to be more creative, flexible, and effective in our work.

In this workshop we will explore the core tenets of functional contextualism as well as the therapeutic stance we take when we are face-to-face with our clients. The workshop is designed to be fun, engaging and informative. We will use experiential exercises and role play demonstrations to illuminate the concepts of functional contextualism as they apply in our work and in our own lives.

Educational Objectives:

1. Explain the importance of analyzing behavior in context.
2. Describe the root metaphor of functional contextualism.
3. Explain the pragmatic truth criterion of functional contextualism.

7. Navigating Supervisee and Supervisor Self Criticism in Supervision

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Supervision and training, Professional development, Self criticism

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 129 - Floor 1

Sarah Pegrum, Ph.D., Pegrum Therapy and Training

Navigating the supervisory space demands a delicate balance for supervisees and supervisors, as they grapple with multifaceted demands and roles. The supervisee balances the pursuit of competence, and the necessity to explore mistakes and vulnerabilities for personal growth. Meanwhile, the supervisor is also ever-learning, yet is standing in an expert and gatekeeper role, all the while striving to establish a secure environment that promotes growth. These at times competing demands and roles can open the door for self-doubt and self-criticism for both parties, which in turn can not only impact the supervisory relationship, but also the therapeutic relationship and client outcomes (Gnilka, Chang, and Dew, 2012; Kannan & Levitt, 2017; Myers, 2007). Effectively navigating self-criticism is a critical skill for both the supervisor and the supervisee, playing a vital role in the development and strengthening of the supervisory relationship while facilitating continuous learning and growth. This interactive and experiential workshop explores how CBS provides a framework for understanding and transforming self-criticism in supervision, and provides workshop participants with tools to expand their responses to self-criticism.

Educational Objectives:

1. Build awareness of how self-criticism of the supervisee and the supervisor can impede the learning and growth process of supervision.
2. Identify tools that can be brought into supervision to facilitate supervisee awareness and response to self-criticism.
3. Build ways to connect with what the supervisee/supervisor has identified as being important in supervision.

8. Developing a Clinical Therapeutic Team: Skills, Competencies, and Protocols

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Strategic planning*

Categories: Professional development, Academics or education, DBT, ACT, Supervision, Clinical Team

Target Audience: *Beginner, Intermediate*

Location: Aula 126 - Floor 1

Leonardo López Rivera, B.Sc., Universidad Privada de Santa Cruz de la Sierra

Yair Da Rugna, M.A., AVI - Aprendiendo a Vivir

Erik Nicolas Arancibia-Levit, M.Sc., Universidad Privada de Santa Cruz de la Sierra

Gina Vanessa Rodriguez Subirana, B.Sc., AVI - Aprendiendo a Vivir

In response to the need for evidence-based therapies that effectively address cases of emotional dysregulation and diagnostic complexity, the formation of a DBT team and the interdisciplinary application of its treatment content began to be developed. In the midst of this process, as the team grew, treatments based on Mindfulness, ACT, and FAP started to be applied among its members, expanding the development of treatments for various mental health issues and providing quality of life and emotional well-being for clients. The presentation will showcase the team's formation, its treatment applications, the importance of supervision teams, and the development of academic training and research that we offer as a team currently and in the future.

- Development of clinical skills and best practices for case supervision
Gina Vanessa Rodriguez Subirana, B.Sc., AVI - Aprendiendo a Vivir

This symposium aims to explore the development of clinical skills and best practices for case supervision in the psychotherapeutic clinical setting. The importance of continuous professional development and the role of supervision in enhancing therapeutic outcomes will be discussed. Attendees will gain insights into the challenges and opportunities of case supervision, as well as practical tools and techniques to enhance their supervision skills. The symposium will also provide a space for sharing experiences and best practices in case supervision, fostering a collaborative learning environment for psychotherapists seeking to enhance their clinical practice.

- Self-care habits of the therapist and clinical practices with clients: Reflections and needs
Leonardo López-Rivera, Universidad Privada de Santa Cruz de la Sierra, UPSA.
Erik Nicolas Arancibia-Levit, M.Sc., Universidad Privada de Santa Cruz de la Sierra, UPSA

Within therapeutic clinical practices, one of the most important factors is the therapist's self-care, both inside and outside of sessions. Various self-care techniques will be highlighted, such as participation in clinical supervision, personal therapy, mindfulness and meditation practice, regular physical exercise, adequate rest, time management, and social connection or development. Additionally, there will be reflection on the importance of a holistic approach that considers the needs of both the therapist and the client to promote a healthy and effective therapeutic environment as a healthy practice within the session.

- Relevant Clinical Competencies within a Contextual Therapeutic Team
Yair Da Rugna, AVI - Aprendiendo a Vivir
Leonardo López-Rivera, B.Sc., Universidad Privada de Santa Cruz de la Sierra, UPSA

This symposium focuses on relevant clinical competencies within a contextual therapeutic team, highlighting the importance of ongoing training. Key aspects will be addressed, such as understanding contextual psychology and flexibility in therapeutic approach, with an emphasis on incorporating knowledge of Functional Behavior Analysis, Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT). The importance of communication skills, teamwork, and professional ethics in this context will also be highlighted, along with the need for understanding the philosophical complementarity that exists among different approaches to third-wave therapies.

- The development of the therapist community in Bolivia
Erik Nicolas Arancibia-Levit, M.Sc., Universidad Privada de Santa Cruz de la Sierra, UPSA
Leonardo López-Rivera, B.Sc., Universidad Privada de Santa Cruz de la Sierra, UPSA

The first record of training activities in contextual therapies in Bolivia dates back to 2013. Since then, training activities and the presence of therapists with a contextual approach have been increasing. The presentation will showcase a historical timeline highlighting the most significant milestones for the development of the community and future growth prospects. It includes the number of people trained in Contextual Therapies to date, the regions of the country where records exist, and the identified needs for consolidating the Bolivian Chapter as a stable organization.

Educational Objectives:

1. Identify relevant practices in the clinical setting for the adequate training and supervision of a therapeutic team.
2. Adapt healthy therapist self-care practices both within and outside session practice to the therapeutic team context and its needs.
3. Recognize the benefits of being part of a clinical team with therapists from different personal backgrounds and areas of professional application.

9. ACT for eating disorders: Honing essential skills

Workshop (10:45 AM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Eating Disorders

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 124/125 - Floor 1

Rhonda Merwin, Ph.D., Duke University Medical Center

Maladaptive eating and weight control behaviors have a profound impact on health and well-being, and are associated with increased disability, mortality and risk of suicide. These problems affect people of all ages, race, ethnicity, sexual orientation, and socio-economic status. Maladaptive eating and weight behaviors may be the primary presenting issue (such as in anorexia nervosa, bulimia nervosa or binge eating disorder) or they may emerge in the context of a broader struggle with anxiety, depression or trauma. Practitioners often report that they are not well-equipped to work with this clinical problem, which is unique in some ways, affecting all body systems, and with some elements that are highly ego-syntonic (seen as desirable and who the individual wishes to be). In this workshop, participants will learn skills to formulate eating disorder behavior from an ACT perspective. They will practice tools to identify the function the behaviors serve in the individual's life, and develop an ACT-based treatment plan informed by the broader literature of

evidence-based practices for eating disorders. Learning methods will include transcripts and tape review.

Educational Objectives:

1. Conduct a functional assessment of maladaptive eating and weight control behaviors, considering multi-level influences (e.g., physical and psychological deprivation, interpersonal factors).
2. Formulate the problem through the lens of the 6 core process model and a self-regulation/self-parenting frame.
3. Develop a treatment plan that integrates ACT with other evidence-based practices for eating disorders.

10. ACT and Psychedelic-Assisted Therapy: possibilities and challenges

Panel (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Literature review*

Categories: Clinical intervention development or outcomes, Processes of change, Psychedelics, Psychedelic-Assisted Therapy, Psychological Flexibility Model, Process of Change

Target Audience: Beginner, Intermediate, Advanced

Location: Aula Magna - Floor 1

Chair: William Ferreira Perez, Ph.D., Instituto Par - Brazil

Yara Nico, M.A., Instituto Phaneros

José L. Siqueira, M.S., Private practice

Steven C. Hayes, Ph.D., University of Nevada, Reno and President, Institute for Better Health

Jason Luoma, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Brian Pilecki, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

In recent decades, scientific research on the therapeutic use of psychedelics has multiplied. In the coming years, protocols associating different psychedelics with psychotherapeutic components should be approved. Recent publications indicate that ACT can contribute to the development of the psychotherapeutic component of psychedelic-assisted therapy in many possibilities. On the other hand, understanding transformative psychedelic experiences presents some challenges and provides an opportunity for ACT/ CBS to refine theoretical models and interventions. Steven Hayes will discuss the processes of change that appear to underlie psychedelic-assisted therapy. Jason Luoma will present how ACT/CBS are being used as part of the MDMA-Assisted Therapy trial for social anxiety disorder. Brian Pilecki will debate how psychedelics can help us see what we are avoiding, understand avoidance patterns, and get us in touch with our values, a sense of meaning and purpose. Yara Nico will present theoretical work under development about self-as-context and the experience of unity. Jose Siqueira will delve into insights from the surprising connections between the body of work of the Portuguese poet Fernando Pessoa, ACT, and PAT.

Educational Objectives:

1. Describe the synergy between PAT and the psychological flexibility model.
2. Analyze the possible processes of change that appear to underlie psychedelic-assisted therapy.
3. Identify some theoretical challenges for understanding the transformative psychedelic experience.

11. Acceptance Strategies: The 'Missing Link' Necessary in Couples Therapy

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Supervision and training, Clinical intervention development or outcomes, Couples Therapy

Target Audience: Intermediate

Location: Auditorio 2 - Floor 0

Mara Lins, Ph.D., Diretora

La Traditional Behavioral Couple Therapy works with change strategies, such as communication training and problem-solving. However, not everything can be changed, such as personality traits, the desire for intimacy, or how each person copes with stress. In this sense, Integrative Behavioral

Couple Therapy added and organized work with acceptance. These strategies focus on emotional vulnerabilities and dysfunctional interaction patterns.

This workshop proposes to present the strategies of Empathic Union, which focuses on the emotional wounds of each member, Unified Detachment strategies that propose a broader perspective on triggers and consequent behaviors of each one, in constant functional analysis, and the Tolerance strategy, which advocates that not everything will be accepted, but it can be tolerated for a life worth living. From then on, the couple has the possibility to choose a different behavior, so that each person can be the partner they truly want to be in the relationship.

Educational Objectives:

1. Apply Acceptance Strategies of IBCT in cases where working with romantic relationships.
2. Apply the Empathic Joining strategy to work on each person's emotional sensitivities in the couple.
3. Apply the Unified Separation strategy to work on defusion in each person and the functional analysis of the relational pattern.

12. Introducing Growth-Focused CBT: A Transdiagnostic Approach to Avoidance-Based Disorders in Childhood

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Clinical intervention development or outcomes, Dissemination or global health strategies, Children, Adolescents, Transdiagnostic, ACT, CBT, DNA-V, Avoidance-Based Disorders

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Lisa W Coyne, Ph.D., McLean/Harvard Medical School

Jill Ehrenreich-May, Ph.D., University of Miami

Sensitive and responsive youth treatment requires a clear understanding of what constitutes “the problem”. However, we too often focus on such problems to the exclusion of nurturing and shaping children’s existing abilities to learn and grow. While we emphasize blocking problematic avoidance, it is also critical to shape effective alternatives to exploring one’s environment. Simultaneously, dissemination of youth psychotherapy is hampered by divisions between similar or like-minded treatment approaches to avoidance-related disorders that contain functionally-equivalent components that can be combined to support optimal growth.

Growth-Focused CBT (G-CBT) is an evidence-informed contextual approach that integrates related transdiagnostic and behavior therapies, including youth versions of Acceptance and Commitment Therapy (ACT), Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Behavioral Parent Training (BPT), and culturally-responsive psychotherapy approaches. G-CBT seeks to shape a growth mindset that supports lifelong learning in the face of adversity. G-CBT then focuses on identifying and ameliorating obstacles to a child’s flexibility and growth, as well as shaping skills to support flexible behavior that optimizes adaptation via brief, pragmatic presentation of selected treatment components.

Educational Objectives:

1. Describe the transdiagnostic principles and integrated theoretical approach behind G-CBT.
2. Create a “Growth Plan” that informs strengths-based treatment and serves as an outcome measure.
3. Implement concrete strategies to shape the strength of child clients in emotional, cognitive, and behavioral, and contextual domains.

13. Living from your heart when the world is falling apart

Panel (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components:

Categories: Social justice / equity / diversity, Experiential embodiment

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Chair: Mônica G Valentim, Ph.D., Ceconte - Centro Brasileiro de Ciência Comportamental Contextual

David Gillanders, DCLinPsy, University of Edinburgh

Jenna LeJeune, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Amanda Muñoz-Martínez, Ph.D., Universidad de Los Andes

This panel of ACT and FAP trainers, therapists and scientists will host a conversation about values-based living during difficult times. Climate change, war, economic inequality, injustice, and corruption are part of our daily landscape. Fusion and rigid attachment to our perspective lead to "othering" and disconnection. How can our science offer a framework that allows for multiple perspectives and assists talking about similarities and differences? Can we come together to share ideas on how we can bridge gaps? How do we stay connected to our values and act as we most deeply wish to be? In this panel, we share how, even with the frequent mistakes that we make and barriers that arise, we seek to turn towards those failings with awareness. We will share the ways we strive to integrate psychological flexibility and social connectedness into our lives that enable us to act in ways that reflect our values even during these challenging times. Join us to reflect on how you are responding to the world context, and to shape those choices.

Educational Objectives:

1. Teach others to empathise with our common humanity and be more accepting of ineffective responding to the context of global turbulence.
2. Upon completion participants will be better able to track their own responding to global threats and have enhanced awareness of the functions and consequences of these.
3. Utilize values driven CBS principles to take consistent actions in relationship to global threats.

Thursday Afternoon 12:15 PM

14. Contributions of Translational Research in Argentina to Contextual Behavioral Science

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Original data*

Categories: Clinical intervention development or outcomes, Processes of change, Clinical Psychology

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 219 - Floor 2

Chair: Fabián O Olaz, Ph.D., Laboratorio de Comportamiento Interpersonal - Universidad Nacional de Córdoba

Discussant: Paula S José Quintero, Ph.D., Fundacion Foro

Maria Emilia Caruso, Lic., Laboratorio de Comportamiento Interpersonal - Universidad Nacional de Córdoba

Julieta Navas Granetto, Universidad Nacional de Córdoba

Vanesa Dacuña, Lic., Laboratorio de Comportamiento Interpersonal - Universidad Nacional de Córdoba

Research in CBS is characterized by a reticulated approach, which involves a networked articulation of methodologies emerging from basic science, the analytical depth of translational research, and the pragmatic vision of applied science (Villate, Villate & Hayes, 2017). This allows discoveries from basic research to feed into applied research, and vice versa. This symposium presents three studies conducted within the framework of the Interpersonal Behavior Laboratory at the University of Córdoba, Argentina. Findings from a basic research study on implicit attitudes towards rape based on RFT contributions will be presented, along with a multivariate ex-post facto study aimed at examining the discriminant capacity of different variables associated with Psychological Flexibility in relation to three dependent variables (Depression, Stress, and Anxiety). Finally, the efficacy of an intervention program for parents of autistic children based on ACT will be discussed. The impact of these findings on CBS research in Argentina and future lines of research will be explored.

- Explicit and Implicit Attitudes Toward Sexual Violence Against Women in University Students. Contributions from Relational Frame Theory (RFT)
Gonzalo Lisa, Laboratorio de Comportamiento Interpersonal. Facultad de Psicología. Universidad Nacional de Córdoba. Argentina
Fabián O. Olaz, Ph.D., Laboratorio de Comportamiento Interpersonal. Facultad de Psicología. Universidad Nacional de Córdoba. Argentina

Sexual violence against women is a prevalent phenomenon both locally and globally (WHO, 2012), with complex consequences at individual and social levels (Mason & Lodrick, 2013). Furthermore, attitudes may play a fundamental role in this issue (Pease & Flood, 2008). The present study aimed to evaluate Implicit Attitudes Favorable to Sexual Violence against women from a functional contextual behavioral approach. Additionally, the relationship between scores on explicit and implicit measures was explored, as discrepancies have been found between participants' reported explicit attitudes and scores obtained in implicit attitude measurement procedures (Hughes et al., 2011; Barnes-Holmes, 2006). A sample of 20 university students evenly distributed by gender among men and women was utilized. The Rape Supportive Attitudes Scale was used as an explicit evaluation measure (Alladio et al., 2017), and the Implicit Relational Assessment Procedure (IRAP, Barnes-Holmes et al., 2010) was used as an implicit measure. The results are presented and discussed.

- The Role of Fusion, Experiential Avoidance, Repetitive Negative Thinking, and Values in Predicting Clinical Problems: An Approach Based on Discriminant Analysis

Lic. M. Emilia Caruso Beltrán, Laboratorio de Comportamiento Interpersonal. Facultad de Psicología, Universidad Nacional de Córdoba

Lic. M. Ramiro Palma, Laboratorio de Comportamiento Interpersonal. Facultad de Psicología, Universidad Nacional de Córdoba

Fabián O. Olaz, Ph.D., Laboratorio de Comportamiento Interpersonal. Facultad de Psicología, Universidad Nacional de Córdoba

In the present research, the discriminative capacity of different core dimensions of psychological distress proposed from ACT in relation to clinical problems of Stress, Depression, and Anxiety was analyzed. Using a discriminant analysis methodology, both the discriminative power of each function and the correlation of each IV with them were evaluated. A sample of 372 Argentinean individuals (18+ years old) was used. Three discriminant analysis models were performed, one for each proposed DV. The division into clinical and non-clinical groups was based on scores obtained in the Depression, Anxiety, and Stress Scale (DASS-21). The IVs were measures of Fusion (CFQ-VA), Experiential Avoidance (AAQ II-VA), Repetitive Negative Thinking (PSWQ-11), and Values (VQ). All three functions were successful in discriminating between clinical and non-clinical groups. The results suggest a more complex pattern of psychological inflexibility, characterized mainly by Experiential Avoidance and its cost in Values in the case of Depression. Meanwhile, in cases of Anxiety and Stress, patterns characterized mainly by Repetitive Negative Thinking in Fusion contexts are suggested. The results, study limitations, and future lines of research are discussed.

- Evaluation of the effectiveness of an intervention program based on ACT to increase psychological flexibility and psychological well-being, and decrease parental stress in parents of children diagnosed with ASD

Lic. Vanesa Dacuña, Laboratorio de Comportamiento Interpersonal. Facultad de Psicología, Universidad Nacional de Córdoba

Fabián O. Olaz, Laboratorio de Comportamiento Interpersonal. Facultad de Psicología, Universidad Nacional de Córdoba

The results of various studies indicate that parents of children with ASD experience higher levels of stress compared to parents of typically developing children (Blacher & Baker, 2019; Costa, Steffgen & Ferring, 2017; DesChamps, Ibañez, Edmunds, Dick & Stone, 2020). Likewise, it is observed that this affects both their psychological well-being and their ability and effectiveness to respond to their children's needs. In this context, an experimental study was conducted to evaluate the effectiveness of an ACT-based intervention program consisting of 4 group sessions, each lasting 2 hours. For its design, a program of ACT for RNT (Repetitive Negative Thinking) developed by Olaz (2023) based on the hierarchical organization hypothesis of rumination triggers by Ruiz et al (2016) was used as a guide. The intervention was applied to a sample of 40 parents of children with ASD, with 20 participants assigned to an experimental group and 20 participants to a waitlist control group to determine the effectiveness and clinical utility of the intervention in increasing psychological flexibility and psychological well-being, and reducing parental stress in this population, and if the changes were sustained after 1 month following the intervention. The results are presented, and the scope and limitations of the study are discussed.

Educational Objectives:

1. Recognize the importance of attitude assessment measures towards sexual violence against women from the contributions of Relational Frame Theory (RFT).
2. Recognize the discriminating role of different measures proposed from ACT in relation to clinical problems of Anxiety, Stress, and Depression.
3. Apply a group training program for addressing Parental Stress in parents of children with ASD based on ACT contributions.

15. Working with Patients with Chronic Physical Illnesses from an ACT Perspective

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in Spanish

Translation: Not available

Components: *Case presentation, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Chronic Physical Illnesses

Target Audience: *Beginner, Intermediate*

Location: Aula 218 - Floor 2

Lorna V. Osgood, Mgtr, Universidad de Belgrano
Bárbara León, Lic., Fundación Aigle. Fundación Foro.

The World Health Organization shows a considerable increase in people with chronic physical illnesses. Chronic health conditions have a significant impact on the physical and psychological functioning of those experiencing these conditions and their families. In this workshop, participants will experientially train in ACT processes so that from their own experience, they can facilitate in their clients the ability to be with and/or face the aversive contents that arise with an illness (guilt, hopelessness, fear, sadness, anger) and still choose responsibly, freely, and genuinely the valuable direction they want to take. In this way, patients' behavioral repertoire will tend to become more flexible, expanding and enriching their lives beyond the limits of their illness. Through experiential exercises, role-playing, and small group work, participants will build the necessary foundations to enhance their skills and grow as health agents and as individuals.

Educational Objectives:

1. Analyze the presence of experiential avoidance and fusion in patients with chronic physical illnesses.
2. Effectively respond to experiential avoidance in these patients.
3. Employ interventions based on ACT and Mindfulness to develop psychological flexibility.

16. Exploring Frontiers in CBS and Health: Insights into Chronic Conditions, Addiction, and Well-being

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Case presentation, Original data, Strategic planning*

Categories: Health / behavioral medicine, Clinical intervention development or outcomes, Inflammatory Bowel Disease, Schizophrenia patients, Cardiovascular health

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 217 - Floor 2

Inês Trindade, Ph.D., Örebro University
Timothy R Moore, Ph.D., University of Minnesota Medical School
Martti T. Tuomisto, Ph.D., Faculty of Social Sciences (Psychology), Tampere University
Yim Wah Mak, Ph.D., The Hong Kong Polytechnic University

Advancing our understanding of how CBS principles can be effectively applied to manage and mitigate the impact of chronic conditions, addictive behaviors, and enhance overall mental well-being is crucial. One presentation delves into an online ACT and compassion-based intervention for inflammatory bowel disease, showing its potential benefits, especially for patients with higher psychological distress. Insights from neuroscientific research elucidate the role of psychological flexibility in schizophrenia and addiction, opening new pathways for interventions. Furthermore, environmental and behavioral factors in hypertension management are emphasized in an analysis of behavior's influence on cardiovascular health. Together, these studies demonstrate the application of CBS principles in enhancing health and well-being through evidence-based, personalized approaches.

- ACT and compassion in inflammatory bowel disease: Results from the eLIFEwithIBD RCT
Inês Trindade, University of Örebro; University of Coimbra
Joana Pereira, University of Coimbra
Inês Matos-Pina, University of Coimbra
David Skvarc, Deakin University
Ana Galhardo, Instituto Superior Miguel Torga
Nuno Ferreira, University of Nicosia
Sérgio Carvalho, University of Coimbra
Sara Oliveira, University of Coimbra
Paola Lucena-Santos, University of Coimbra

Francisco Portela, Coimbra University Hospital
Cláudia Ferreira, University of Coimbra

Background: This study examines the acceptability, usability, and effects of a 9-session online ACT and compassion-based intervention for adults with inflammatory bowel disease (IBD), the eLIFEwithIBD intervention.

Methods: Fifty-five participants were randomized (2:1 ratio) to the study conditions: eLIFEwithIBD (n=37) and wait-list (n=18). Participants completed measures of acceptability (e.g., AIM), usability (SUS), and psychological distress (DASS-21) at baseline, post-treatment, and 4-months follow-up. Intention-to-treat analyses were performed.

Results: The intervention showed high acceptability and usability. There were no significant differences between conditions on the DASS-21 from baseline to post-treatment. When excluding participants with only mild psychological distress, only participants in the eLIFEwithIBD condition reported significantly decreased levels of depression, anxiety, and stress at post-treatment. However, each outcome returned to the baseline score by follow-up.

Discussion: The eLIFEwithIBD intervention was highly accepted by patients. Our quantitative results are less encouraging but highlight that patients with higher psychological distress may benefit the most from the intervention. Further investigations are needed to confirm these findings, reasons for the disparity between qualitative and quantitative results, and strategies to maintain therapeutic gains over time.

- Behavioral influence on daily blood pressure and heart rate on different basal blood pressure levels: Finland Chapter Sponsored

Martti T. Tuomisto, Faculty of Social Sciences (Psychology), Tampere University

Pasi Väkeväinen, Faculty of Information Technology and Communication Sciences, Tampere University

Jyrki Ollikainen, Faculty of Information Technology and Communication Sciences, Tampere University

Tapio Nummi, Faculty of Information Technology and Communication Sciences, Tampere University

The effects of behavior on different blood pressure groups' intra-arterial daily blood pressure and heart rate are not precisely known. One group of healthy normotensive (n = 33), borderline hypertensive (n = 30), and hypertensive (n = 32) middle-aged men, was studied using a continuous and structured self-monitoring diary. Forty-four activities were monitored. About 10 million data points were reduced to 30-second means. The proportion of the coefficient of determination R² explained by predictor variables was estimated separately for each response variable (systolic blood pressure, diastolic blood pressure, mean arterial pressure, pulse pressure, heart rate, and rate pressure product). The effects of physical activity, activities, location, audience, mental effort, physical effort, emotions, and diagnosis were calculated. In systolic and diastolic blood pressure, activities had the most significant effect, followed by diagnosis, motor activity, location, and audience. In heart rate, motor activity had a larger effect than diagnosis. The importance of these environmental and behavioral effects on health is considerable and will be described. This project was a part of our 25-year study on hypertension development.

- Neural evidence for psychological flexibility interacts with nicotine dependence and negative symptoms

Yim-wah MAK, Ph.D., The Hong Kong Polytechnic University

Tin Yan NG, Ph.D., Lingnan University

Xuelin ZHANG, Ph.D., The Hong Kong Polytechnic University

This study aimed to explore the relationship between psychological flexibility (PF), nicotine dependence (ND), psychotic symptoms (BPRS), and PCC-related connectivity using resting-state functional MRI data in schizophrenia patients.

Findings indicate a significant correlation ($p < 0.01$) between level of ND and connectivity from the left fronto-parietal angular gyrus to the accumbens (Figure1, and Figure2), and between BPRS scores and connectivity from the left fronto-parietal angular gyrus to the supramarginal gyrus (SMG) of the salience network (Figure3), with the PCC playing a pivotal role.

Crucially, we observed significant correlations in the same direction for the interactions of PF with ND and BPRS, respectively, for the connectivity paths associated with each. The interaction of psychological flexibility with ND and with BPRS showed significant correlations in the same direction with the connectivity from the angular gyrus to the accumbens, related to ND severity (Figure1), and from the angular gyrus to the SMG, related to BPRS severity (Figure3), respectively.

This finding highlights the potential of enhancing psychological flexibility through ACT to counteract or compensate for neurobiological vulnerabilities.

Educational Objectives:

1. Describe the intersection of ACT concepts and principles with function-based behavioral support in the treatment of excoriation.
2. Explain important cardiovascular variables for health in relation to therapeutic intervention.
3. State neurological evidence of psychological flexibility and nicotine dependence among patients with schizophrenia.

17. Existence, Death, and Meaning

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Experiential exercises*

Categories: Clinical intervention development or outcomes, Processes of change, Death

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 204 - Floor 2

Manuela O'Connell, Lic., Private Practice

Robyn D Walser, Ph.D., University California Berkeley; National Center for PTSD; TL Consultation Services

Acknowledging life's myriad endings, including its ultimate culmination—death—can evoke anxiety and apprehension among both clients and therapists. However, it also has the potential to cultivate profound meaning. Death, often shunned in untrained minds, becomes a subject of avoidance. Yet, sidestepping this reality deprives individuals of the immediacy of life's purpose, fostering a deceptive belief of "not me" or "not now." Embracing mortality as an integral facet of existence is essential for fully embracing the art of living. Delving into themes of existence, purpose, and the passage of time is fundamental to crafting meaning, a cornerstone of Acceptance and Commitment Therapy (ACT), its therapeutic stance, and the promotion of values-based living. Guiding clients to make purposeful choices through a mindful and attentive presence is paramount for living with intention. This workshop will investigate the advantages of addressing death within clinical practice beyond situations involving terminal illness. Through a blend of didactic instruction, role-play, and experiential exercises, participants will examine their relationships with endings and their connections to finding meaning.

Educational Objectives:

1. Explain how death can become an integrated part of life and help clients to make meaningful choices.
2. Relate death to psychological flexibility.
3. Utilize different exercises to help clients face this difficult topic.

18. RFT analyses of the clinical implications of rule-following and hierarchical framing

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Original data*

Categories: RFT / RGB / language, Behavior analysis, Hierarchical framing, Pliance, Tracking, Rule-governed behavior

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 129 - Floor 1

Discussant: Carmen Luciano, Ph.D., University of Almeria

Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz

Esmeralda Martínez-Carrillo, M.A., Universidad Antonio Nariño

Bárbara Gil-Luciano, Ph.D., Universidad de Nebrija; Madrid Institute of Contextual Psychology

Patricio Vergara, Ph.D., Instituto Ikastola

The conceptualization of clinical processes in terms of RFT is one of the objectives of contextual behavioral science. This symposium presents four studies that advance in this direction in different fields of application. Three of the presentations focus on hierarchical relational behavior. The first presentation explores the conditions for the development of hierarchical relational behavior from very basic and non-arbitrary interactions. The second study presents a review of the relevance of hierarchical relational behavior in the field of psychopathology and psychological intervention. The third study continues a line of research that explores how the appetitive contents of the self relate to each other, as well as the actions that are reinforcing for individuals. Finally, the fourth study is an attempt to advance in the experimental analysis of pliance and tracking rule followings, based on the conceptual difficulties of previous studies.

- Training hierarchical relational cues and networks

Jorge Villarroel, Universidad de Almería
Carmen Luciano, Universidad de Almería

Hierarchical responding is defined as a response in which a class of stimuli such as "living organism" includes subclasses of stimuli such as "plants" or "animals," and each of these subclasses includes sublevels. Relational Frame Theory (RFT) conceptualizes a hierarchical network as a type of arbitrarily applicable relational response (AARR), where specific words (is part of, more than...) denoted as "relational cues" are learned through exposure to multiple examples with non-arbitrary relations between stimuli, which are later applied to stimuli with arbitrary relations. The present study aims to investigate the non-arbitrary training that allows the establishment of hierarchical relational cues. A total of 10 adults participated in the study. First, a coordination ("is the same") and a hierarchical relational cue ("includes") were trained; second, these cues were used to train arbitrary networks, and functions were assigned to some stimuli of the network; finally, a test was conducted to explore derived responses in these networks. The results showed that most participants responded according to coordination and hierarchy in the respective networks.

- The role of hierarchical relational framing in the identity development

Bárbara Gil-Luciano, Universidad de Nebrija, Madrid Institute of Contextual Psychology
Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz
Carmen Luciano, Universidad de Almería

The research that has been developed during the last 15 years on hierarchical relational framing has crystallized into a proposal on the development of personal identity and hierarchical appetitive and aversive contents of the self. This presentation aims to present this conceptualization, pointing out its empirical evidence and highlighting some of its practical implications. Specifically, the conditions for the emergence of self-contents and hierarchical relational framing will be reviewed. Subsequently, it will be discussed how the development of fluency in hierarchical relational framing will lead to the derivation of gradually more abstract contents referring to the self. Finally, some practical implications based on empirical studies will be presented, and future lines of research will be indicated.

- An empirical investigation of values as hierarchical networks of positive reinforcers

Patricio Vergara, Instituto Ikastola
Verónica Piorno, Universidad Nacional del Mar de Plata
Javier Cerra, Private Practice
Marge A. Sierra, Universidad Católica de Pereira
Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

For at least a couple of decades, values have been conceptualized in terms of RFT as hierarchical relational networks of positive reinforcers. However, there is no experimental research on this conceptualization. This study aims to move in this direction based on a similar study in which it was found that most participants identify their aversive self-contents as hierarchically organized (Gil-Luciano et al., 2019). Participants were recruited from Colombia, Argentina, and Chile to conduct an interview via videoconference. During the interview, participants answered several questionnaires about processes of interest. Subsequently, participants identified the actions that they performed and were important to them. Finally, through an interview, participants chose how they organized these valuable actions into three options: coordination (all actions are equally important), comparison (some actions are more important than others), and hierarchy (actions forming part of more abstract general purposes). Most participants identified the last option as the one that best represented them.

- Effect of the pre-experimental history in rule-following in insensitivity to contingencies

Esmeralda Martínez-Carrillo, Universidad Antonio Nariño
Francisco J. Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz
Carmen Luciano, Ph.D., Universidad de Almería
Jorge Villarroel, Universidad de Almería

Experimental studies on the functional types of pliance and tracking rule-following have limitations at the conceptual level. This study is an initial attempt to solve some of these limitations. It aimed to analyze the level of sensitivity to contingencies of the participants according to (a) the type of instruction, (b) the functions it actualizes in the participant, and (c) the participant's pre-experimental history. An experimental factorial design with 8 conditions was implemented. Participants with high and low scores on generalized pliance and generalized tracking, respectively, were recruited. At the beginning of the experiment, they were randomized to one experimental condition in which the rule contents were manipulated. Participants then underwent a matching-to-sample task in which the criterion for correct responses was altered according to the type of correct response and the time in which the

response should be emitted. At the end of the experimental task, we conducted a systematic evaluation of the functions that the experimental instructions actualized in the participants.

Educational Objectives:

1. Explain the relevance of hierarchical relational framing in conceptualizing values and aversive contents of the self.
2. Identify the relevance of multiple-exemplar training to establish hierarchical relational framing.
3. List the conceptual issues in the experimental research on pliance and tracking.

19. Navigating Relationships and Self-Love in Latin American Women: Perspectives from Acceptance and Commitment Therapy

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Social justice / equity / diversity, Methods/approaches for individual variation, Empowerment, Cultural Sensitivity, Interpersonal Dynamics, Self-compassion, Identity Formation, Relationship

Target Audience: *Beginner, Intermediate*

Location: Aula 126 - Floor 1

Desirée Da Cruz Cassado, M.A., Private Practice, University of São Paulo

Michaele T. Saban Bernauer, M.A., Clinics Hospital, Faculty of Medicine, University of São Paulo

Karen Vogel, M.A., Ibmind Psicologia Ltda

This workshop is designed to address the challenges encountered by Latin American women through the opportunities provided by Acceptance and Commitment Therapy (ACT). Anchored in the complex historical and social context that influences the formation of values and identities of women in Latin America, the program explores strategies to enhance relationships, foster self-love, and handle vulnerabilities. The historical and social backdrop, encompassing the role of women in Latin American society, the development of values, and the impact of cultural, political, and economic factors, contributes to a multifaceted condition of vulnerability. The facilitators will historically examine these conditions and delve into the cultural and familial practices that continue to exacerbate these vulnerabilities. Exercises to uncover the learning history behind such practices and their effect on present behavior will be utilized. This initiative lays the groundwork for identifying more authentic values concerning self-love, interpersonal relationships, and societal roles. Additionally, the workshop will introduce experiential techniques to implement these novel approaches to managing challenging emotions and self-critical thoughts using ACT.

Educational Objectives:

1. Analyze Latin American women's historical and social contexts, understanding value formation and the impact of cultural, economic, and political factors on vulnerabilities.
2. Utilize tailored ACT exercises for empowerment, focusing on identifying personal values, acceptance, and committed action against challenges specific to Latin American women.
3. Nurture healthy relationships and self-love, addressing vulnerabilities and integrating self-care practices for personal well-being, using ACT principles.

20. Flexible flexibility: How to remain flexible as exposure therapists and adapt to different contexts

Panel (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation*

Categories: Methods/approaches for individual variation, Dissemination or global health strategies, Exposure therapy

Target Audience: *Beginner, Intermediate*

Location: Aula Magna - Floor 1

Chair: Miryam Yusuf, Ph.D., Dana-Farber Cancer Institute

Brian Pilecki, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Carlos Rivera, Ph.D., New England Center for OCD and Anxiety

Lisa Coyne, Ph.D., New England Center for OCD and Anxiety

Michael P Twohig, Ph.D., Utah State University

Exposure therapy remains a first-line behavioral treatment for anxiety disorders. Within an Acceptance and Commitment Therapy framework, exposure therapy facilitates engagement with values and a parallel reduction in experiential avoidance. To that end, this panel will focus on adaptations of exposure therapy. First, Dr. Brian Pilecki will compare exposure therapy in private practice to team-based efforts, such as partial hospitalization programs. He will also discuss exposure in an MDMA for social anxiety trial. Second, Dr. Carlos Rivera will discuss adaptations of exposure with Spanish-speaking populations. Third, Dr. Lisa Coyne will review working with teams in out-of-office settings, including home, school, virtually, and in the local community. Fourth, Dr. Mike Twohig will discuss values-based exposures, an important adjustment to exposure therapy. Exposure from this model can help increase engagement with difficult and morally objectionable issues such as religious and sexual OCD. Finally, the moderator, Dr. Miryam Yusuf, who has extensive expertise in adapting exposure therapy to oncology populations and remote platforms, will summarize overarching themes and provide clinical and research implications.

Educational Objectives:

1. Compare adaptations of exposure therapy across settings and populations.
2. Identify instances in which exposure therapy needs to be adapted in order to be effective with patients.
3. Create a tentative plan for adapting exposure therapy across settings and populations.

21. Helping neurodivergent clients unmask to find self-acceptance, self-compassion, and a cohesive sense of identity

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Neurodiversity, Neurodivergence, Autism, ADHD, RFT

Target Audience: Intermediate, Advanced

Location: Auditorio 2 - Floor 0

Jennifer Kemp, MPsych(Clinical), Adelaide Behaviour Therapy
Alison Stapleton, Ph.D., C. Psychol. Ps.S.I., University College Dublin

Neurobiological differences form a natural part of human diversity, directly influencing how we individually perceive, process, and respond to our contexts. Yet, those who diverge from what is considered "typical" continue to be pathologized, marginalized, and stigmatized.

To stay safe and avoid rejection, many neurodivergent people camouflage themselves in social situations and hide their difficulties in daily life. "Performing neurotypicality" (Price, 2022) can become a life-long, pervasive, and automatic pattern that undermines a person's unique sense of self.

Diagnostic labels have often been viewed as leading to fusion and unhelpful rule-following behavior. However, recent research suggests that the coherence provided by identity-first labels can be associated with greater flexibility, self-compassion, belonging, and agency in one's life (Leedham et al., 2020). This aligns with the neurodiversity-affirming paradigm, which views neurodivergent identities as something to be accepted, respected, and celebrated.

Through a series of experiential activities that build upon recent research findings in CBS, participants will explore practical strategies to help clients unmask and build a cohesive and flexible sense of identity on a foundation of self-acceptance.

Educational Objectives:

1. Outline the contextual factors that contribute to poorer outcomes in mental and physical health for neurodivergent people, including neurobiological differences, minority stress, marginalisation, social stress, trauma, and discrimination.
2. Assist Autistic and ADHDer clients discover their unique profile of information processing differences, including attentional focus (monotropism, hyperfocus), sensory sensitivities, social expectations, emotion regulation, executive functioning, and communication preferences.
3. Apply data-informed, practical, CBS strategies to help neurodivergent clients develop a cohesive sense of identity and safely unmask to themselves and others, built on a foundation of self-compassion and self-acceptance.

22. Compassion Training in Therapy and Psychoeducational Groups: Key Learnings from 12 Years of Experience

Invited (12:15 PM - 1:45 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review*

Categories: Clinical intervention development or outcomes, Dissemination or global health strategies, Compassion

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Gonzalo Brito-Pons, Ph.D., Cultivar la Mente



Compassion, understood as sensitivity to one's own and others' suffering coupled with the intention to alleviate and prevent it, is a powerful organizing motivation of the mind towards health and a trainable skill in clinical and psychoeducational contexts. This presentation summarizes twelve years of experience in compassion education programs and instructor training programs, highlighting the Stanford Compassion Cultivation Training, the Compassionate Mind Training, and, in the clinical realm, Compassion-Focused Therapy.

We will present pedagogical and therapeutic methodologies, cultural adaptations for implementation in different settings, especially in Latin America, and strategies to overcome barriers to compassionate training at personal and social levels. The beneficial effects of compassion training on individual, relational, and social health will be analyzed. The presentation emphasizes the importance of compassionate training in the evolution from hyper-competitive social mindsets towards cultures focused on care and cooperation.

Educational Objectives:

1. Utilize compassion therapy techniques in clinical and psychoeducational interventions.
2. Explain the logic, contents and procedure of compassion training in secular psychoeducational contexts.
3. Distinguish the connection between compassion training at the individual level and the creation of compassionate cultures.

23. Sailing through Complexity: The Experience of Care through Contextual Therapies in the Brazilian Context

Panel (12:15 PM - 1:45 PM)

Presenters speaking in Portuguese

Translation: AI online with your phone - audio or text

Components: *Didactic presentation*

Categories: Clinical intervention development or outcomes, Contextual Behavioral Psychotherapy

Target Audience: *Intermediate*

Location: Cine - Floor 0

André M. Kolb, M.Sc., André Kolb Psychology

Bolivar Filho, M.Sc., Pontifícia Universidade Católica do Rio Grande do Sul (PUCRS)

Karina Tagliari, Pontifícia Universidade Católica do Rio grande do Sul

Brazil is a country with a high prevalence of mental disorders and limited access to healthcare resources, bringing different challenges for professionals who provide services to the population. In the field of psychology, addressing complex cases requires a differentiated understanding of human behavior and an integration of various therapeutic approaches.

This panel aims to discuss the treatment of complex cases from the perspective of different contextual behavioral approaches in the Brazilian reality, focusing on challenges, treatment strategies, and individualization for the client. It is proposed to discuss the treatment of cases of patients with borderline personality disorder through Dialectical Behavior Therapy, Acceptance and Commitment Therapy for anxiety and panic disorders, and the treatment of patients with eating disorders through processes of Compassion-Focused Therapy.

Participants will gain a deeper understanding of how contextual behavioral science can inform the treatment of complex cases, while also exploring the challenges and opportunities inherent in integrating various psychological perspectives in the Brazilian context.

Educational Objectives:

1. Discuss the experience of providing therapy through contextual therapies in the Brazilian context.
2. Discuss the specificity in treating complex cases.
3. Utilize values-driven CBS principles to take consistent actions in relation to global threats.

Thursday Afternoon 3:00 PM

24. Shaping Bravery and Flexibility Using Values and Perspective-Taking: A Process-Based Approach to Anxiety and OCD

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Anxiety, OCD, Clinical behavior analysis, Process-based treatment

Target Audience: Beginner, Intermediate, Advanced

Location: Juan Pablo II - Floor 2

Lisa W Coyne, Ph.D., McLean/Harvard Medical School

This workshop based in Acceptance and Commitment Therapy (ACT) will teach clinicians how to use valuing and perspective-taking strategies with youngsters to enhance their engagement in exposure-based treatment. Clinicians will practice how to conceptualize and address skills deficits in participating in ERP from a process-based perspective; specifically, through strengthening curiosity, willingness, mindfulness, and values-guided trial and error learning. The presenter will introduce a transdiagnostic process-based developmental model of ACT (the DNA-V; Hayes & Ciarrochi, 2015) to demonstrate how to shape psychological flexibility. Clinical examples, role plays, and opportunities for participants to practice will augment the workshop's didactic content to illustrate case conceptualization and pragmatic applications of therapeutic techniques. Clinicians can expect to leave the workshop with an understanding of how to identify and address skills deficits contributing to psychological inflexibility in avoidance-based disorders, such as anxiety and OCD, in childhood and adolescence. They will also gain practical skills in contextual behavioral, process-based assessment and treatment that may be used as stand-alone exposure-based intervention or incorporated into other cognitive behavioral or behavioral approaches.

Educational Objectives:

1. Describe psychological flexibility as a set of behavioral skills that can be shaped as a target of contextual behavioral ACT intervention.
2. Describe the DNA-V model and how to use it to shape flexible perspective-taking and behavioral variability in avoidance-based disorders.
3. Explain how to shape the processes involved in psychological flexibility, including valuing and perspective-taking, to engage child and adolescent clients in exposure-based treatment.

25. Innovations in Measuring Processes of Change in Clinical Intervention

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Original data*

Categories: Processes of change, Methods/approaches for individual variation, Clinical Interventions

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 219 - Floor 2

Discussant: Louise McHugh, Ph.D., University College Dublin

Rhonda Merwin, Ph.D., Duke University Medical Center

Andrew Gloster, Ph.D., University of Lucerne

Maria Karekla, Ph.D., University of Cyprus

Staci Martin, Ph.D., National Cancer Institute

Measuring processes of change is essential for scientific advancement and the development of strategies to alleviate human suffering and promote human health and well-being. It was also a key call in the ACBS Research Strategy Task Force Report (Hayes et al., 2021) and consistent with the overall shift in the field toward more process-based approaches (e.g., Hofmann & Hayes, 2019; Pavlicic & Young, 2020) and personalized medicine (e.g., Lorenzo, Peipert, Romero, Rutter & Rodriguez-Quintana, 2021). Historically, process of change measurement has over-relied on

self-report measures administered too infrequently. Presenters will discuss their empirical work developing strategies to assess processes of change using a multi-modal, multi-level approach, across a variety of clinical problems. Strategies include the use of ecological momentary assessment, cognitive and physiological measures, and coding of psychological flexibility in therapist-client in-session behavior.

- **Toward a Multi-Modal, Multi-Level Assessment of Psychological Flexibility in Eating and Weight Treatment Trials**

Rhonda M. Merwin, Ph.D., Duke University Medical Center

Eating disorders have increased morbidity, mortality and risk of suicide and affect all people, irrespective of age, sex, gender and socioeconomic status. They are also complex, affecting all body systems. This paper will discuss our current work on assessing processes of change in eating and weight treatment trials. We will focus on a current hybrid (in person + digital) clinical trial for binge-purge disorders in type 1 diabetes. We will discuss the use of high-frequency heartrate variability, executive function tasks, and ecological momentary assessment (EMA) "bursts" to capture multilevel processes of change. We will also present on coding of therapist utterances in session, with the aim of examining how engagement of the 6 core processes of psychological flexibility relates to client behavior and outcomes. As time allows, we will discuss how these strategies are being employed in a digital early intervention for EDs, and in a study using ACT to help individuals undergoing Allogeneic Hematopoietic Stem Cell Transplant maintain adequate nutrition and physical activity.

- **A Multi-level, multi-method approach to understanding processes of change**

Andrew Gloster, Ph.D., University of Lucerne

This paper will present results from multiple studies designed to understand the active processes of change over time and across different levels of analysis. Data were collected in multiple psychotherapy trials of targeting treatment-resistant patients across various diagnoses. Acceptance and Commitment Therapy (ACT) was used in each trial; the trials differed by levels of standardisation (i.e., manual vs. therapist driven). Multi-level methods were used to evaluate outcomes and processes. These included expert-rated surveys; patient-rated questionnaires; event sampling methods (ESM); and objective measures of movement. Results demonstrate that the longitudinal, multi-level, multi-method approach to understanding processes of change reveal insights that would not otherwise be generated. The talk will discuss how these insights help advance a contextual science understanding of change.

- **CARE: Measuring processes of change in the management of difficult emotions in breast cancer patients undergoing a digital Acceptance and Commitment Therapy informed intervention**

Maria Karekla, PhD, University of Cyprus

Improvements in cancer diagnosis and treatment strategies have led to more people living with cancer and concomitant mild-to-severe stress and depression due to cancer-related health concerns, treatment side-effects (e.g., chronic pain) and changes in life and functionality. This presentation discusses the CARE trial which aimed to examine a wide range of biological and psychological stress markers in breast cancer patients: how their levels change throughout the first year after cancer diagnosis and how these biomarkers interact with patients' emotion regulation ability and psychological flexibility. It also examines how these stress-related changes can be managed using an ACT-based modern, brief, easy and accessible eHome-care, self-delivered intervention, via momentary ecological assessment of emotions and health indices. This trial uses a multimethod, multi-disciplinary, multi-level, process-based approach to measure processes of change in the ACT treatment provided. Implications for how to measure and examine psychological flexibility as a process of change in enhancing emotion regulation skills, functionality and wellbeing among breast cancer patients will be discussed.

- **A Hybrid ACT Intervention for Parents of Children with a Chronic Health Condition**

Staci Martin, Ph.D., National Cancer Institute

RASopathies are a group of genetic conditions that produce a range of medical manifestations. Parents of children with medical conditions are at increased risk for stress; thus, we investigated the feasibility and preliminary efficacy of a remote ACT intervention for parents of children with RASopathies. The 8-week pilot intervention included three telehealth sessions and weekly videos delivered to participants via a smartphone app. Participants received ecological momentary assessment (EMA) surveys five days/week through the app that measured stress, self-compassion, parenting values, and other ACT concepts in real time. The recruitment target for the pilot phase (n=8) was met, and 7 participants completed the intervention. EMA results showed significant increases in parental connectedness with child

and self-care but not daily stress. Parenting Stress Scale scores decreased by an average of 3.86 units, which was not significant. Examination of individual data revealed that scores were improved to stable for 6 out of 7 parents. Feasibility and preliminary efficacy data warrant expanding to a larger RCT (now underway), and participant feedback informed minor modifications to the intervention.

Educational Objectives:

1. Discuss why assessing process of change is important in intervention research.
2. Describe at least 2 potential ways (in addition to more traditional self-report measures) to capture changes in psychological flexibility.
3. Discuss the implications of the study findings and how these approaches might be employed in future or ongoing studies.

26. Exploring Loneliness, the Therapeutic Relationship, and Interpersonal Dynamics through ACT, FAP, MBSR, and PBT

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Processes of change, Internet Addiction and Social Anxiety, Mindfulness, Social functioning, FAP, Support network, Connection and community bonds, Social transformation, Embodiment, Therapeutic relationship.

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 218 - Floor 2

Chair: Daniel Maitland, Ph.D., Bowling Green State University

Ana Katarine Dos Santos Silva, B.A., Private practice (Vögel), Instituto Brasileiro de Análise do Comportamento (IBAC)

Pricila Albrecht Bornholdt, M.Sc., Private practice

Cristóbal E Hernández, Ph.D., Escuela de Psicología, Universidad Adolfo Ibáñez

E. Denizhan Ramakan, M.D., Bakirkoy Research and Training Hospital for Neurology and Psychiatry

Itati Branca, Ph.D., Universidad Nacional de Córdoba

Insights into the psychological and social factors contributing to loneliness and interpersonal difficulties are increasingly crucial. This symposium encompasses innovative research on this topic. First, we investigate the role of experiential avoidance in the development of emotional loneliness. Second, we explore how patients can strengthen social and community bonds through usage of Functional Analytic Psychotherapy's (FAP) rule 5 (generalization). Third, we will discuss improvements in mindfulness on the individual level and the level of participants' romantic partners through Mindfulness-Based Stress Reduction (MBSR). Fourth, the role of interpersonal synchronizations within the therapist-client relationship will be examined, especially in the context of emerging evidence from affective embodied neuroscience. Fifth, the connection between internet addiction and social anxiety is analyzed, presenting a cycle that links internet addiction, prior levels of social avoidance and using the internet to cope with loneliness. These insights underscore the multifaceted nature of loneliness and interpersonal dynamics and emphasize enhancing mental health and quality of life through targeted, evidence-based interventions.

- Enhancing generalization of outcomes within the therapeutic relationship with community development knowledge

Ana Katarine Santos, B.A., Private Practice

Pricila Bornholdt, M.Sc., Private Practice

The principles of Contextual Behavioral Science and its clinical applications have a lot to contribute to initiatives to improve well-being in a context that transcends the individual, and can generate positive impacts globally, by turning their already consolidated efforts and knowledge towards reaching a greater number of people. In a similar direction, community development movement is also a tool that can promote impactful social transformations. This paper presentation's objective is to establish a dialogue between FAP (Functional Analytic Psychotherapy) and community development. To this end, FAP's rule 5 (generalization) will be shown as the bridge between the two knowledge fields, offering therapists a broader look at their clients/patients' support networks and/or ways to strengthen these social and community bonds. Participants are expected to be shown clinical skills and strategies that provide their clients with both individual gain and interventions that contribute to mobilizing a sense of community and the resulting benefits.

- Exploring the roots of the loneliness epidemic: The role of experiential avoidance
Daniel Maitland, Ph.D., Bowling Green State University

Loneliness has profound effects on physical and mental health and is increasing in prevalence at such a rate that the surgeon general of the USA declared that Americans are in the middle of a loneliness epidemic. Loneliness is thought to develop through two possible pathways. In the first pathway, individuals are isolated from others, and the resulting lack of contact leads to feelings of loneliness. In the second path, individuals are in contact with others but fail to build a sense of meaningful connection, resulting in a group of individuals surrounded by others but feeling alone. This is commonly referred to as emotional loneliness. Previous research has suggested that experiential avoidance may play an important role in the development of emotional loneliness, but to date, no studies have experimentally investigated this hypothesis. In the current study, baseline experiential avoidance data were collected before individuals engaged in a closeness-generating task. Findings from the current study will be presented and discussed in the context of the ongoing loneliness epidemic and the need to develop effective loneliness interventions.

- The cycle of solitude and avoidance: A PBT analysis of the link between internet addiction and social anxiety

Cristóbal Hernández, Ph.D., Escuela de Psicología, Universidad Adolfo Ibáñez
Martín Ferrada, M.Sc., Escuela de Psicología, Universidad Adolfo Ibáñez.
Joseph Ciarrochi, Ph.D., Institute for Positive Psychology and Education, Australian Catholic University
Sergio Quevedo, M.Sc., Escuela de Psicología, Universidad Adolfo Ibáñez
José Antonio Garcés, M.Sc., Escuela de Psicología, Universidad Adolfo Ibáñez
Raimundo Hansen, M.Sc., Escuela de Psicología, Universidad Adolfo Ibáñez
Baljinder Sahdra, Ph.D., Institute for Positive Psychology and Education, Australian Catholic University

A consistent association has been observed between internet addiction (IA) and symptoms of social anxiety (SA). However, there is a lack of empirical research that delves into potential explanations for this relationship. The present study aimed to evaluate the longitudinal dynamics between internet addiction (IA), symptoms of social anxiety (SA), avoidance of social interactions, and the use of the internet to deal with loneliness. We assessed a sample of 122 young adults from Chile through intensive self-report measurements five times daily over ten days. Mixed-effects models showed that IA preceded symptoms of SA, but the reverse was not observed. Internet addiction was linked to prior levels of social avoidance and using the internet to cope with loneliness, suggesting a vicious cycle. Model-implied individual slopes showed substantial heterogeneity in these effects, underscoring the need for a personalized approach in analysis and treatment. As such, results are discussed in the context of the Extended Evolutionary Meta Model of Process-Based Therapy and the use of idiomonic analysis tools.

- The Influence of MBSR on Personal and Interpersonal Skills: A Study with Dyadic Analysis of Non-Enrolled Partners

Ela Ari, Ph.D., Istanbul Medipol University, Resilience Akademi
Serra Kadayifci, Istanbul Medipol University

This study explored the individual and interpersonal impacts of a Mindfulness-Based Stress Reduction (MBSR) program on participants and their non-enrolled romantic partners. The sample included 37 individuals forming 18 heterosexual couples, with ages starting from 18 years. Pre- and post-test assessments were conducted using the Mindful Attention Awareness Scale (MAAS), Self-Compassion Scale-Short Form (SCS-SF), Relationship Mindfulness Measure, Berkeley Expressivity Questionnaire (BEQ), and Couples Satisfaction Index (CSI-4).

The 8-week MBSR course involved practices such as body scans, walking and sitting meditation, breath awareness, visual meditation, and informal exercises like mindful eating. The study aimed to compare pre-test and post-test scores for both participants and their partners, employing paired-sample t-tests and ANCOVA for analysis.

Results revealed significant improvements in the experimental group's mindfulness awareness, relationship awareness, emotion expressivity, and relationship satisfaction. Notably, these benefits extended to their non-enrolled partners. The findings underscore MBSR's potential in enhancing both personal and relational well-being, contributing new insights into the effects of mindfulness on couples. Further investigation is encouraged to understand the sustained influence of MBSR on individual and relationship health.

- Unveiling the co-embodied therapeutic context: Exploring the role of interpersonal synchronizations

Itati Branca, Ph.D., Universidad Nacional de Córdoba

Acknowledging the profound impact of attuned moments of synchrony between therapist and client on rapport-building, empathy, and meaning co-creation, this paper examines the role of interpersonal synchronizations within the therapist-client relationship. While various perspectives have been considered in understanding the relevance of this relationship, there has been a notable gap in addressing the role of subpersonal interpersonal synchronizations.

Over the past two decades, advancements in methodologies, such as the hyperscanning paradigm, have provided fresh insights into dynamic co-embodied synchronizations and real-time brain-to-brain relations. These studies have revealed heightened inter-brain neural synchronization linked to subjective experiences of social closeness. Building upon these findings, this paper reviews emerging evidence from affective embodied neuroscience, shedding light on crucial factors influencing therapist-client interactions.

Furthermore, the paper delves into the therapist's awareness of their own bodily state as a pivotal factor in regulating these synchronizations and enhancing client awareness, change, and well-being. By exploring the significance of cultivating mindfulness and attunement to bodily sensations, it highlights the importance of this awareness as a valuable resource for the therapeutic process.

Educational Objectives:

1. Discuss how community development knowledge can enhance Functional Analytic Psychotherapy (FAP) therapeutic model.
2. Describe the role of experiential avoidance in building close relationships.
3. Describe the role and clinical significance of Internet addiction in the maintenance of symptoms of social anxiety.

27. The Sound of Process - Experiencing the DNA-V Model through a Musical Workshop: Polska Chapter Sponsored

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Methods/approaches for individual variation, Processes of change, DNAv, Adolescents, Music, ACT

Target Audience: *Beginner, Intermediate*

Location: Aula 217 - Floor 2

Diana E Singh, M.A., ACBS Polska
Johannes Freymann, M.Sc., Leipzig University

DNA-V is a contextual behavioural science approach tailored for children, adolescents as well as young adults, developed from research into adapting Acceptance and Commitment Therapy (ACT) for younger populations (Hayes & Ciarrochi, 2015). It includes the key processes of Discoverer, Noticer, Advisor and Valuer in empowering young people to build resilience, enhance psychological flexibility. DNAv fosters a healthy, values-driven approach to navigating life's challenges and developmental transitions (Ciarrochi et al., 2022).

This approach is increasingly used and recommended in education as a basis for psychological workshops/PSHE classes, facilitating prosocial processes, as well as support and enrichment for subject teachers (Ciarrochi et al., 2016; Gillard et al., 2018). The aim of this workshop is to present the basic assumptions of the DNAv model, using the example of work related to music and music education. Exercises will be selected to include movement and sound, providing an interesting variety for individual and group psychological work with children, adolescents and adults. No special musical skills or talent are required from the participants.

Educational Objectives:

1. Demonstrate a comprehensive understanding of the key components of the DNA-V model.
2. Conduct experiential exercises that integrate psychological flexibility, creativity and group music-making into therapeutic, workshop and/or educational settings.
3. Discuss the rationale for integrating DNA-V principles with music-related activities.

28. Effectiveness and Change Processes of Brief ACT Interventions Focused on Reducing Repetitive Negative Thinking

(3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Processes of change, Repetitive negative thinking, RFT

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 204 - Floor 2

Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz



The analysis of relational processes involved in psychological flexibility and inflexibility is crucial for increasing the precision and effectiveness of ACT. Conceptual and experimental advances over the past 20 years have led to the development of a research line that has designed brief ACT interventions focused on dismantling dysfunctional patterns of repetitive negative thinking. This presentation will summarize, firstly, the foundations upon which these interventions have been designed. Secondly, it will review the accumulated efficacy data from approximately 25 clinical studies conducted across multiple emotional disorders in adults, adolescents, and children. Thirdly, it will present analyses of change processes, emphasizing the utility of their individual-level analysis through single-case experimental designs. Finally, future research avenues necessary to continue advancing in the development of contextual interventions intertwined with the analysis of the basic relational processes involved in the genesis and maintenance of psychological problems will be discussed.

Educational Objectives:

1. List the relational processes upon which brief ACT interventions have been developed.
2. Describe the effectiveness of brief ACT interventions.
3. Discuss the change processes found at the individual level.

29. Effectiveness of MAGPIES: ACT and RFT for children's emotion regulation, social skills, self-esteem, and anxiety

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data, Strategic planning*

Categories: Clinical intervention development or outcomes, RFT / RGB / language, Children, Anxiety, Selfing, Self-Esteem, Neuroaffirmative, Emotion Regulation

Target Audience: Beginner, Intermediate

Location: Aula 129 - Floor 1

Discussant: Sarah Cassidy, Ph.D., Prof. Cert. CBT, Cert. Adv. ACT & MBI, C. Psychol. Ps.S.I., Smithsfield Clinic

Alison Stapleton, Ph.D., C. Psychol. Ps.S.I., University College Dublin

Although ACT is often hailed as a transdiagnostic approach, there are some common presentations discussed in mainstream psychology that fail to get adequate attention from the behavioral community at large (e.g., self-esteem). This is partly due to mainstream psychology's use of mentalistic language, and partly due to a lack of consensus around functional definitions of these skills. Ultimately, this lack of attention contributes to the dearth of interventions and supports for children developing these skills. MAGPIES, a developmentally appropriate, neuroaffirmative ACT and RFT program, targets these skillsets: emotional dysregulation, low self-esteem, social skills, and anxiety. MAGPIES is systematic and includes easy-to-implement protocols and strategies that teachers/clinicians/other professionals can effectively deliver in naturalistic settings. This symposium presents four years of MAGPIES data, outlining challenges/opportunities for growth when using ACT and RFT in the real world. This symposium also highlights the need to work closely with statutory services (e.g., education and health services), allied professionals, children, and their parents to maximize intervention gains.

- Effectiveness of MAGPIES-ER for 8-to-12-year-olds: What do four years of data tell us?
Alison Stapleton, Ph.D., University College Dublin
Sarah Cassidy, Ph.D., Smithsfield Clinic

Over the past four years, we collected data on MAGPIES-ER, an ACT and RFT approach to children's emotion regulation. Four cohorts of children (n = 44) aged 8- to 12-years were invited to attend eight weekly group-based intervention sessions that ranged in duration from 75 to 90 minutes. At each session, facilitators taught children ways to notice, name, and respond effectively to their internal experiences. Children were also guided through values clarification and valued living. Measures included the Strengths and Difficulties Questionnaire (Goodman, 2001), Child and Adolescent Mindfulness Measure (Greco et al., 2011), Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004), Ohio Scales for Youth (Ogles, 2000),

and Children's Psychological Flexibility Questionnaire (Dixon & Paliliunas, 2017) pre- and postintervention. Descriptive statistics indicate desired changes in each questionnaire each year (i.e., decreased difficulties in emotion regulation and problem severity, in addition to increased functioning, psychological flexibility, and mindfulness). Findings are discussed with reference to a focus on function (not form), idiographic measurement, and future adaptations of MAGPIES.

- Targeting "selfing" at childhood: Effectiveness of MAGPIES-SE

Alison Stapleton, Ph.D., University College Dublin
Sarah Cassidy, Ph.D., Smithsfield Clinic

Self-esteem can be conceptualized as responding to our own responding (selfing). Despite their comprehensive accounts of selfing, few studies have applied ACT and RFT to self-esteem in childhood. This presentation outlines three years of data from MAGPIES-SE, an ACT and RFT intervention targeting healthy selfing. Three cohorts of children (n = 50) aged 8- to 12-years were asked to attend eight weekly group-based sessions ranging from 75 to 90 minutes in duration. Through didactic presentations and experiential exercises, children contacted each of the three selves and hierarchically framed themselves as the container of their experiences, further clarifying their values and taking valued action. Measures included the Patient Health Questionnaire (Kroenke et al., 2001), Rosenberg Self-Esteem Scale (Rosenberg, 1965), Ohio Scales for Youth (Ogles, 2000), and Children's Psychological Flexibility Questionnaire (Dixon & Paliliunas, 2017) pre- and postintervention. Descriptive statistics reveal desired changes in each questionnaire each year with the exception of children's self-reported psychological flexibility. Results are discussed with reference to the relevance of "low self-esteem" for self-report measures and the utility of physicalizing metaphors.

- Can we work with "social skills" in neuroaffirmative ways? Yes, if we reconceptualize "social skills"!

Sarah Cassidy, Ph.D., Smithsfield Clinic
Alison Stapleton, Ph.D., University College Dublin

Many interventions targeting "social skills" enforce neuronormativity at the expense of neurodivergent children's authenticity and wellbeing. Being authentically ourselves and respecting others are important skills for all children to learn. Four cohorts of children aged 8- to 12-years were asked to attend eight weekly sessions ranging from 60 to 90 minutes in duration. Facilitators introduced children to a range of skills relevant to healthy selfing and interpersonal relationships, including self-advocacy, interoception, and understanding how ourselves/others feel. Measures included the social skills global focus assessment (Mission Cognition, 2021), WHO-5 Wellbeing index (WHO, 1998), Child and Adolescent Mindfulness Measure (Greco et al., 2011), Healthy Pathways Child-Report Scales peer connectedness subscale (Bevans et al., 2010), Ohio Scales for Youth (Ogles, 2000), and Children's Psychological Flexibility Questionnaire (Dixon & Paliliunas, 2017) pre- and postintervention. Analysis of Year 4 data is underway. Years 1 to 3 reveal desired changes in social connectedness, wellbeing, mindfulness, problem severity, functioning, and psychological flexibility. Results will be discussed with reference to the importance of a neuroaffirmative approach to "social skills" and measurement-related challenges.

- Tired of anxiety? Effectiveness of MAGPIES-A for childhood anxiety

Sarah Cassidy, Ph.D., Smithsfield Clinic
Alison Stapleton, Ph.D., University College Dublin

Children receive myriad messages about how to respond to anxiety (e.g., "don't worry", "think positively", etc.), some of which are unhelpful long-term. Given its prevalence, there is a need for developmentally appropriate, evidence-based interventions targeting anxiety in childhood. Four cohorts of children (n = 52) aged 8- to 12-years were invited to attend eight weekly group-based intervention sessions that ranged in duration from 75 to 90 minutes. Through didactic presentations and experiential exercises, facilitators normalized experiences of anxiety, inviting children to assess the workability of strategies for responding to anxiety (creative hopelessness). Children were also guided in framing themselves as distinct from their thoughts and invited to practice acceptance when anxiety showed up. Measures included the Generalised Anxiety Disorder Questionnaire (Spitzer et al., 2006), Ohio Scales for Youth (Ogles, 2000), and Children's Psychological Flexibility Questionnaire (Dixon & Paliliunas, 2017) pre- and postintervention. Analysis of Year 4 data is underway. Years 1 to 3 reveal desired changes in symptoms and processes. Results are discussed with reference to the practicalities of running anxiety-oriented interventions in naturalistic settings.

Educational Objectives:

1. Conceptualize emotion regulation, self-esteem, social skills, and anxiety in childhood from an ACT and RFT perspective.

2. Describe MAGPIES activities targeting emotion regulation, self-esteem, social skills, and anxiety.
3. Evaluate the effectiveness of MAGPIES.

30. The Experience of Wanting to Be Right in the Context of a Relationship

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Professional development, Clinical intervention development or outcomes, Couples Therapy

Target Audience: Intermediate

Location: Aula 126 - Floor 1

Cecilia Gelfi, Lic., Dupla

Sebastián D Mosquera Sr., Lic., Dupla

Laura Vazquez, Equipo de Terapeutas de Pareja y Familia

Fiorella S. Ingrassia, Ph.D., Marea centro de terapias contextuales

In couples therapy, we frequently encounter a powerful obstacle: people often resist considering other perspectives that may contradict their own and find it difficult to forego the gratification of being right. In the context of a relationship, this can be problematic and undermines values such as trust, connection, and intimacy.

Our goal is for participants to gain a deeper understanding of the various variables at play in the experience of seeking to be right (authenticity-attachment tension, neurobiological factors, cognitive biases, emotions) both intellectually and through experiential exercises that explore the difficulty of holding rigidly to one's own perspective and the cost of doing so. We aim for participants to be able to choose to consider and validate other points of view, thereby promoting the strength and connection of the relationship over individual/immediate gratification.

We hope that this workshop will serve as a stimulus for thinking about and designing clinical strategies and interventions that promote change in couples.

Educational Objectives:

1. Describe the main variables involved in the experience of wanting to be right and acting as maintainers of behavior in the context of a relationship.
2. Design interventions that take into account this experience (wanting to be right) to then generate the possibility of change in the consultation.
3. Design interventions with a more compassionate view of clients and the therapist's own person.

31. The Path of Awakening: Devices for the General Public that Promote Well-Being and Psychological Flexibility

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Experiential exercises*

Categories: Dissemination or global health strategies, Clinical intervention development or outcomes, Mindfulness

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 124/125 - Floor 1

Javier Cándarle, Lic., Universidad del Salvador, Practica privada

Manuela O'Connell, Lic., Private Practice

For several years now, both ACT and mindfulness programs have been demonstrating ample evidence of their positive impact on alleviating human suffering. This fertile intersection helps individuals choose a life full of meaning, purpose, and significance.

The integration of mindfulness and ACT is fostering the development of truly efficient and powerful psychological treatments as well as various personal development tools. In this vein, this workshop aims to present a series of devices: retreats, mindfulness programs, and individual sessions that, when integrated, promote the development of loving awareness and greater psychological flexibility.

This workshop will introduce and teach participants the different components of this journey, which integrate mindfulness, compassion, and ACT, and how they facilitate skills that promote well-being in all dimensions. Through deeply experiential training, we will explore the core practices of

mindfulness and compassion consistent with Contextual Behavioral Science, as well as didactic exercises that can enhance learning.

Educational Objectives:

1. Explain the different elements of this journey integrating Mindfulness and ACT.
2. Practice and have a personal encounter with some of the dynamics offered during the processes.
3. Reflect based on the workshop experience about the enormous benefits and challenges of these programs.

32. The Personal is Political: How Personal Trauma and Loss May Inform a Path to Healing Our Divided World

Panel (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Social justice / equity / diversity, Clinical intervention development or outcomes, Trauma

Target Audience: Beginner, Intermediate, Advanced

Location: Aula Magna - Floor 1

Chair: Niklas Törneke, M.D., NT Psykiatri

Barbara S. Kohlenberg, Ph.D., Psychiatry & Behavioral Science Family and Community Medicine, University of Nevada Reno School of Medicine

Jennifer Gregg, Ph.D., San Jose State University

Carmen Luciano, Ph.D., University of Almeria

War, trauma, hate, fear and despair are alive and well in our world, and are intensely personal for many of us in our ACBS community. How do we, as contextual behavioral scientists, understand and navigate this painful time. Our panelists are interested in how CBS principles used to navigate personal tragedy (death, trauma, illness, estrangement, end of marriage, etc) might inform our approach to political and personal trauma. We will describe one FAP pathway used to grow connection among our own colleagues. We will discuss principles of holding grief and living life. We will speculate about how this work and CBS can extend to understanding and helping with the seemingly impossible wounds and conflicts in our world today.

Panelists will give a brief overview of how they each have applied CBS principles to valued living alongside trauma and interpersonal conflict. The FAP statement related to Middle East Conflict will be described. Sharing our experiences and hearing the experiences of others will be considered in light of our understanding of functional analysis of relational behavior.

Educational Objectives:

1. Describe how CBS principles currently inform working with people who are suffering with grief, trauma, disease, fear, and oppression.
2. Describe how these principles can help our own interpersonal challenges among our own colleagues.
3. Describe the interpersonal aspects of healing suffering and how this might apply on a global level.

33. The Use of Deliberate Practice and FAP Processes to Train Therapeutic Relationship Skills

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Supervision and training, Processes of change, Therapeutic relationship

Target Audience: Beginner, Intermediate

Location: Auditorio 2 - Floor 0

Oscar A Cordoba-Salgado, Ph.D., Universidad de Los Andes

Natalia Esparza, M.A., Private Practice

The therapeutic relationship is fundamental for promoting behavioral change. Developments in FAP have allowed for the identification of the therapist's stimulus function in evoking and reinforcing client behaviors, emphasizing the contingent relationship between the client's behavior and the therapist to foster interpersonal closeness in session. These functional processes in which the

therapist participates, such as evoking and reinforcing improvements in the client, shape fundamental clinical skills.

The purpose of this workshop is to employ deliberate practice (DP) to strengthen these two skills. DP involves the repeated practice of a skill while monitoring performance to achieve a higher level of expertise (Chow et al., 2015) and has shown efficacy in the development of therapeutic skills (Mahon, 2022). During the workshop, the framework of DP will be presented, and activities will be provided to allow participants to discriminate, design exercises, and train skills in functional terms to promote the therapeutic relationship.

Educational Objectives:

1. Discriminate skills that require training to effectively promote interpersonal closeness in the therapeutic context.
2. Design activities that use deliberate practice to develop the ability to promote interpersonal closeness through FAP functional processes.
3. Train functional FAP processes that foster interpersonal closeness in the therapeutic relationship.

34. Getting to the Heart of the Matter: Psychedelics and Values: Psychedelic and Non-Ordinary States of Consciousness SIG Sponsored

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises*

Categories: Clinical intervention development or outcomes, Psychedelic-assisted therapy

Target Audience: Beginner, Intermediate, Advanced

Location: Auditorio 1 - Floor 0

Brian Pilecki, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center
Temple Morris, LCSW-C, True North Therapy and Training

Psychedelic-assisted therapy shows promise as a novel and effective mental health treatment not just for reducing symptoms but also for helping individuals clarify and engage with values. Participants from clinical trials regularly describe their psychedelic experiences as among the most meaningful of their lives. Therefore, ACT and values strategies offer an effective way to conceptualize the psychedelic experience and to inform interventions aimed at increasing therapeutic benefit. First, this workshop will provide a brief overview of how psychedelic-assisted therapy works and why psychedelics seem to engender experiences that are rich in values. Next, values strategies used in the preparation phase will be discussed, such as using values to augment and shape intention-setting, as well as how to use a values lens in the integration phase following a psychedelic experience. Workshop participants will learn several exercises to use with clients in the context of psychedelic work. Presenters will also identify common challenges that can occur with clients who use psychedelics, such as new beliefs that conflict with older worldviews.

Educational Objectives:

1. Describe how psychedelic experiences are related to values as informed by recent clinical trials.
2. Use values strategies from the ACT model to provide psychedelic preparation and integration for clients involved in psychedelic work.
3. Identify and address particular challenges related to values and psychedelics.

35. Intersectionality and Contextual Behavioral Science: Exploring Insights Surrounding Intersectional Implementation

Panel (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components:

Categories: Social justice / equity / diversity, Intersectionality

Target Audience: Beginner, Intermediate, Advanced

Location: Cine - Floor 0

Jennifer Shepard Payne, Ph.D., LCSW-C, Kennedy Krieger Institute

Lucia Loureiro, Private Practice

Lori E. Crosby, Psy.D., University of Cincinnati & Cincinnati Children's Hospital Medical Center

Robyn D Walser, Ph.D., University California Berkeley; National Center for PTSD; TL Consultation Services

Intersectionality is a term coined by Dr. Kimberle Crenshaw, which emerged from the ideas debated in critical race theory. Crenshaw first publicly laid out her intersectionality theory in 1989, when she published a paper in the University of Chicago Legal Forum titled "Demarginalizing the Intersection of Race and Sex" (Crenshaw, 1989). Today, Dr. Crenshaw describes intersectionality this way: "It's basically a lens, a prism, for seeing the way in which various forms of inequality often operate together and exacerbate each other. We tend to talk about race inequality as separate from inequality based on gender, class, sexuality, or immigrant status. What's often missing is how some people are subject to all of these, and the experience is not just the sum of its parts" (Time Magazine, 2020).

In this panel, individuals discuss how CBS might be implemented intersectionally - for feminism, racism, or in the context of prosociality, diversity, equity, and inclusion. We explore how insights from CBS might be used to further the values associated with addressing the intersectional nature of inequity.

Educational Objectives:

1. Define and understand the concept of intersectionality and how it has evolved over time.
2. Explore and assess how intersectionality relates to contextual behavioral science.
3. Uncover and express ways that CBS can move equity actions forward based on intersectionality.

Thursday Afternoon Plenary 5:00 PM

36. A Theory of Everyone: The New Science of Who We Are, How We Got Here, and Where We're Going

Plenary (5:00 PM - 6:00 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Literature review, Original data*

Categories: Evolutionary behavioral science, Theory and philosophical foundations, Cultural evolution

Target Audience: *Beginner*

Location: Juan Pablo II - Floor 2

Michael Muthukrishna, PhD, London School of Economics (LSE)



In my book, "A Theory of Everyone", I argue that the psychological and behavioral sciences are in the midst of a scientific revolution on the scale of Newtonian physics, the periodic table, and Darwinian evolution. It is a revolution moving us from alchemy to chemistry and one that is bringing order to chaos and laying the path from science to technology – in this case, interventions and policy applications. This emerging science is grounded in a formal general theory that recognizes that our psychology and behavior are governed by millions of years of genetic evolution, our genetic inheritance as an African ape; thousands of years of cultural evolution, our cultural inheritance a product of path dependencies and cultural adaptations in the various ecologies we've thrived in across the planet; and a short lifetime of experience, tuning these other two lines of informational inheritance.

Educational Objectives:

1. Describe how a dual inheritance theory and cultural evolutionary perspective can inform their work.
2. Explain how a dual inheritance theory and cultural evolutionary perspective offers a theory of human behavior and cultural change.
3. Explain how a dual inheritance theory and cultural evolutionary perspective can be applied in the real world.

Program Detail • Friday • 26 July

Friday Morning 8:00 AM

C. Türkiye Chapter Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 8:45 AM)

Translation: Not available

Location: Aula 219 - Floor 2

Merve Terzioğlu, MD, Cansağlığı Foundation, Center for Contextual Behavioral Science
Zülal Çelik, İstanbul Medeniyet University Göztepe Research and Training Hospital, Psychiatry Department

Open to all chapter members, this meeting provides a platform for networking and cultivating future collaborations. Our goal is to connect with members hailing from diverse regions and cultures, fostering an environment where experiences are shared and discussions center around prospective organizations and collaborations. We invite participants to engage in meaningful conversations spanning both research and clinical applications. By bringing together varied perspectives, we aim to lay the groundwork for impactful collaborations that transcend geographical and cultural boundaries. Join us in shaping the future of our chapter through vibrant discussions and the exploration of collaborative opportunities. All members are encouraged to participate in this inclusive gathering focused on advancing our collective impact in the realms of research and clinical applications.

D. Pain SIG Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 8:45 AM)

Translation: Not available

Location: Aula 218 - Floor 2

Skye Ochsner Margolies, Ph.D., University of North Carolina School of Medicine

ALL are welcome and encouraged to join the Pain SIG meeting. Members, as well as those interested in joining, will gather to discuss the Pain SIG's current initiatives and activities, goals for the upcoming year, and pain-related topics of interest. We hope to see you there. A virtual meeting will be scheduled for later in the summer to make it possible for those who are unable to attend in Buenos Aires.

E. Colombian Chapter 2.0 Meeting (open for attendees and committee members)

Chapter/SIG/Committee Meeting (8:00 AM - 8:45 AM)

Translation: Not available

Location: Aula 217 - Floor 2

Alexandra Avila Alzate, Private Practice
Paula Rodriguez, Private Practice

The Colombian Chapter it's been working over the past four years on the dissemination of Contextual and Behavioral Sciences. We would like to share the last survey regarding research, teaching, training and practice of CBS in country's different regions. Also, we want to invite other interested attendees to become part of the chapter and make our network wider, richer, stronger and active. All colleagues are more than welcome to join this meeting and participate by letting us know any ideas, suggestions and perspectives on becoming a larger community.

F. Psychedelic and Non-Ordinary States of Consciousness SIG Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 8:45 AM)

Translation: Not available

Location: Auditorio 2 - Floor 0

Temple Morris, LCSW-C, True North Therapy & Training
Brian Pilecki, Portland Psychotherapy

Please join us for an informal meeting of the Psychedelic SIG. All are welcome! We'll review ongoing SIG activities, share our plans for the year ahead, and invite member feedback. Whether you are a SIG member who would like to get more involved or someone curious to learn more about SIG activities, this is a wonderful opportunity to connect. We would love to see you there!

37. Using Imaginal Perspective Taking Exercises Address Shame and Increase Self-Compassion

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Case presentation, Conceptual analysis, Didactic presentation, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Shame, Perspective Taking, Self-as-Context

Target Audience: Beginner, Intermediate

Location: Juan Pablo II - Floor 2

Jason Luoma, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Jenna LeJeune, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

This workshop aims to increase therapist skill in using perspective taking and self-as-context techniques to address shame and other difficult emotions. The workshop is primarily oriented around a structured imaginal exposure process that incorporates perspective taking to address and transform shame-based experiences. In this exercise, clients are guided through a three-step procedure that allows them to re-enter distressing memories, intervene from a compassionate perspective, and directly experience the outcomes of these interventions. This process not only facilitates a deeper engagement with the memory but also introduces a caring, compassionate response to previously aversive emotional experiences.

This workshop will detail the theoretical underpinnings of the exercise, including its roots in ACT and imagery rescripting. The workshop will provide practical guidance on facilitating the exercise, including identifying relevant memories, eliciting an embodied compassionate response, guiding shifts between perspectives, and debriefing to consolidate learning. Through this integrative approach, therapists will enhance their ability to support clients in accessing and embodying compassionate self-perspectives, thereby contributing to a more flexible and accepting relationship with themselves.

Educational Objectives:

1. Articulate the three steps of the imaginal exposure exercise.
2. Implement perspective taking shifts more fluidly and flexibly.
3. Identify how to increase the chance of an embodied compassionate response from the client.

38. Efficacy and processes of change of RNT-focused ACT interventions in depression and anxiety

Symposium (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Original data*

Categories: Clinical intervention development or outcomes, Processes of change, RNT-focused ACT

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 219 - Floor 2

Chair: Laura Ramírez, M.A., Fundación Universitaria Konrad Lorenz

Discussant: Bárbara Gil-Luciano, Ph.D., Universidad de Nebrija; Madrid Institute of Contextual Psychology

Caroline Saraiva Leão, M.S., University College Dublin

Diego M Otálora, M.A., Universidad El Bosque

Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz

During the last ten years, brief ACT interventions focused on dismantling dysfunctional repetitive negative thought patterns (RNT-focused ACT) have been developed. These interventions have shown a high degree of efficacy on problems related to symptoms of depression and anxiety. However, the analysis of change processes at the individual level is still developing. This symposium presents three recent studies that have explored the efficacy and individual-level change processes of RNT-focused ACT on symptoms of depression and anxiety. The first study analyzed the effect of a 2-session RNT-focused ACT protocol on Brazilian participants with high levels of RNT and emotional symptoms. The second study evaluated the effect of the previous protocol on participants from the general public. Finally, the third study tested the differential efficacy of an 8-session RNT-focused ACT protocol versus a traditional 8-session ACT protocol.

- Targeting the core issues: Observing the process of change in an RFT-based intervention to repetitive negative thinking (RNT)

Caroline Leão, University College Dublin
 Louise McHugh, University College Dublin
 Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

Repetitive negative thinking (RNT) is a recurrent, intrusive, aversive pattern of thinking that normally functions as maladaptive coping strategies in the form of excessive worry and rumination. This transdiagnostic issue is a formal criterion for several psychological disorders and is highly present in anxiety and depression disorders. Brief ACT interventions were developed to decrease psychological suffering caused by RNTing. This study aimed to track the process of change in RNT by delivering an online 2-session ACT protocol in adults (n=7) who presented high levels of RNT and psychological distress. A multiple-baseline design across 7 participants was conducted. The results showed that 6 of 7 participants (85.71%) experienced significant improvement in emotional symptoms after introducing the intervention. The mediation analysis presented that the total effect was significant for most participants and that RNT was the most significant mediator for all cases.

- Generalising brief ACT interventions: a primary study evaluating the effectiveness of an ACT-RNT online intervention in the general public

Caroline Leão, University College Dublin
 Daniel Assaz, Universidade de São Paulo
 B. Bariani, Private Practice
 R. Colfari, Private Practice
 M. Corradi, Private Practice
 L. Corrêa, Private Practice
 J. Favati, Private Practice
 C. Gomide, Private Practice
 Roberta Kovac, Private Practice
 J. Oliveira, Private Practice

This study is a continuation of the previous paper, in which we target a few liabilities presented in the first trial of the online delivery of a 2-session ACT protocol for RNT. In this research, 9 therapists with different levels of experience in ACT delivered the online protocol for RNT to 19 participants from the general public. A multiple-baseline design was conducted, in which data was collected daily using short questionnaires, and weekly surveys. Both arms of analysis explored RNT, experiential avoidance, valued living, and psychological distress. Participants started the intervention from 15 to 45 days after data collection and answered the questionnaires for four weeks after the second session. Sessions would occur between seven and fourteen days. Data was analysed two-fold. The first arm conducted a within-case statistical analysis, providing an individual perspective on the progress of each participant over time, while a between-case analysis enabled the calculation of effect sizes for each variable across the entire study. Additionally, a mediation analysis was performed to assess potential indirect effects among variables.

- Efficacy and processes of change of an ACT protocol vs. an ACT protocol focused on disrupting repetitive negative thinking

Diego M. Otálora, Universidad El Bosque
 Juan C. Suárez-Falcón, Universidad Nacional de Educación a Distancia (UNED)
 Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

Recently, brief ACT protocols focused on reducing repetitive negative thinking (RNT-focused ACT) have been developed and have obtained very good results in depression and generalized anxiety disorder. These protocols have some distinctive features compared to traditional ACT protocols for these disorders. However, no studies have analyzed their differential effect and potentially different processes of change. Accordingly, this study evaluates the efficacy and change processes of an 8-session RNT-focused ACT protocol vs. a traditional 8-session ACT protocol. A multiple baseline design was conducted across 20 participants who were randomized to receive one of the interventions. Dependent variables were ecological momentary assessment (EMA) measures of psychological variables associated with symptoms of the aforementioned disorders and ACT processes. Data analyses are conducted at a within-participant level to establish the number of participants who showed clinically significant changes and at a between-participant level to establish the overall effect size of the interventions. Lastly, mediators of change at the individual level are analyzed for both interventions.

Educational Objectives:

1. Identify the efficacy of RNT-focused ACT interventions in depression and GAD.
2. List processes of change at the individual level of RNT-focused ACT interventions.
3. List processes of change at the individual level of standard ACT interventions.

39. Persisting with Purpose: Using ACT with Racially and Economically Marginalized Populations: Applying ACT to Addictions (AAA) SIG Sponsored

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: Not available

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Opioid Use disorder, Chronic pain

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 218 - Floor 2

Laurie Gallo, Ph.D., Albert Einstein College of Medicine

We will briefly review evidence for the use of ACT in substance use disorder and chronic pain treatment, as well as how we developed a new group-based, virtual ACT manual to target these difficulties in an economically and racially marginalized population. The workshop will focus on using a mix of experiential exercises and accompanying psychoeducational handouts to assist participants in learning nine micro-skills, such as, "Notice and Name", "I'm More than My Mistakes", and "Coming Back to What Deeply Matters". These skills are intended to be culturally responsive and trauma informed, and accessible to people of varying educational and socioeconomic backgrounds. Experiential exercises for chronic pain and opioid use were developed or adapted based on existing literature. Participants will learn how they can use these skills in their own lives, as well as to work with individuals from various demographic backgrounds, and to address diverse presenting problems (particularly SUD). Participants will leave having learned these micro-skills "inside out" as well as having gained fundamental understanding of the contextual behavioral science principles embedded in these skills.

Educational Objectives:

1. Demonstrate use of at least 5 micro ACT skills that can be used to target various psychological difficulties.
2. Describe how these micro-skills integrate trauma informed care and cultural humility.
3. Review challenges to implementing ACT in a multiply marginalized population.

40. Psychological Flexibility and Rigidity: ACT Applications in Various Contexts and Populations

Symposium (9:00 AM - 10:15 AM)

Presenters speaking in Spanish

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data*

Categories: Dissemination or global health strategies, Theory and philosophical foundations, Mindfulness, Therapeutic Presence, Therapeutic Relationship, Therapist's Personhood

Target Audience: *Beginner, Intermediate*

Location: Aula 217 - Floor 2

Chair: Sebastian Andrés Ortiz, Ph.D., Centro Integral de Psicología Contextual - CIPSYC

Koke Saavedra, Ph.D., California Institute of Integral Studies (CIIS)

Reiner Fuentes-Ferrada Sr., M.A., Universidad San Sebastián

Cristian L Santamaria Galeano, M.Sc., Centro Integral de Psicología Contextual - CIPSYC

Janna Bezerra Braga Ferreira, Máster, CRP/CE

Karenina Alvarenga, M.Sc., Private Practice

Francisca M. López Ríos Sr., Ph.D., Universidad de Almería

This symposium covers various studies exploring the applicability of Acceptance and Commitment Therapy (ACT) in diverse complex contexts and populations, highlighting the role of psychological flexibility and rigidity. One study examines psychological rigidity in women with fibromyalgia, as well as the effectiveness of a group ACT intervention in improving their functionality and pain acceptance. Another presentation emphasizes the importance of mindfulness and awareness in psychotherapeutic processes. Additionally, a pilot program based on ACT is presented as a facilitator of the adaptation process for a group of Latino migrants. The implications of experiential avoidance and self-compassion in coping with religious matters among Christians are also discussed. Finally, the level of psychological flexibility in the context of the COVID-19 pandemic in

Colombia is examined. These works highlight the potential of ACT in addressing psychological challenges in difficult situations, promoting flexibility and adaptability.

- **It's Just a Journey: Awareness, Presence, and Values in Psychotherapy**
Sebastian Ortiz, Centro Integral de Psicología Contextual - CIPSYC
Koke Saavedra, California Institute of Integral Studies (CIIS) San Francisco

In psychotherapeutic processes, we often encounter various barriers, both from patients and from clinicians themselves, who sometimes fail to frame their own emotions and thoughts, thus leaving therapy in the background. Alongside this, there is also a lack of training (Luciano, 2016), where they quickly, as a form of experiential avoidance, only want to apply metaphors or experiential exercises. However, it is often forgotten that mindfulness, timing, and awareness are part of an intervention in service of both the patient and the therapist. This conference aims to highlight these processes and help attendees incorporate them into their daily lives.

- **Experiential Avoidance, Self-Compassion, and Religious Coping in Christians: A Serial Mediation Analysis**
Reiner Fuentes-Ferrada, Universidad San Sebastián
Nicole Westermeier, Universidad Austral de Chile
Nathaly Segovia, Universidad Austral de Chile
Josefina Gonzáles, Universidad Austral de Chile
Diego Yunge, Universidad Austral de Chile
Álvaro Langer, Universidad San Sebastián

Two psychological mechanisms for understanding difficulties in mental health are Experiential Avoidance and Self-Compassion, both considered transdiagnostic. From a contextual and transdiagnostic perspective, there are few studies that observe mental health indicators in religiosity. One possible relationship in this field is with Negative Religious Coping, which is described as the use of religious practices and beliefs to cope with adverse situations. Our objective was to observe the role of Experiential Avoidance and Self-Compassion in the relationship of Negative Religious Coping with mental health. 187 people participated, of whom 56% were women, with a mean age of 51.97 (SD = 14.77). The results show that Experiential Avoidance and Self-Compassion completely mediate the relationship of negative religious coping with depression and anxiety and partially with stress. In conclusion, approaches aimed at promoting the reduction of experiential avoidance and the increase of self-compassion, such as Acceptance and Commitment Therapy or Compassion-Focused Therapy, could contribute to symptomatic relief in Christian contexts with negative religious coping.

- **Psychological Flexibility in the Context of the COVID-19 Pandemic in Colombia**
Cristian Santamaría, M.Sc., Dirección Servicio Salud O'Higgins
Luzmar Quintero, M.Sc., Colegio San Ignacio Alonso Ovalle

According to the WHO (2020), in recent months, symptoms of anxiety and depression have increased, highlighting high levels of distress during COVID-19 in study participants in Iran (60%), the United States (45%), and China (35%). A descriptive cross-sectional study using surveys with a quantitative approach (Montero & León, 2002) was conducted to identify the level of psychological flexibility in the context of the COVID-19 pandemic in a Colombian sample. A non-probabilistic snowball sampling method was employed through social networks, forming a sample of 450 people residing in Colombia. The results indicated that the total score of the AAQ-II had a mean of 16.11, with values ranging from 7 to 48 points and a mode of 7. It can be inferred that although high percentages of low psychological flexibility were not reported, avoidance behaviors such as engaging in different activities to avoid thinking about the pandemic were reported (76%).

- **Pilot Program based on ACT as a Facilitator to the Adaptation Process of a Group of Latino Migrants**
Janna Braga, Práctica privada
Karenina Alvarenga, Práctica privada

OBJECTIVE: Design and implement a pilot program based on ACT to promote psychological flexibility in migrants undergoing adaptation.

RELEVANCE: Migration involves the loss of sources of positive reinforcement and the increase in sources of punishment, which increases the likelihood of behaviors that hinder the adaptation process. Hence, the importance of a program facilitating psychological flexibility skills.

METHOD: A program of four modules was designed to develop psychological flexibility skills: Module 1: Exploring the relationship of the self with migration. Module 2: Training in Defusion skills. Module 3: Clarification of personal values and committed actions. Module 4:

Feedback on the program and work with participants' barriers. Twelve Latin American migrants, over the age of 18, with up to 2 years of residency abroad, were recruited.

The psychometric instruments used were: AAQII, PTQ, VQ, in addition to qualitative measures.

CONCLUSION: Implementing this program in more participant groups could demonstrate its effectiveness as a facilitator of adaptation in the migration process.

- Psychological rigidity in women with fibromyalgia and the application of ACT in group format
Carmen Ramos, Asociación de fibromialgia de Almería
Francisca López Ríos, Universidad de Almería
Jorge Luis Ordoñez Carrasco, Universidad de Zaragoza

Two studies are presented. The first analyzes the personality of women with fibromyalgia compared to a healthy control group, highlighting characteristics such as neuroticism, alexithymia, and other specific traits. The second study implements ACT in a group of women with fibromyalgia, comparing it to a control group without intervention.

The results reveal that women with fibromyalgia exhibit distinctive personality traits, including elevated levels of neuroticism and alexithymia, suggesting demanding, obsessive, and rigid behavioral patterns. A group intervention with 5 ACT sessions is implemented. The results show significant improvements in pain acceptance, psychological flexibility, and overall functionality compared to the control groups, which are maintained at the 6-month follow-up.

Educational Objectives:

1. Apply increased awareness and strengthened values in clinical sessions or interventions.
2. Describe the interactions of three coping strategies in a group of Christians: experiential avoidance, self-compassion, and religious coping.
3. Identify levels of psychological flexibility and inflexibility in the context of the pandemic in Colombia.

41. MAGPIES for social skills? A neuro-affirmative CBS program for children's mental health with RFT "baked in": RFT SIG Sponsored

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data, Strategic planning*

Categories: RFT / RGB / language, Clinical intervention development or outcomes, Children, Selfing, Rule-governed behavior

Target Audience: *Intermediate, Advanced*

Location: Aula 204 - Floor 2

Sarah Cassidy, Ph.D., Prof. Cert. CBT, Cert. Adv. ACT & MBI, C. Psychol. Ps.S.I., Smithsfield Clinic
Alison Stapleton, Ph.D., C. Psychol. Ps.S.I., University College Dublin

Many interventions targeting young people's "social skills" promote conforming to the neuromajority at the expense of authenticity and wellbeing. This type of "masking" can be harmful, with children becoming closed off, disconnected, and disengaged from their own experiences. Learning to honor our individual needs while simultaneously cultivating a prosocial community is an important skill for all children to learn. How can we take care of ourselves and get our needs met while helping others to do the same? What is prosociality anyway? And, what happens when our needs conflict with others'?

This workshop introduces attendees to MAGPIES for "social skills", a developmentally appropriate, neuroaffirmative, process-based program targeting selfing and values-guided social behaviors with RFT "baked in". Aligned with its namesake, MAGPIES is a collection of the "shiniest" elements of prominent process-based approaches (e.g., acceptance and commitment therapy) – the parts that seem to work best with children and young people.

We know that language is a powerful therapeutic tool, and it can also be part of the problem! From an RFT perspective, the ways children relate to themselves (frames of coordination; hierarchy) and others (frames of comparison) can be expanded - broadening pathways to novel understandings of who they are and how they "fit". Through multiple exemplar training, we can enhance derived relational responding to transform stimulus functions where inflexible and unhelpful patterns of behavior are getting the way of values-guided social behaviors. Equally, RFT accounts of rule-governance highlight the importance of behavior being context sensitive and "free from aversive control". So, MAGPIES teaches children ways to track their experience and turn to plys only when it works for them, not when neuronormative standards demand it.

Through didactic presentations, attendees will review why a neurodiversity-affirming approach is critical and how RFT (guided by ACT) with a reconceptualization of “social skills” as values-guided social behaviors is a natural fit for this necessary job. Through experiential exercises, attendees will be invited to practice exercises relevant to healthy selfing, emphasizing self-advocacy, communication, and perspective-taking. Attendees will also plan for challenges that may show up when young people are experimenting with values-guided behaviors in social contexts. Finally, attendees will receive a suite of easy-to-implement MAGPIES protocols that teachers/clinicians/other professionals can trial when aiming to strengthen children’s values-guided social behaviors in naturalistic settings.

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Educational Objectives:

1. Explain the role of language and what RFT, multiple exemplar training, and derived relational responding technologies more broadly can add to interventions.
2. Discuss how and why we might reconceptualize “social skills” as values-guided social behaviors with reference to an RFT account of selfing.
3. Use MAGPIES protocols to support children in exploring their values in the context of seeking relationships with others to support their mental health in clinical contexts and in everyday life.

42. Acceptance and Commitment Therapy for Unhelpful Perfectionism

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Clinical intervention development or outcomes, Perfectionism

Target Audience: *Beginner, Intermediate*

Location: Aula 129 - Floor 1

Eric Lee, Ph.D., Southern Illinois University

Most clinicians have worked with at least several clients who struggle with perfectionism or rigid adherence to rules/expectations and intense self-criticism that lead to distress and impaired functioning. Perfectionism can underlie various DSM diagnoses because it reflects a pattern of responding that can be associated with a range of symptoms, including anxiety and worry. Because perfectionism is a transdiagnostic presentation, treating perfectionism can be an efficient way to target multiple symptoms at the same time. ACT is especially well-suited to perfectionism-driven anxiety because it is designed to undermine rule following (verbal dominance)—the hallmark feature of perfectionism—frequently uses experiential exercises rather than intellectualizing, and emphasizes living according to personally chosen values. In this workshop, attendees will learn (1) specific ACT techniques they can immediately use with clients with

unhelpful perfectionism, (2) how to develop an ACT-based case conceptualization for perfectionism, and (3) how to match ACT techniques to each client's unique presentation. This workshop is best suited for clinicians with some familiarity with ACT.

Educational Objectives:

1. Identify perfectionistic behaviors and their function in clients.
2. Develop an ACT-consistent case conceptualization of perfectionism.
3. Use ACT techniques (six core processes) to target rigidity in perfectionism.

43. Understanding the Autistic "Spiky Profile" as a Foundation for Effective and Affirming ACT and CFT

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Autism, Neurodivergent, Neurodivergence, ACT, CFT

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 126 - Floor 1

Jennifer Kemp, MPsych(Clinical), Adelaide Behaviour Therapy

Autism has long been a stigmatizing label. However, recent research has shown that even late diagnosis increases self-compassion, self-acceptance, and well-being. Abandoning the pathology model allows for a more nuanced understanding of Autism as fundamental differences in information processing that lead to a "spiky profile" of strengths and difficulties. This forms an essential context for behavior in Autistic individuals. Recognising these differences in the therapy room allows the therapist to tailor their approach to accommodate the client's needs and enhance their effectiveness.

This interactive workshop will equip participants to work with Autistic clients in an effective and affirming way using ACT and self-compassion-based approaches. Opening with a brief review of the fundamentals of neurodiversity-affirming practice, the presenter will quickly move to exploring neuro-biological differences in information processing and how these can present in the therapy room.

Participants will actively engage with the concepts through group discussion, games, quizzes, and exercises while exploring how to deliver therapy that improves well-being, self-compassion, self-acceptance, mental health, and pride in identity.

Educational Objectives:

1. Describe how abandoning the medical pathology model allows for a new understanding of Autistic differences in information processing, and how this forms an important context for behavior in Autistic people.
2. Apply an understanding of the Autistic "spiky profile" of strengths and difficulties in the therapy room, recognize these behaviors as they occur and how they can be misdiagnosed.
3. Tailor Acceptance and Commitment Therapy (ACT) and compassion-focused therapy to meet the needs of Autistic clients to build self-compassion, self-acceptance, improved mental health, and pride in identity.

44. ACTing to Transform: Acceptance and Commitment Therapy in Clinical Approaches to Trauma from Sexual Abuse

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Behavior analysis, Behavior analysis, PTSD

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 124/125 - Floor 1

Carolina P. Fernandez Diaz, Lic., CEPYEN

Ariel Farroni, Licenciado, Hospital Simplemente Evita

We will explore the application of Acceptance and Commitment Therapy (ACT) in the context of trauma. We will address the different presentations of trauma and how to co-construct a perspective on trauma with clients. We will analyze techniques for distinguishing different physical

triggers, immerse ourselves in clinical training for effective conversations, and explore experiential interventions from different theoretical frameworks.

Educational Objectives:

1. Explain the different presentations of trauma and its impact on emotional well-being.
2. Explore relapse prevention strategies, crisis management, closure, and therapeutic discharge in trauma-focused ACT therapy.
3. Discuss the importance of flexibility in ACT therapy and how to adapt to the individual needs of clients.

45. Seeing How We're Doing Together: Towards a Functional, Contextual, Process-Based Definition of Therapeutic Alliance

Panel (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation*

Categories: Processes of change, Therapeutic Alliance

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula Magna - Floor 1

Chair: Grace M Sullivan, American College of Greece

Mavis Tsai, Ph.D., University of Washington; Awareness, Courage & Love Global Project

Steven C. Hayes, Ph.D., University of Nevada, Reno and President, Institute for Better Health

Manuela O'Connell, Lic., Private Practice

Robyn D Walser, Ph.D., University California Berkeley; National Center for PTSD; TL Consultation Services

Niklas Törneke, M.D., NT Psykiatri

While the therapeutic alliance is widely recognized as an integral part of any beneficial therapeutic relationship, no broad consensus exists as to its definition and core components. Both FAP and ACT foreground the importance of intense, presentistic and experiential engagement in the therapeutic relationship. Assuming that a strong alliance between client and therapist constitutes a basis for such engagement to be productive, an exploration of how to define alliance from a functional and contextual perspective can help us to achieve it. Speaking from expertise in ACT, FAP, and Process-Based approaches, the panel will critically consider the pros and cons of existing assumptions about the construct, such as those implicit in Bordin's (1979) frequently cited goal/task/bond model, and propose functional alternatives. Discussion will address the workability of a core-component construct, what possible core components may be, the usefulness of existing measures and the potential for crafting new ones.

Educational Objectives:

1. Define therapeutic alliance from a functional contextualist perspective.
2. List ways in which treatment components specific to ACT, FAP, and PBT approaches can impact therapeutic alliance.
3. Describe concrete practical strategies for assessing and improving therapeutic alliance in a functional contextual therapeutic setting.

46. Enhancing Intimacy and Connection: Using FAP as Framework for Working with Diversity and Inclusion

Symposium (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Original data*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Functional Analytic Psychotherapy

Target Audience: *Beginner, Intermediate*

Location: Auditorio 2 - Floor 0

Discussant: Amanda M. Muñoz-Martinez, Ph.D., Universidad de los Andes

Daniel Maitland, Ph.D., Bowling Green State University

Yors Garcia, Ph.D., Pontificia Universidad Javeriana

Jennifer Truitt, B.A., Bowling Green State University

Sara Cristina Robayo, Ph.D. Student, Universidad de los Andes

In this symposium, we showcase how Functional Analytic Psychotherapy (FAP) serves as an effective approach to promoting diversity and fostering inclusive contexts. We begin by discussing the pivotal role of affirming sexual and gender identities in creating robust personal connections. Then, we delve into the impact of intimacy fears on individuals' responses when they feel excluded.

The other two presentations focus on FAP's implementation with Colombian individuals across a spectrum of sexual orientations and gender identities. We will discuss the outcomes of a study where FAP was applied to gay men focused on enhancing intimacy and reducing minority stress. A separate presentation will present a FAP intervention with transgender and non-binary participants that aimed to enhance their intimacy repertoires.

These presentations provide practical insights into the transformative potential of FAP in addressing the unique challenges faced by sexually and gender-diverse individuals.

- **Enhancing Intimacy in Colombian Gay Men: A FAP Implementation**
Sara Robayo, Universidad de Los Andes

The multiple expressions of discrimination and rejection experienced by Colombian homosexual men influence the development of repertoires of anticipation of rejection and concealment of identity. The indiscriminate emission of these repertoires limits their ability to build intimate relationships that are considered a protective factor for their mental health. Functional analytical psychotherapy (FAP) is a contextual behavioral-based therapy which focuses on increasing interpersonal repertoires through the contingent response to the client's clinical relevant behavior (CRB). A concurrent and non-concurrent randomized multiple baseline designs were used among 4 participants self-identified as cisgender gay men to determine the influence of 6 to 9 sessions of FAP on their intimacy repertoires and minority stress levels. Visual analysis and complementary non-parametric statistics showed that FAP was effective in increasing intimacy repertoires in session for all participants, decreasing the interpersonal difficulties. Additionally, two participants showed significant improvements of their intimate interactions outside, and one of them showed reductions in minority stress levels. The recommendations for future research include evaluating the FAP effectiveness with people with different sexual orientation or gender identity, as well as sexually diverse participants with different sociodemographic conditions. Finally, the mechanism of change of this therapy should be explored in depth through the counting of rules and the inclusion of measures of the therapeutic alliance.

- **Fear of intimacy: Vulnerability or protective factor for reactions to social ostracism?**
Daniel Maitland, Ph.D., Bowling Green State University

Social ostracism, the feeling of being excluded by or ignored by others, is a common experience for those who hold stigmatized or marginalized identities (Wesselmann, 2021). While a significant amount of research has been conducted on the harmful effects of ostracism and the resulting loneliness (Park et al., 2020) little attention has been paid to what factors influence an individual's reaction to being excluded. One construct that may significantly influence such reactions is fear of intimacy, a variable of interest for FAP therapists and researchers. Fear of intimacy refers to the willingness of an individual to engage in behavior that leads to close relationships. Previous studies have suggested that fear of intimacy may be a precursor to loneliness (Maitland, 2020), but it is unclear how fear of intimacy influences reactions to acute rejection. The presented study will present findings from an experimental manipulation of social rejection using the cyberball paradigm. Results will be discussed emphasizing how the findings may help researchers and clinicians understand the experiences of individuals who have experienced social exclusion or rejection.

- **Effects of FAP in Intimate-Related Behaviors in Transgender and Non-Conforming People**
Yors García, Pontificia Universidad Javeriana
Sara Robayo, Universidad de Los Andes
Amanda Muñoz-Martínez, Universidad de Los Andes
Matthew Skinta, Roostvelt University

This study aimed to assess the impact of Functional Analytic Psychotherapy (FAP) on enhancing intimacy repertoires and mitigating the effects of minority stress among transgender (trans) and gender nonconforming (TGNC) Latinx individuals. Employing a randomized concurrent multiple baseline design, the study involved eight TGNC participants, with a subsequent follow-up phase. The pretest-posttest phases encompassed assessments of minority stress, intimacy repertoires, and interpersonal skills for all participants. Throughout the baseline phase, an active listening protocol was implemented. Subsequently, in the intervention phase, all participants underwent eight FAP sessions. Continuous measures, including assessments of intimacy, interpersonal repertoires, and the therapeutic alliance for each session, were recorded during this period. A two-month follow-up was conducted with each participant to gauge the sustainability of the intervention's effects. Results from the

study demonstrated the efficacy of FAP in enhancing intimacy and interpersonal repertoires, while concurrently alleviating minority stress. Furthermore, data pertaining to clinically relevant behaviors exhibited during the sessions were also documented. These findings collectively highlight the positive impact of FAP in addressing the unique challenges faced by TGNC Latinx individuals, emphasizing its potential as a therapeutic intervention for this population.

- The importance of specific support for building connection with non-monosexual individuals
Jennifer K. Truitt, Bowling Green State University
Ariana Cunningham, Bowling Green State University
Daniel Maitland, Ph.D., Bowling Green State University

Fear of intimacy reflects an individual's willingness to engage in behaviors that build meaningful relationships (Descutner & Thelen, 1991), and it predicts several phenomena of clinical interest such as loneliness, anxiety, emotion dysregulation, and adverse physical health outcomes (Hassan, 2023). Given its relationship with the formation of close relationships, it is a core construct of interest for researchers studying Functional Analytic Psychotherapy (FAP) (Maitland et al., 2017). A large literature base has established that LGBTQ+ individuals tend to report limitations in their social environment, but it remains to be seen how this relates to fear of intimacy (Greenfield, 1997). Furthermore, there is reason to believe that non-monosexual individuals experience higher rates of exclusion among monosexual (i.e. heterosexual and homosexual) individuals (Brewster, 2013). The present study investigates whether supportive statements, specifically regarding one's non-monosexual identity, can elicit more vulnerable self-disclosure, which is theorized to correspond to clinically relevant behaviors in FAP. Findings and ramifications of this experimental investigation will be presented as they pertain to utilizing FAP with non-monosexual individuals.

Educational Objectives:

1. Explain FAP principles and techniques to support sexual and gender minorities, particularly, its utility in enhancing intimacy and social connection.
2. Address intimacy fears that can lead to feelings of exclusion in diverse clients, and explore therapeutic strategies to foster a sense of belonging and acceptance.
3. Develop FAP-tailored strategies in diverse populations and contexts.

47. Timing in ACT: How to Build Timing Attunement to Enhance Clinical Decision-Making and Therapeutic Effectiveness.

Workshop (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play, Strategic planning*

Categories: Clinical intervention development or outcomes, Clinical Decision-Making

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Darrah A. Westrup, Ph.D., Private Practice

Morten Hedegaard Dr., M.A., Praxis

One of the most central and clinically meaningful tasks of an ACT (or any) therapist is determining what to do, when. This decision-making process runs through every moment of the therapy, influencing not only what occurs in session but overall therapeutic success. Attunement – being able to assess timing and respond effectively – involves ongoing consideration of multiple factors. While there are obvious, practical considerations (e.g., length and number of sessions), this workshop will focus on the ongoing assessment that drives clinical response moment-to-moment. We will explore the interaction between timing and intervention, including the role of case conceptualization, determining when to work on core processes explicitly vs. implicitly, how timing informs what to focus on given the core processes in play, and how timing guides choice of intervention. We will explore how to assess client “readiness” and how timing attunement can be used to help shape client readiness. We will also examine common timing missteps, including how to recognize when a timing error has occurred and how to then respond effectively.

Educational Objectives:

1. Utilize case conceptualization to inform timing decisions throughout the therapeutic process.
2. Develop timing attunement to sharpen clinical decision-making and avoid missteps in session.
3. Apply timing attunement to assess and shape client readiness.

48. Current State of Contextual Behavioral Models in Spanish-Speaking Countries. Review. Future Challenges

Panel (9:00 AM - 10:15 AM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data*

Categories: Academics or education, Contextual Behavioral Models

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Veronica Analia Piorno, Lic., Contextual Conductual Psicología Mdp

Carmen Luciano, Ph.D., University of Almeria

Vanessa Del Águila Vargas, Lic., Hello ACT

This panel will provide an overview of the current state of contextual behavioral models in Spanish-speaking cultures. The arrival of these models in the region is relatively recent, with a significant increase in interest among healthcare professionals in the clinical and psychological intervention areas. Access to training and education has been slowly improving. The presence of these models in undergraduate and postgraduate university curricula is almost nonexistent, as is their development in research. There are disparities in progress among countries in the region, although the difference in growth compared to the rest of the world is noticeable. Being able to analyze the various advances and impacts on clinical practice, inclusion in academic teaching, and research is crucial for designing strategies and future paths tailored to the specific needs and challenges of the contextual behavioral world.

Educational Objectives:

1. Describe the impact and scope of contextual behavioral models in Spanish-speaking cultures.
2. Analyze similarities and differences in countries within the region regarding clinical practice, research, and academic training processes at undergraduate and/or postgraduate levels.
3. Plan, discuss, and share strategies that address underdeveloped areas in our region to optimize resources and design future action plans in our cultural context.

Friday Morning 10:45 AM

49. Compassion-Focused Therapy: Core Concepts and Practices

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: World Conference headset - audio

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Supervision and training, Psychotherapy, Compassion

Target Audience: *Beginner, Intermediate, Advanced*

Location: Juan Pablo II - Floor 2

Gonzalo Brito-Pons, Ph.D., Cultivar la Mente

Compassion-Focused Therapy (CFT) is a therapeutic process developed by psychologist Paul Gilbert to treat patients with high levels of shame and self-criticism, qualities that underlie a wide range of psychological disorders. The theoretical framework and practical application of CFT integrate different fields of study and treatment approaches including evolutionary psychology, attachment theories, Buddhist psychology, cognitive-behavioral therapy, and depth psychology, among others, maintaining a central focus on compassion to facilitate change in how patients feel and relate to their experiences.

This workshop introduces mental health professionals to the theory and practice of the CFT model, offering them an understanding of patient suffering and the therapeutic process from this perspective, along with the opportunity to experience some of the clinical tools based on the psychology of compassion. For better learning integration, the workshop has a significant component of practice and self-reflection.

Educational Objectives:

1. Explain the conceptual basis Compassion-Focused Therapy and how it differs from other psychotherapeutic approaches.
2. Utilize the Compassionate Mind Training aspect of CFT with clients.
3. Apply theoretical and practical aspects of the CFT model for therapists' self-care.

50. Learning ACT from the Inside Out: Psychological Flexibility in the Therapist

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Supervision and training, Professional development, Adults, Experiential training

Target Audience: *Beginner, Intermediate*

Location: Aula 219 - Floor 2

German L Teti, M.D., Argentine Center for Contextual Therapies Foundation
Juan Pablo Coletti, Lic., Fundación Centro Argentino de Terapias Contextuales (CATC)

One of the obstacles to promoting psychological flexibility is the therapist's difficulty in discriminating their own experience. The same processes that operate on the client (fusion/avoidance) are present in the therapist. These functions emerge in session as a result of each individual's personal history. In this sense, it is crucial to work on strengthening the discrimination of the variables that influence the therapist's behavior. This involves developing a repertoire of awareness of the impulses, emotions, sensations, and thoughts that arise as a consequence of therapeutic interaction.

The fluent management of clinical skills and the discrimination of personal experience are key resources for effectively working with the model. Psychological flexibility involves both interpersonal and intrapersonal processes. During the workshop, we will work on integrating clinical competencies while the therapist is aware of the functions of their own behavior in doing so.

Educational Objectives:

1. Discriminate one's own experience while promoting psychological flexibility.
2. Effectively respond to their own experience, promoting flexible therapeutic interaction.
3. Integrate interpersonal and intrapersonal processes.

51. The Sounds of Inner Harmony

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Didactic presentation, Experiential exercises*

Categories: Clinical intervention development or outcomes, Professional development, PTSD, Music therapy

Target Audience: *Beginner, Intermediate*

Location: Aula 218 - Floor 2

Daniel J Moran, Ph.D., Pickslyde Consulting

M. Joann Wright, Ph.D., ACT One

Engaging in music listening serves as a readily available experiential activity within therapeutic contexts. By tapping into emotions and verbalizing responses prompted by the music, individuals can create a framework for addressing the six dimensions of the ACT hexagon model. This workshop encourages participants to attentively listen to music, observe the emotions and thoughts that arise, and reflect on whether the associated memories resonate with their core values. Originally designed for Wounded Warrior Project events, this exercise prompts veterans with PTSD to explore their emotional responses tied to specific song-related memories. Through open dialogue, participants in this workshop delve into the significance of past experiences, the enduring values they hold, and the enduring sense of self that persists despite life's challenges

Educational Objectives:

1. Apply listening to music as an experiential exercise in therapy.
2. Link memories elicited and evoked by songs to verbally articulated clear, authored values statements of clients.
3. Utilize listening to music as a 'contacting the present moment' in therapy.

52. ACT for Insomnia applied across multiple settings: Chronic pain, depression, adolescents, and bipolar disorder

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Case presentation, Didactic presentation, Original data*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Insomnia, Sleep Psychology

Target Audience: *Beginner, Intermediate*

Location: Aula 217 - Floor 2

Discussant: Renatha EL Rafihi-Ferreira, Ph.D., Universidade de São Paulo

Skye Margolies, Ph.D., UNC School of Medicine

Léo Paulos-Guarnieri, Instituto de Psiquiatria do Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo

Ila Linares, Ph.D., University of São Paulo

Tatiana Cohab Khafif, M.A., University of São Paulo

Third-wave behavioral therapies such as mindfulness-based therapies and Acceptance and Commitment Therapy (ACT) have demonstrated effective results in the treatment of insomnia. Studies using the ACT conceptual model for insomnia are increasingly common and have shown favorable results. Recent review studies indicate that ACT has beneficial effects on sleep and the symptoms of insomnia. ACT can reduce the effort needed to fall asleep by increasing the acceptance of physiological and mental arousal, as well as commitment to the planning of actions based on values. Compared to CBT, ACT is a more flexible therapy, being a great treatment option for optimizing sleep and health outcomes. The symposium aims to highlight the benefits of applying ACT for Insomnia with varying patient populations.

- ACT for insomnia in chronic pain.

Skye Margolies, The University of North Carolina at Chapel Hill

Background: Sleep is a vital component of functioning and quality of life and the presence of clinical insomnia among chronic pain patients is well established. Current treatment approaches for chronic pain focus increasingly on acceptance based interventions. Integrating ACT into a CBT-I protocol has the potential to optimize both sleep and health outcomes.

Methods: An ACT/CBT-I six-session weekly group session for patients with chronic pain was piloted. While the behavioral components of CBT-I were maintained, ACT added emphasis on values and cognitive defusion to address cognitive arousal associated with insomnia and pain. Sleep, pain, and acceptance based outcomes were assessed pre and post treatment.

Results: Participants reported significant improvements in insomnia, sleep efficiency, pain acceptance, beliefs about the relationship between pain and sleep, and anxiety.

Conclusions: An ACT/CBT-I group protocol for insomnia and chronic pain showed significant improvements in sleep and pain outcomes. Future studies will continue to refine the ACT/CBT-I protocol and assessment measures to further understand the benefits of enhancing CBT-I with an ACT framework.

- ACT for insomnia in depression.

Léo Paulos Guarnieri, University of São Paulo

Background: Depression and insomnia affects many individuals. Furthermore, both conditions share similar perpetuating factors. Studies indicate that in patients with both diagnoses, there is an advantage to initially treating insomnia. For both diagnoses, Acceptance and Commitment Therapy (ACT) has been shown to be effective. Thus, this is a case study of a patient with depression and insomnia, presenting a proposal for intervention based on Acceptance and Commitment Therapy for insomnia in individuals with depression.

Methods: The participant was a 35-year-old woman. Measures were used to assess depressive symptoms, insomnia, sleep parameters, and psychological flexibility. A 13-session treatment was employed. Intervention components included psychoeducation about sleep and depression, sleep hygiene, bedtime restriction, stimulus control, strategies for psychological flexibility, and identification, construction, and consolidation of routine and valued activities.

Results: After the 13 sessions, the patient showed improvements in symptoms of depression, insomnia, and psychological flexibility.

Conclusions: ACT for insomnia may be a possible treatment for individuals with insomnia and depression. However, further studies with more rigorous designs should be conducted to allow for more solid conclusions.

- ACT for insomnia in adolescents.

Ila Marques Porto Linares, University of São Paulo

Objective: Describe an intervention for a 16-year-old girl aiming to improve sleep quality and emotional well-being, addressing complaints of insomnia using Acceptance and Commitment Therapy (ACT) principles.

Methods: We implemented an 8-session therapeutic approach specifically designed for adolescents that included elements such as sleep psychoeducation, sleep hygiene, and

strategies to enhance psychological flexibility (hexaflex processes). Assessment tools were utilized to evaluate insomnia, sleep metrics and psychological flexibility.

Results: The results showed significant improvement in sleep quality, reduced sleep-related anxiety, and increased adherence to healthy sleep behaviors.

Conclusion: The results suggest that integrating principles of ACT with psychoeducation for sleep may be useful for treating insomnia in adolescents. Furthermore, this description serves as a general guide, and the intervention can be adapted to meet the specific needs of adolescents and align with clinical guidelines.

- **ACT and Sleep Psychoeducation for Sleep Disturbances in Bipolar Disorder: a Pilot Study of a Randomized Clinical Trial**

Tatiana Cohab Khafif, University of São Paulo

Background: Sleep disturbances in Bipolar Disorder (BD) are significant features of mood episodes and hindered recovery. Mania is characterized by decreased need for sleep, while depression episodes often involve insomnia or hypersomnia. Approximately 70% of BD patients report clinically significant sleep issues during euthymic periods, linked to relapses and suicide attempts. Sleep problems may worsen during episodes and often resist medication treatments.

Aims: This pilot study evaluates Acceptance and Commitment Therapy (ACT) for treating sleep disturbances in depressed and subsyndromic BD patients. It examines ACT's impact on sleep quality, mood, functionality, and quality of life.

Methods: Five patients from a BD outpatient clinic will receive twelve 2-hour weekly ACT sessions alongside pharmacological treatment. Assessments of sleep, mood, functionality, and quality of life will occur pre and post-intervention, with a six-month follow-up.

Results: Preliminary findings are expected in early 2024.

Conclusion: This pilot marks the first randomized controlled trial testing ACT's effectiveness in enhancing sleep quality, functionality, quality of life, and mood in BD patients.

Educational Objectives:

1. Explain the transdiagnostic effect of ACT.
2. Apply ACT in the context of sleep.
3. Utilize ACT-based intervention in different populations.

53. Embodying ACT: Integrating Acceptance and Commitment Therapy with Body-Based Interventions

Invited (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Experiential exercises*

Categories: Clinical intervention development or outcomes, Processes of change, Body interventions

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 204 - Floor 2

Manuela O'Connell, Lic., Private Practice



Flexible behavior emerges as we transition from the realm of conceptual understanding to direct experiential engagement, where profound wisdom may arise. We will explore how the world of bodily experience can be harnessed to promote flexible behaviors through the integration of Acceptance and Commitment Therapy (ACT) with body-based interventions. The challenge lies in integrating felt sense and embodied interventions in a manner consistent with the theoretical bases of Contextual Behavioral Science (CBS). We will present the development of embodied metaphors and learn how they can effectively target various ACT processes in an embodied manner coherent with CBS. These metaphors utilize bodily experiences as a vehicle to address inflexible behaviors and contribute to conveying psychological flexibility. Special attention will be given to integrating body awareness in a functional way within ACT interventions fostering deeper experiential engagement and promoting psychological flexibility in clients. Join us for an enriching discussion as we explore the intersection of mindfulness, acceptance, and somatic awareness in the context of psychotherapy, and discover innovative ways to enhance healing and transformation.

Educational Objectives:

1. Explain comprehensive framework for integrating embodied approaches in their clinical practice consistent with ACT and CBS.

2. Promote holistic healing and personal growth in your clients by effectively harnessing the power of the mind-body connection.
3. Utilize embodied metaphors.

54. Challenges in Designing Single Case Experiment: Three Examples

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Original data*

Categories: Clinical intervention development or outcomes, Burnout, Social Anxiety, Psychosis, Single Case Design

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 129 - Floor 1

Discussant: Sevinç Ulusoy, M.D., Cansagligi Foundation, Center for Contextual Behavioral Science
 Ahmet Nalbant, M.D., CanSagligi Foundation Center for Contextual Behavioral Science
 Fatih Yavuz, M.D., Istanbul Medipol University
 Merve Terzioğlu, M.D., CanSagligi Foundation Center for Contextual Behavioral Science

Single Case Design proves to be a valuable research method for assessing individuals, yet it poses challenges during implementation. Researchers encounter difficulties such as validating daily measures, dealing with participant non-compliance in repeated measurements, and conducting data analyses. In this symposium, we will showcase three distinct research focuses on interventions for burnout, psychosis, and social anxiety using Single Case Design, emphasizing the challenges faced and presenting potential solutions.

- Reducing Burnout in Health-care workers: Feasibility of a single case design
 Edanur Gurbuz, Cansagligi Foundation Center for Contextual Behavioral Science
 Ahmet Nalbant, Cansagligi Foundation Center for Contextual Behavioral Science
 Havvanur Uysal Akdemir, Cansagligi Foundation Center for Contextual Behavioral Science
 K. Fatih Yavuz, Istanbul Medipol University, Department of Psychology

Burnout syndrome manifests as prolonged fatigue, physical depletion, and feelings of hopelessness and helplessness resulting from job demands, particularly in professions involving intense interpersonal interactions (Maslach & Jackson, 1981). Despite the significant negative impact of burnout on healthcare workers, many do not seek available treatments due to various reasons, such as time constraints, stigma, cost, privacy concerns, and fear of unwanted interventions (Gold et al., 2013, 2016; Kuhn & Flanagan, 2017; Givens & Tjia, 2002). Therefore, there is a pressing need, especially among healthcare professionals, for effective support options.

In this paper, we will present results from a pilot study that evaluates the efficacy of an Acceptance and Commitment Therapy (ACT) intervention protocol for burnout using a single-case experimental design. Two healthcare workers completed eight face-to-face ACT modules and were subjected to daily measures for experiential avoidance, burnout, and values. Standardized measures were also applied. Results and challenges will be discussed.

- Acceptance and Commitment Therapy for Psychosis: A single-case experimental design
 Merve Terzioğlu, Can Sagligi Foundation Center for Contextual Behavioral Science
 K. Fatih Yavuz, Istanbul Medipol University, Department of Psychology

Psychosis, poses persistent challenges for individuals despite medication, underscoring the imperative for effective psychotherapeutic interventions. Emerging research highlights the potential of Acceptance and Commitment Therapy for psychosis (ACTp), demonstrating moderate to strong effects on symptom reduction, rehospitalizations (Cramer et al., 2016; Tonarelli et al., 2016), and improving affective symptoms (Yip et al., 2022). Despite these encouraging findings, the comprehensive evaluation of ACTp remains limited (Thomas et al., 2014). On the other hand, a shift toward a more individual-centric focus, so-called idiographic approaches, is advocated to enhance the efficacy of treatments (Kazdin, 2016). Consequently, we need methodologically rigorous studies and tailored interventions for psychosis to advance our understanding and refine outcomes.

This paper aims to contribute to this understanding by presenting findings from a pilot study evaluating the feasibility and efficacy of an ACTp, employing a single-case experimental design. The intervention comprises tailored, weekly, face-to-face sessions of ACTp. Both standardized and individualized measures are used to assess the impact comprehensively. The ensuing discussion will delve into the results obtained and the challenges encountered during the study.

- Investigation of the Effects in Acceptance And Commitment Therapy On Adults With Social Anxiety Disorder: A Single Case Experimental Study
Rumeysa Yildiz, Istanbul Sebahattin Zaim University
K. Fatih Yavuz, Istanbul Medipol University, Department of Psychology

Traditional psychotherapies use protocols tailored to specific DSM diagnoses, validated through randomized controlled trials (RCT) (Moskow, Ong, Hayes, & Hofmann, 2023). However, individual differences require personalized approaches, emphasizing the importance of psychotherapy individualization and focusing on change processes (Hofmann & Hayes, 2019). The reliance on group-level analyses in most RCTs is recognized as inadequate for assessing individual changes (Molenaar, 2004). Thus, psychotherapy research is moving towards an idiographic model based on changes (Hofmann & Hayes, 2019). In our study, daily measurements were collected and visually analyzed using single-case experimental design (SCED) due to the limitations of current RCTs in evaluating individual characteristics. We assessed the impact of Acceptance and Commitment Therapy (ACT) on daily fluctuations in functionality and psychological flexibility levels in individuals with social anxiety disorder (SAD). Ten sessions of individual ACT were administered to five adults with SAD. Personalized questions were sent to the participants every day via online platforms. The sessions were evaluated by two supervisors using the ACT Fidelity Scale and the Session Evaluation Form to determine which dimension was mainly worked on in the sessions.

Educational Objectives:

1. Explain the importance of single-case experimental design.
2. Overcome the challenges of designing single-case experimental design.
3. Design single-case experimental design in different clinical situations.

55. Generalizing Functional Analytic Psychotherapy Principles through Community Development

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Original data*

Categories: Dissemination or global health strategies, Connection and Intimacy, Awareness, Courage and Love, Worldwide Loneliness Epidemic

Target Audience: *Intermediate*

Location: Aula 126 - Floor 1

Ana Katarine Dos Santos Silva, B.A., Private practice (Vögel), Instituto Brasileiro de Análise do Comportamento (IBAC)

Pricila Albrecht Bornholdt, M.Sc., Private practice

Giulia Mendoza Martinez, Lic., Hello ACT

María Cecilia C Maiojas, Psicologia Contextual Uruguay

Holly E Yates, M.S., LCMHC, Certified FAP Trainer, Private Practice

Joseuda B C Lopes, IBAC, private practice

Mavis Tsai, Ph.D., University of Washington; Awareness, Courage & Love Global Project

How can the principles of Contextual Behavioral Science and its clinical applications contribute to initiatives aimed at improving well-being on a global scale, moving beyond individual impact? Serving as a bridge in this endeavor, the Awareness, Courage, and Love (ACL) Global Project addresses the worldwide loneliness epidemic by making the core concepts of Functional Analytic Psychotherapy (FAP) accessible to the general public. By facilitating group meetings that nurture connections with oneself and with others, ACL interventions broaden the scope of FAP beyond traditional clinical settings. Grounded in FAP's scientific principles, ACL meetings are designed to be inclusive spaces where individuals practice authentic self-expression, creating a community through vulnerable sharing, responsive listening, and personalized appreciation. This workshop, led by international ACL leaders, introduces participants to an innovative approach of sharing FAP's key tenets through straightforward, impactful protocols that significantly bolster personal growth and community well-being. Attendees will be invited to join the ACL movement, which currently has chapter leaders in over 35 countries across six continents, further amplifying the project's global impact.

Educational Objectives:

1. Apply the community development theory as a tool that can promote impactful social transformations.
2. Utilize FAP for true self and authentic connection in a way that has been meaningfully adapted to different cultures.

3. Implement a model of Functional Analytic Psychotherapy that moves beyond the therapy room and can be disseminated widely and equitably to the general public.

56. ACT Assisted by Psychedelics

Workshop (10:45 AM - 1:45 PM)

Presenters speaking in Portuguese

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Psychedelic-Assisted Psychotherapy, Psychedelics, Psychological Flexibility, Preparation, Integration

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 124/125 - Floor 1

Yara Nico, M.A., Instituto Phaneros

José L. Siqueira, M.S., Private practice

Research in Psychedelic-Assisted Psychotherapy (PAP) has shown that the combination of psychotherapy and different psychedelic substances is effective and safe in treating various mental health issues. Acceptance and Commitment Therapy (ACT) plays an important role in some of these studies, proposing explanations for the potential benefits of the psychedelic experience based on the model of psychological flexibility and empirically demonstrating the mediating role of its processes in the clinical improvement provided by PAP. Additionally, some clinical trials use ACT as a therapeutic component in the preparation and integration sessions of the psychedelic experience.

Topics:

- Overview of psychedelics (different substances, their common effects, and potential risks)
- Core characteristics of a Psychedelic Experience
- Analysis of classic psychedelic phenomena through the lens of the 6 processes that compose Psychological Flexibility
- Experiential exercises aimed at developing skills to conduct preparation and integration sessions for the psychedelic experience, based on the ACT model.

Educational Objectives:

1. Describe what Psychedelics are, their common effects, and potential risks.
2. Analyze classic psychedelic phenomena through the lens of the 6 processes that make up Psychological Flexibility.
3. Recognize the skills needed to conduct preparation, dosing, and integration sessions with psychedelics based on the ACT model.

57. Sensitive and Effective Procedures for Children, Adolescents, and Families

Panel (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Literature review*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Parents, Boys, Girls, Children, Adolescents

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula Magna - Floor 1

Juan A Alberto González, Lic., Fundación ECCO

Javier Mandil, DClínPsy, Fundación ETCI (Equipo de Terapia Cognitiva Infanto Juvenil)

Susana M Almada, Licenciada, Autoempleado

Ariel Faust, Lic., ETCI Foundation

General Objective:

Given the developmental, cultural, and idiosyncratic characteristics of child and adolescent clinical practice, foundations and tools are presented to adapt ACT to the approach with children, adolescents, and caregivers.

Content:

- Socio-economic vulnerability and relational deterioration as impacting factors on the reasons for consultation. Assessment of procedures to develop psychological flexibility in caregivers.
- Challenges of adolescence and the importance of a motivating and secure therapeutic bond. Interventions compatible with the idiosyncrasy of the young client.

- Evolutionary particularities of children in the development of relational repertoires. Contributions of Relational Frame Theory to procedure adaptation.

Educational Objectives:

1. Discuss psychological barriers to sensitive and constructive parenting and describe procedures to foster flexibility in adult caregivers.
2. Identify the needs of adolescent clients regarding the therapeutic bond through the therapist's work on the person, motivation, and commitment to therapy.
3. Apply tools provided by Relational Frame Theory to adapt interventions to the developmental and cultural characteristics of girls and boys.

58. Effectiveness and Change Processes of Brief ACT Protocols Focused on Repetitive Negative Thinking

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Original data*

Categories: Clinical intervention development or outcomes, Processes of change, RNT-focused ACT
Target Audience: Beginner, Intermediate, Advanced

Location: Auditorio 2 - Floor 0

Chair: Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz

Discussant: Carmen Luciano, Ph.D., University of Almeria

Diego M Otálora, M.A., Universidad El Bosque

Betty Peña Tomas, Universidad Nacional San Marcos

Andrea B. Criollo, M.A., Fundación Universitaria Konrad Lorenz

Over the past ten years, brief interventions of RNT-focused ACT, aimed at dismantling dysfunctional patterns of repetitive negative thinking, have been developed. These interventions have demonstrated a high degree of effectiveness in approximately 20 clinical studies conducted across multiple issues. However, the analysis of individual-level change processes is still evolving. This symposium presents three recent studies that have explored the efficacy and individual-level change processes of RNT-focused ACT in interpersonal problems, burnout, and childhood depression. The analysis of both aspects was facilitated by the implementation of single-case experimental designs.

- Effectiveness and Change Processes of a Brief ACT Intervention in Reducing Interpersonal Problems

Carlos E. González-Cifuentes, Universidad San Buenaventura

Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

Koryn N. Bernal-Manrique, Universidad Manuela Beltrán

Xiomara Hernández-Bernal, Fundación Universitaria Konrad Lorenz

Diego M. Otálora, Universidad El Bosque

Andrés Peña-Vargas, Fundación Universitaria Konrad Lorenz

Derly Toquica-Orjuela, Universidad La Salle

Karen T. Pérez-Nieves, Fundación Universitaria Konrad Lorenz

Interpersonal problems are common in multiple psychological disorders, considered a transdiagnostic process. However, they have received little attention as an outcome variable of psychological interventions. This study evaluated a 4-session individual ACT protocol focused on interrupting repetitive negative thinking (RNT) delivered via teleconference to address interpersonal problems and promote interpersonal flourishing. A concurrent multiple baseline random assessment was conducted on 15 participants experiencing interpersonal problems for at least six months. Participants responded to daily measures of problematic interpersonal behavior (PIB) and interpersonal flourishing (IPF), as well as other potential change processes. All participants completed the intervention and rated it as helpful. Most participants showed evidence of the intervention's effect on PIB (85.7%) and IPF (71.4%), with large effect sizes. Individual-level mediation analyses showed variability among participants, with RNT and psychological flexibility in interpersonal situations acting as mediators for different types of outcomes.

- Effectiveness and Change Processes of a Brief ACT Intervention in Professionals with Burnout

Andrea B. Criollo, Fundación Universitaria Konrad Lorenz

Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

Paula Odriozola-González, Universidad de Valladolid

Paola A. Bernal, Fundación Universitaria Konrad Lorenz

Ricardo J. Duarte-Sandoval, Fundación Universitaria Konrad Lorenz

The present study aims to evaluate the effect of a 3-session online protocol based on ACT on burnout symptoms. A randomized multiple baseline design was conducted among 15 adult participants. The intervention focused on identifying inflexible patterns of repetitive negative thinking and increasing flexibility to focus attention on valued actions both at work and in other areas of life. The effect of the intervention was analyzed using two types of measures. On one hand, with daily Ecological Momentary Assessment (EMA) measures that were previously validated. On the other hand, with traditional measures applied at pre-treatment, post-treatment, and follow-up. The effectiveness and change processes results are being analyzed at the individual level. Preliminary analyses show that the protocol was effective in reducing burnout, emotional symptoms, and repetitive negative thinking, as well as increasing psychological flexibility in the workplace and job satisfaction.

- Effectiveness and Change Processes of a Brief ACT Protocol in Childhood Depression
Betty Peña Tomas, Universidad Nacional San Marcos
Nathalia Barajas, Fundación Universitaria Konrad Lorenz
Yury A. Larrea, Fundación Universitaria Konrad Lorenz
Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

Childhood depression is a condition with a high global prevalence. Additionally, it is estimated that following the COVID-19 pandemic, this prevalence has increased. Childhood depression often coexists with other emotional disorders. Unfortunately, there is currently no well-established psychological treatment for this problem, highlighting the need to develop new interventions. Additionally, the dissemination of these new interventions should have the greatest potential possible. This study adapted a brief in-person ACT protocol focused on reducing repetitive negative thinking, which has been shown to be highly effective, to an online version. A multiple baseline design was conducted with 7 participants aged between 8 and 12 years. The participants were of Colombian and Peruvian nationality and had a primary diagnosis of childhood depression. Preliminary analysis of the results indicates that the majority of participants benefited greatly from the intervention.

Educational Objectives:

1. Identify core ideas behind RNT-focused ACT interventions.
2. List processes of change found in RNT-focused ACT interventions.
3. Identify the effect of RNT-focused ACT interventions.

59. ACT in the Crucible: Dealing with Challenging Therapy Interactions

Workshop (10:45 AM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Methods/approaches for individual variation, Creative Hopelessness

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Raul V Manzione, M.Sc., RVM Behavioral Psychology

Robyn D Walser, Ph.D., University California Berkeley; National Center for PTSD; TL Consultation Services

Acceptance and Commitment therapy is designed to be evocative in helping clients to become psychologically flexible. Breaking rules and opening hearts is part of the work. However, even the most experienced ACT therapists can encounter challenges ending up stuck or inside of difficult exchanges. This can happen with certain types of clients often labeled as "difficult", "challenging" or "complex" and it can happen with clients who might be considered more "routine." As well, from an ACT perspective, there are no difficult clients but rather difficult interactions; reframing in that way provides an opportunity for the therapist to conceptualize the client's behavior in terms of psychological inflexibility enabling effective interventions. Inflexible interpersonal behaviors are part of the client's control agenda, therefore can be a focus of Creative Hopelessness. What "makes or breaks" those interactions can be a matter of the therapist's experiential avoidance in session. This workshop will focus on how to use Creative Hopelessness in ways that are flexible and help the therapist to manage or get unstuck from these challenging interactions.

Educational Objectives:

1. Identify inflexible interpersonal behaviors in clients within ACT sessions, reframing challenging interactions as opportunities for intervention.

2. Apply Creative Hopelessness as a therapeutic tool in ACT to effectively manage difficult client interactions.
3. Demonstrate strategies to enhance therapist psychological flexibility in navigating challenging exchanges with clients.

60. Values-based entrepreneurship: When purpose is the bottom line: Women in ACBS SIG Sponsored

Panel (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation, Strategic planning*

Categories: Organizational / Industrial psychology, Social justice / equity / diversity, Values

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Chair: Grace Dickman, LCSW, Real Therapy

Jenna LeJeune, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Temple Morris, LCSW-C, True North Therapy and Training

Shawn Costello Whooley, Psy.D., Private Practice

Katie Palmer, M.Ed, BCBA, VigeoBx

A central tenant of ACT is its focus on values as a compass enabling people to live in line with what matters most. But what does it look like when we apply these principles to income-generating endeavors? If values can help individuals live purpose-filled lives, can they also help businesses thrive?

This panel features 5 women entrepreneurs who have established successful values-based enterprises. Unlike traditional businesses whose primary function is generating profit, even if they seek to do so ethically, these businesses are built around values, using values to guide every decision and define their purpose even if they also generate income. Can such organizations flourish in capitalist economies? Our panelists will share their experiences of navigating values-based entrepreneurship, including the challenges and benefits. They'll share strategies for using values to guide business decisions and offer ideas how others might apply the values principles we use with clients to guide how they run their businesses.

Join us for a discussion on how values can help both businesses and the people who work in them thrive.

Educational Objectives:

1. Discuss ways that ACT principles around values can apply to businesses and other income-generating activities.
2. Identify practical approaches for how businesses can use values to guide decision-making.
3. Discuss the distinction between businesses that strive to be ethical/values-congruent and those that have valued-action as their primary function.

Friday Afternoon 12:15 PM

61. Trauma and young people: Using DNA-V as a framework for growth

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Case presentation, Didactic presentation*

Categories: Clinical intervention development or outcomes, Processes of change, Youth, Trauma

Target Audience: *Beginner, Intermediate*

Location: Juan Pablo II - Floor 2

Louise Hayes, Ph.D., La Trobe University

This workshop will demonstrate therapeutic techniques using the DNA-V framework to support young people with past trauma and adverse events.

Young people bear the highest burden of distress compared to any other age group. Young people can experience acute trauma through sudden, unexpected events, such as COVID-19, dramatic weather events or global instability. Additionally, young people may undergo complex trauma, stemming from experiences like abuse, neglect, and violence (Howard et al 2022). These adverse childhood experiences can have enduring effects on adult health, leading to poorer physical health, increased substance use, and various social, emotional, and cognitive challenges (Hughes et al 2017).

Research on psychological flexibility suggests it may be a protective factor against adversity. DNA-V is the distillation of acceptance and commitment therapy and contextual behavioural science. We will illustrate how to utilise DNA-V to reconcile with the past, forge a grounded sense of self, and nurture stronger interpersonal relationships.

Educational Objectives:

1. Apply a clear process based framework to consider young people and distress.
2. Examine mechanisms of risk and resilience using the DNA-V framework.
3. Describe developmental considerations for young people and how to successfully apply DNA-V in session.

62. Enhancing Care and Well-being Across Specific Medical Conditions: The Role of ACT in Supporting Patients, Survivors, and Caregivers

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Chronic Conditions, Dementia, Family care, Caregiver stress model, Conceptual integration, Theory synthesis, Stroke, Aphasia, Rehabilitation, Family caregivers, HIV, Depression.

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 219 - Floor 2

Chair: Yors Garcia, Ph.D., Pontificia Universidad Javeriana

Rhonda Merwin, Ph.D., Duke University Medical Center

Eric C Meyer, Ph.D., University of Pittsburgh

Golnaz Atefi, Academic, Maastricht University, Maastricht

This symposium explores the application of Acceptance and Commitment Therapy (ACT) in diverse medical and caregiving contexts, demonstrating its efficacy in improving physical function, psychological well-being, and caregiver support. It includes a pilot ACT program for hematopoietic stem cell transplant patients, which showed improved physical outcomes; a trial combining ACT with communication strategy training for stroke survivors with aphasia, indicating significant enhancements in mental health and communication; and a systematic review of ACT's use among family caregivers, revealing its positive impact, especially for those caring for dementia patients. Additionally, an online ACT intervention tailored for dementia caregivers will be discussed, which highlights the importance of personalized, value-driven approaches. The final study assessed ACT's effectiveness in promoting medication adherence and reducing depression among HIV patients, emphasizing its potential to facilitate meaningful behavioral changes. These findings show the potential of using ACT to address the complex needs of patients and caregivers across various conditions, fostering enhanced well-being and supportive care environments.

- Acceptance and Commitment Therapy (ACT) to Improve Outcomes of Allogeneic Hematopoietic Stem Cell Transplant

Rhonda M. Merwin, Ph.D., Duke University Medical Center

Patrick J. Smith, Ph.D., University of North Carolina - Chapel Hill

Anthony Sung, M.D., Duke University Medical Center

Allogeneic hematopoietic stem cell transplant (HCT) has the potential to cure patients with hematologic malignancies and other diseases, however there is significant risk of treatment-related morbidity and mortality. The degree to which HCT patients maintain adequate nutrition and physical activity throughout the process (despite pain, fatigue and an uncertainty) can influence outcome. We developed a 6-session ACT protocol for patients undergoing HCT. The protocol was developed iteratively in collaboration with HCT patients and their caregivers who participated in the intervention, and delivered via Zoom. A total of 16 dyads enrolled in the study and 12 continued to treatment. Most (75%) completed all 6 sessions. Treatment was rated as highly acceptable. In a subsequent case-control study, 36 HCT patients were selected as match controls. There were no significant differences between the groups in baseline measures. However, HCT patients who participated in ACT retained greater physical function on the 6-minute walk test relative to controls ($p=0.039$). We will describe the development of the intervention with stakeholder feedback, acceptability, process and outcome data from this initial pilot.

- Acceptance and Commitment Therapy for Stroke Survivors with Aphasia: Acceptability and Preliminary Outcomes

Eric Meyer, University of Pittsburgh

William S. Evans, University of Pittsburgh
Alyssa Kelly, University of Pittsburgh
Beth Skidmore, University of Pittsburgh
Rebecca Hunting Pompon, University of Delaware
Catherine Osterriter, University of Pittsburgh
Rebecca Flowers, University of Pittsburgh

Stroke Survivors with Aphasia (SSwA) experience profound, chronic impacts on health-related quality of life and mental health compared to stroke survivors without aphasia. Integrated, potentially synergistic treatments are needed to address their combined communication and mental health needs. This Phase I trial tests ACT combined with communication strategy training in SSwA. Trial aims are to 1) collaborate with an aphasia community advisory board to develop and refine ACT for Aphasia via an iterative design process; and 2) investigate feasibility, acceptability, and preliminary treatment effects. Our interdisciplinary team used a successive cohort design to create and iteratively modify the intervention. SSwA completed eligibility screening, pre-post assessment, 10 treatment sessions, and post-treatment feedback interviews. Mean client satisfaction was high (29.7 out of 32 points). Regarding feasibility, we met our enrollment target of 20 participants. Only one participant withdrew due to unrelated health complications. We observed large improvements in psychological distress, medium improvements in psychological flexibility and quality of life, and small-to-medium improvements in communication participation. These findings support moving to a Phase II randomized trial.

- **Navigating chronic conditions: a systematic review of the use of ACT for family caregivers**
Golnaz Atefi, Maastricht University, Netherlands
Marjolein E De Vugt, Maastricht University, Netherlands
Rosalia J.M. Van Knippenberg, Maastricht University
Michael E Levin, Utah State University, USA
Frans R.J. Verhey, Maastricht University, Netherlands
Sara Laureen Bartels, Maastricht University

Empirical research underscores the challenges faced by caregivers providing care for family members with chronic conditions, which can lead to stress and adverse outcomes. This systematic review, following the PRISMA protocol, investigates the use of Acceptance and Commitment Therapy (ACT) in family caregivers of adults with chronic conditions, aiming to provide insights into the state-of-the-art use of ACT in diverse family caregiver populations. Out of the 7896 publications initially screened, 21 clinical trials were included. Studies were coded to synthesize the feasibility, effectiveness, and quality of evidence. Subsequently, findings were synthesized and contextualized based on ACT and caregivers' stress model. The review reveals that ACT is generally feasible and well-received among family caregivers. Despite varying effectiveness, a more consistent positive pattern emerged for caregivers of people with dementia. Methodological limitations were identified, emphasizing the need for rigorous research. Theoretical synthesis and initial evidence, while promising, call for further exploration of the change process and larger-scale trials to validate the potential positive impact of ACT on specific subgroups of family caregivers.

- **Preliminary Efficacy of an Online ACT Intervention for Dementia Caregivers : A Mixed-Methods Study**
Golnaz Atefi, Maastricht University, Netherlands
Rosalia J.M. Van Knippenberg, Maastricht University
Sara Laureen Bartels, Maastricht University
Andrés Losada-Baltar, Universidad Rey Juan Carlos
Maria Marquez Gonzalez, Universidad Autónoma
Frans R.J. Verhey, Maastricht University
Marjolein De Vugt, Maastricht University

Acceptance and Commitment Therapy (ACT) is a promising approach for enhancing well-being across various populations. However, in caregiving contexts, the efficacy of ACT interventions remains modest, often accompanied by high drop-out rates, necessitating more effective designs. Our study aimed to assess the feasibility and efficacy of a guided online ACT intervention for family caregivers of people with dementia, focusing on value-based goals and enhancing psychological flexibility. This 9-week online intervention incorporated weekly motivational coaching and involved 30 caregivers recruited from memory clinics and social media platforms in the Netherlands. Of these, 24 completed the post-intervention assessment, indicating an 83% adherence rate. While caregivers reported positive feedback on goal-setting, challenges in implementing new skills were noted during the unpredictable and impulsive moments of caregiving, such as behavioural symptoms of a person with dementia. Personalization based on individual values was deemed beneficial. This study demonstrated high adherence compared to similar interventions, suggesting the promise of personalized online ACT interventions for dementia caregivers. Further research and controlled trials on a large scale are warranted to validate these findings.

- The Impact of ACT on Enhancing Values-Based Behaviors, Depression and Adherence in HIV
Mariana Tellez, Pontificia Universidad Javeriana
Yors Garcia, Pontificia Universidad Javeriana

The aim of this study was to assess the impact of the Acceptance and Commitment Therapy (ACT) matrix on enhancing value-based behavior, medication adherence, and depression and anxiety scores. We employed a randomized non-concurrent multiple baseline design across four participants. Prior to baseline, post-intervention, and at follow-up, participants underwent assessments on values, depression, anxiety, and medication adherence. Additionally, daily tracking of values-based behavior and medication usage occurred throughout all study phases. An 8-session ACT matrix training was administered. The results revealed a significant increase in antiretroviral medication adherence among all participants. Effect sizes indicated moderate to high improvements in value-oriented behaviors. Participants reported reduced levels of anxiety, depression, and stress.

Educational Objectives:

1. Explain the rationale for using ACT with stem cell transplant patients and their caregivers.
2. Describe how ACT was adapted for working with people living with aphasia.
3. Use the ACT matrix in clinical settings with HIV-positive individuals.

63. Addressing Righteous Indignation with Forgiveness and Reconciliation

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Health / behavioral medicine, Social justice / equity / diversity, Hostility

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 218 - Floor 2

Harold B Robb III, Ph.D., ABPP, Private Practice

While multicell organisms typically have a fight/flight/freeze response, arbitrarily applicable derived relational responding (AADRR) alter these responses in linguistically able humans. We may partially note this distinction by saying that AADRR turns "anger" in nonverbal beings into "righteous indignation" for the verbally able. One might say that righteous indignation is "the drug of choice for humans" for with words alone one can move from the deflation and pain of sorrow to energy and anesthesia of righteous indignation. From the ACT perspective, behavior can be importantly influenced by changing the context within which it occurs. Separating the actions of forgiveness and reconciliation, one can let go of righteous indignation with forgiveness and then choose whether it is wise to take another chance with those individuals and circumstances which have brought pain in the past. This workshop will demonstrate each of these didactically and experientially as well as contrast disputation from defusion.

Educational Objectives:

1. Identify and defuse from righteous indignation.
2. Use the metaphor of "holding the facts against someone" to demonstrate the experience of forgiveness.
3. Describe the distinctions between forgiveness and reconciliation.

64. Tired of Counting Sheep? An Experiential ACT Based Approach to Improving Sleep Quality in Chronic Health Conditions

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Case presentation, Didactic presentation, Experiential exercises, Literature review*

Categories: Health / behavioral medicine, Sleep, Chronic Health Conditions, ACT

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 217 - Floor 2

Skye Margolies, Ph.D., UNC School of Medicine

Staci Martin, Ph.D., National Cancer Institute

Insomnia and chronic health conditions (i.e., pain, diabetes, cancer) are common bedfellows and are associated with mood disturbance, memory impairment, daytime fatigue, vocational and interpersonal difficulties, and impaired health status. Developing and identifying effective and accessible treatments for these conditions is a public health imperative. Trans-diagnostic

treatments, such as Acceptance and Commitment Therapy, offer an alternative to pharmaceutical therapies commonly given to patients. In fact, a growing body of research supports the benefits of integrating an ACT-based approach for treating sleep disturbance.¹

In this workshop, participants will be experientially introduced to ACT-based approaches for treating sleep disturbance. Specifically, we will (1) review strategies for promoting sleep that are anchored in values; (2) practice experiential exercises including a mindfulness awareness exercise for "holding" pain; and (3) create and employ metaphors aiming to facilitate willingness in the setting of sleep disturbance and chronic health conditions. By the end of this workshop, participants will better appreciate the benefits of an ACT-based approach in optimizing sleep quality.

1.DOI: 10.1016/j.jsmc.2022.09.003

Educational Objectives:

1. Describe the role of ACT in treating comorbid chronic sleep problems and health conditions.
2. Apply mindfulness- and acceptance-based strategies to optimize sleep quality, including for clients struggling with chronic pain and other health conditions.
3. Demonstrate techniques that integrate values with an acceptance-based approach to sleep problems in the context of chronic health conditions.

65. The client and therapist's behaviors in flight through the lens of RFT

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, RFT / RGB / language, Clinical, RFT

Target Audience: Intermediate, Advanced

Location: Aula 204 - Floor 2

Carmen Luciano, Ph.D., University of Almeria

Niklas Törneke, M.D., NT Psykiatri

The client and therapist's behavior in flight and effective clinical relations. An RFT analysis Whatever we do in therapy takes in the context of the client and the therapist's interactions which inevitably have a specific focus. Both the connection between the client and the therapist behaviors and the specific focus of their behaviors are at the heart of effective treatment. Our purpose is twofold: to show such a context and to do so according to a functional analysis based on RFT. To this end, conceptual analysis and practical interactions will form the components of the workshop both in facilitating the client's experience of their inflexibility repertoire, and in building the flexible pattern of interaction with their behavior. For example, when learning to distance oneself from one's own memories, feelings, thoughts.., or when learning to elevate valued personal meaning as the relevant motivational context. In all cases we will emphasise the hierarchical framing of one's own behavior.

Educational Objectives:

1. Describe the factors defining psychological inflexibility patterns.
2. Apply different contextual cues to promote effective interactions between the client and their own behavior.
3. Describe relational process in the client and therapist's behaviors.

66. Exploring New Frontiers in OCD Treatment: Acceptance and Commitment Therapy in the Brazilian Context

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Original data*

Categories: Clinical intervention development or outcomes, Behavioral or contextual neuroscience, OCD, ACT

Target Audience: Beginner, Intermediate

Location: Aula 129 - Floor 1

Discussant: Alan Pogrebinschi, M.Sc., CECONTE Brasil

Carla Loureiro, Federal University of Rio de Janeiro

Luana D Laurito, M.Sc., Universidade Federal do Rio de Janeiro

Michael P Twohig, Ph.D., Utah State University

Léo Paulos-Guarnieri, Instituto de Psiquiatria do Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo

The symposium "Exploring New Frontiers in OCD Treatment: Acceptance and Commitment Therapy in the Brazilian Context" convenes experts to delve into OCD treatment through the lens of Acceptance and Commitment Therapy (ACT) tailored to the nuances of Brazilian culture. Presentations encompass the adaptation of ACT for OCD, online group interventions, ACT for patients with co-morbid OCD and insomnia, and the intricacies of transcultural supervision. This gathering aims to innovate and address the specific challenges encountered by patients and therapists in Brazil. By underscoring the significance of cultural context in mental health care provision, the symposium serves as a nexus for collaborative exploration and mutual enlightenment. With a dedicated focus on the exchange of invaluable experiences, this symposium promises to be a transformative opportunity for professionals engaged in the treatment of OCD, fostering the enhancement of clinical practice and research in this pivotal realm of mental health.

- Acceptance and Commitment Therapy for obsessive compulsive disorder in a Brazilian context: Treatment of three cases

Luana Dumans Laurito, Md., Federal University of Rio de Janeiro
Carla Pereira Loureiro, M.A., Federal University of Rio de Janeiro
Rafaela Venâncio Dias, M.A., Federal University of Rio de Janeiro
Livi Faro, Ph.D., Federal University of Rio de Janeiro
Maria Eduarda Moreira-de-Oliveira, Ph.D., Federal University of Rio de Janeiro
Samara dos Santos-Ribeiro, M.A., Federal University of Rio de Janeiro
Gabriela B. de Menezes, Federal University of Rio de Janeiro; Fluminense University of Rio de Janeiro
Leonardo F. Fontenelle, Federal University of Rio de Janeiro; Fluminense University of Rio de Janeiro; Monash University; D'Or Institute for Research and Education
Carter H. Davis, Utah State University
Michael P. Twohig, Utah State University

Previous research suggests that combined of Acceptance and Commitment Therapy (ACT) with Exposure and Response Prevention (ERP) is efficacious in treating obsessive-compulsive disorder (OCD). Nonetheless, there exists a dearth of studies examining ACT's efficacy for OCD within Latin American populations. Given the influence of socio-cultural context on OCD, adapting and testing ACT in such cultures is warranted. Three OCD patients seeking treatment at a public health outpatient clinic in Rio De Janeiro, Brazil, underwent 16 sessions of an adapted protocol comprising ACT and ERP for OCD. All participants showed decreased OCD scores from baseline to post-treatment that remained lower at follow-up, suggesting that a version of ACT for OCD adapted for a Brazilian cultural context was effective. Furthermore, this intervention elicited favorable outcomes in depression, quality of life, and psychological flexibility. This study delineated the nuances of Brazilian cultural adaptations and the integration of ACT into extant care frameworks. This research demonstrates the effectiveness of this approach in Brazil and offers promise for future cultural adaptations of ACT within Latin American contexts.

- Online Group Treatment for OCD Patients: a Open Trial.

Carla P. Loureiro, M.A., Federal University of Rio de Janeiro
Luana Laurito Dumans, M.A., Federal University of Rio de Janeiro
Bianca Torres, M.A., Federal University of Rio de Janeiro
Livi Faro, Ph.D., Federal University of Rio de Janeiro
Maria Eduarda Moreira-de-Oliveira, PhD, Federal University of Rio de Janeiro
Gabriela B. de Menezes, PhD, Federal University of Rio de Janeiro; Fluminense Federal University
Leonardo F. Fontenelle, Ph.D., Federal University of Rio de Janeiro; Fluminense Federal University; Monash University; D'Or Institute for Research and Education
Leila Capel, BA, Utah State University
Michael P. Twohig, PhD, Utah State University

Obsessive-compulsive disorder (OCD) significantly impacts the quality of life of approximately 2.3% of the population, despite conventional therapies such as cognitive-behavioral therapy (CBT) and antidepressants. However, exposure and response prevention therapy (ERP), an essential part of CBT, is underutilized despite its proven efficacy. In light of this gap, we investigate the synergy between CBT and Acceptance and Commitment Therapy (ACT) in a group online therapy format in an open trial. This ongoing study, with preliminary results, involved 13 participants divided into three groups. Weekly sessions were conducted on a digital platform, averaging 2 hours each over 16 sessions. Pre- and post-treatment assessments utilized the Yale-Brown Obsessive-Compulsive Scale (YBOCS) and the Acceptance and Action Questionnaire - Obsession and Compulsion (AAQ-OC) to measure OCD symptoms and psychological flexibility, respectively. Preliminary results will be discussed at the symposium, aiming to enhance therapeutic approaches for OCD patients.

- Acceptance and Commitment Therapy for Insomnia in Obsessive Compulsive Disorder: A pilot AB design

Léo Paulo Guarnieri, MA, São Paulo University
Renatha El Rafihi-Ferreira, Ph.D., São Paulo University

Background: Insomnia is common in people with Obsessive Compulsive Disorder (OCD), worsening obsessive thoughts and contributing to their persistence. Acceptance and Commitment Therapy (ACT) is an alternative for treating insomnia in people with OCD, focusing on acceptance of feelings and thoughts through value-based actions. Thus, the objective of this study is to evaluate an ACT-based protocol in adults with OCD and insomnia.

Method: This is a pilot single-subject quasi-experimental AB design. The ACT-based protocol was composed of ten weekly sessions including stimulus control, sleep restriction, sleep hygiene and therapeutic processes of psychological flexibility. Insomnia, OCD and psychological flexibility were assessed. Sleep patterns were assessed with actigraphy. Assessments were completed at pre-intervention, post-intervention, and during intervention.

Results: Participant demonstrated clinically significant change in insomnia severity and sleep patterns and increases in psychological flexibility.

Conclusions: Results suggests that integrating principles of ACT with behavioral techniques may be useful for treating insomnia in OCD adults. Further replication and evaluation are needed, considering multiple baseline experimental design, to determine appropriate length of treatment and long-term effects.

- Cross cultural collaborations using ACT for OCD

Michael Twohig, Ph.D., Utah State University

I have been part of multiple teams where ACT manuals from the USA were adapted and implemented in other countries, most notably Brazil and Iran. These collaborations have been successful as evidenced by publications showing the effectiveness of the interventions. In this talk, I will describe a series of empirically derived strategies that I have used to assist my collaborators in adapting ACT for OCD to their cultures. I will also discuss some of the common struggles that I encounter when working with other cultures when implementing a manual that was developed in the USA. Hopefully, this talk will provide others with strategies for doing similar work.

Educational Objectives:

1. List culturally sensitive adaptations of Acceptance and Commitment Therapy (ACT) for treating OCD in the Brazilian context.
2. Discuss innovative approaches and best practices in OCD treatment, integrating cultural considerations.
3. Define the key components of ACT with significant relevance for patients with OCD.

67. Selfing with Parts in ACT: USA - Mid-Atlantic Region Chapter Sponsored

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Methods/approaches for individual variation, Processes of change, Self-as-Context

Target Audience: *Beginner, Intermediate*

Location: Aula 126 - Floor 1

Lou Lasprugato, MFT, Private Practice

The Self dimension is arguably the most central feature of human psychology, as all suffering and flourishing is influenced by its responses. Self-as-context in ACT can be viewed as a hierarchical Self made up of metaphorical parts (i.e. content) that can be Differentiated, Enacted, Processed, Observed, and Transformed (DEPOT) in their functions and in the functional relations between parts and Self. Such transformations of function via hierarchical framing have been shown to predict lower stress and depression (Moran & McHugh, 2019). Therapeutic mediums that make use of space and positioning, such as chairwork, can create a context that naturally evokes defusion and flexible perspective-taking.

This brief experiential workshop will introduce a method of working with the Self dimension that is present-and-person-centered, unconditionally accepting, and transformative in its aim. Participants will have opportunities to witness and experiment with this method while integrating techniques from other therapeutic modalities, provided that they're sensitive to function and context. Some attention will be given to deriving relations that give rise to valuing and yearning.

Educational Objectives:

1. Explain how to listen for and differentiate parts of Self through languaging and physical positioning.
2. Describe the steps and functions of the ACT DEPOT method in working with the Self dimension.
3. Demonstrate how to derive relations that evoke more flexible responding, valuing and yearning.

68. Building bridges: Integrating Traditions and Innovations Across Different Areas

Panel (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data*

Categories: Dissemination or global health strategies, Health / behavioral medicine, Integration of traditions & innovations across multiple areas

Target Audience: Beginner, Intermediate, Advanced

Location: Aula Magna - Floor 1

Chair: Jae Villanueva, Ph.D., SING (Swiss Institute for Sustainable Health)

Michael Muthukrishna, Ph.D., London School of Economics (LSE)

Brian Pilecki, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz

Gonzalo Brito-Pons, Ph.D., Cultivar la Mente

This panel brings together ACT trainers, therapists, and scientists to explore how we can bridge seemingly disparate areas, disciplines, and traditions, a challenge that feels increasingly complex in today's time. We will delve into how CBS principles can facilitate connections across important yet less connected areas and inform collaboration and mutual learning. The discussion will include examples of "bridge building" between research in cultural evolution and public policy, between Western psychological approaches and traditional medicine and contemplative practices, between everyday experience and psychedelic experience, and between ACT and RFT. The conversation will include the audience and focuses on bridge-building as a dissemination tool, the role of scientific and practical insights as scaffolds and foundational supports, and the identification of commonalities and distinctions across "bridged" areas. Please join us to exchange ideas on how we can come together and act in meaningful ways, whichever "bridge" we're dedicated to.

Educational Objectives:

1. Describe different ways and list examples on how we can "build bridges".
2. Describe how "bridge building" can be an option for behavior that reflects their values.
3. Demonstrate how to "build a bridge" in an area that matters to them.

69. Working therapeutically with unaccompanied minors using ACT: an adapted Self-Help Plus approach

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Experiential exercises, Original data, Role play*

Categories: Clinical intervention development or outcomes, Children, PTSD, Depression, Anxiety, Stress, Asylum-seekers, Refugees

Target Audience: Beginner, Intermediate

Location: Auditorio 2 - Floor 0

Maria Karekla, Ph.D., University of Cyprus

Nanni Presti, Ph.D., Kore University of Edna

Unaccompanied minors (UM) are a highly vulnerable refugee subgroup as they must face several challenges at a critical point in their physical and mental development, without the support of a parent or caregiver. UM experience multiple traumatic events and consequently develop high levels of psychopathology. Acceptance and Commitment Therapy (ACT) is particularly suited to the treatment of trauma survivors such as UM. However, working with UM therapeutically requires a significant degree of adaptation. Following a cluster randomized trial with UM in Cyprus, this workshop presents practical strategies based on ACT to help UM manage difficult internal experiences and uncertainty, to ultimately increase their quality of life. The protocol used (adapted from Self-Help Plus, WHO) will be presented using role-plays, experiential exercises, metaphors, and worksheets. This workshop will primarily be experiential in nature and is designed to teach skills needed to provide clinicians with the confidence to apply ACT with UM. Quantitative and

qualitative data will be shared from the participants of the trial to illustrate the effectiveness and benefits of adapting ACT specifically for UM.

Educational Objectives:

1. Demonstrate the importance of adapting ACT for unaccompanied minors.
2. Implement the mindfulness, acceptance, experiential exercises, and metaphors to improve the well-being of unaccompanied minors.
3. Discuss data on the efficacy of ACT for unaccompanied minors.

70. Intrapersonal and Interpersonal Processes in Psychotherapy: Integration of Treatment Strategies in ACT, FAP, & DBT

Panel (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis*

Categories: Clinical intervention development or outcomes, Behavior analysis, Integration of ACBS treatment approaches

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Chair: Daniel A. Assaz, Ph.D., Private practice

Glenn Callaghan, Ph.D., San Jose State University

Jennifer Gregg, Ph.D., San Jose State University

Barbara S. Kohlenberg, Ph.D., Psychiatry & Behavioral Science Family and Community Medicine, University of Nevada Reno School of Medicine

Fabián O Olaz, Ph.D., Laboratorio de Comportamiento Interpersonal - Universidad Nacional de Córdoba

Processes of clinical change are essential to clinical efforts to alleviate suffering. Both intrapersonal experiences (cognition, emotions) and interpersonal experiences (relationships, interactions) can be fundamental contexts to focus our clinical interventions. Both intra- and interpersonal domains have been at the center of contextual behavioral science (CBS) interventions, though some focus on these processes as primarily intrapersonal (ACT, DBT) or interpersonal (FAP, IBT). Panel members who have expertise with at least two of these treatments will discuss how they have worked to integrate or coordinate intra- and interpersonal processes in clinical treatment as well as the strengths and challenges of doing so. A clinical case will be presented, and panel members will describe how they would approach the case with both inter- and intrapersonal therapeutic processes of change. Panel members will describe how they conceptualize the client's issues, how those may occur in- and out-of-session, and how to extend behavior change into the community. Attendees will be encouraged to ask questions and share their related experiences.

Educational Objectives:

1. State how intra- and interpersonal problems may occur with clients in psychotherapy with respect to where suffering is situated contextually and how it is expressed.
2. State how intrapersonal problems are addressed with the change processes in contextual behavioral therapies and compare those with interpersonal change processes and mechanisms of the clinical problem and change.
3. Describe how therapists integrate or coordinate the different change processes across contextual behavior therapies, given their different focus areas in treatment.

Friday Afternoon 3:00 PM

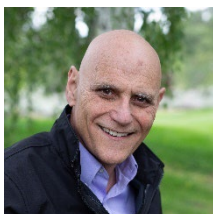
71. Every Voice Matters: How a Modern Process-Based Approach is Helping us Expand Our Work Beyond Psychotherapy

Invited (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Conceptual analysis, Literature review, Original data*



Categories: Processes of change, Social justice / equity / diversity, Idionomic analysis

Target Audience: *Beginner, Intermediate, Advanced*

Location: Juan Pablo II - Floor 2

Steven C. Hayes, Ph.D., University of Nevada, Reno and President, Institute for Better Health ACT work was always focused on processes of change and the intervention components that move them. That attentional breadth helps

explain why 40 Years of ACT research has gone far beyond psychotherapy into behavioral health, positive psychology, social justice, social wellness, policy, and performance areas. In this talk, I will examine how a process-based approach expands the psychological flexibility model and how that expansion can produce a greater impact outside of psychotherapy by empirically fitting intervention kernels to the needs, goals, and values of those we serve. Model expansion is driven by multilevel and multidimensional evolutionary thinking, and by idionomic empirical methods that focus on empowerment rather than normative categorization. These advances reveal how much our scientific practices have erected intellectual and practical barriers to human advancement. If professionals in the CBS community wish to make a broader difference in areas such as social justice or climate change it will take more than goodwill and extending clinical knowledge into social domains – it will take the embrace of methodological advancements that amplify every human voice.

Educational Objectives:

1. Describe the essential features of idionomic analysis.
2. Explain why normative categorical concepts do a poor job of empowering diverse populations across problem areas.
3. List several ways the psychological flexibility model can be expanded by an evolutionary meta-model.

72. Advancing ACT for Underserved Populations (Farmers, Unaccompanied Minors, & People Experiencing Housing Insecurity)

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Literature review, Original data, Strategic planning*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Processes of Change, Farmers, Unaccompanied Minors, People Experiencing Housing Insecurity, Underserved populations

Target Audience: *Beginner, Intermediate*

Location: Aula 219 - Floor 2

Discussant: Louise McHugh, Ph.D., University College Dublin

Alison Stapleton, Ph.D., C. Psychol. Ps.S.I., University College Dublin

Maria Karekla, Ph.D., University of Cyprus

Deirdre Waters, Psy.D., Rutgers University, Behavioral Health Institute of Monmouth County

The ACBS Task Force report emphasized the importance of increasing access to evidence-based care among underserved populations and including stakeholders in the research enterprise. The present symposium is comprised of three papers that address these recommendations. Paper 1 examines therapeutic processes of change among farmers (an underserved occupational group in Ireland) and, highlighting potential cultural differences, reports that fusion positively correlated with wellbeing. Paper 2 tests the acceptability of ACT for unaccompanied minors, a highly vulnerable refugee subgroup in Cyprus. Paper 2 presents quantitative and qualitative data and thus allows for degrees of idiographic analyses of processes of change within a randomized controlled trial. Paper 3 provides clinical case examples that illustrate the use of ACT with people experiencing housing insecurity in New Jersey. Together, all three papers signpost ways we can broaden pathways to support for underserved populations.

- Self-as-land? Identifying therapeutic processes of change among farmers
Alison Stapleton, Ph.D., University College Dublin
Louise McHugh, Ph.D., University College Dublin
Tomás Russell, Ph.D., University College Dublin

In Ireland, farmers form an occupational group with an evidenced vulnerability to/increased risk of dying by suicide (National Office for Suicide Prevention, 2024). Data from the Irish Central Statistics Office (2020) reveals that more farmers die by suicide than farm accident fatalities each year. Despite this, research with the farming community in Ireland has predominantly focused on farm safety rather than psychological wellbeing, so farmers remain an underserved group. The present study explored factors impacting farmers' mental health and suicide on the island of Ireland. 256 adults currently working on a farm participated in a national-level survey assessing distress, wellbeing, suicidality, farming-related stressors, farm attachment, psychological flexibility, fusion, and self-as-context. 23.4% of the sample were considered at risk for suicide. Findings revealed that farmers' wellbeing positively correlated with psychological flexibility, self-as-context, and cognitive fusion ($p < .001$), while farm

attachment negatively correlated with wellbeing and self-as-context ($p < .001$). Findings are discussed with reference to the need for high temporal density idiographic measurement and a conceptualization of farm attachment as "self-as-land".

- **Acceptance and Commitment Therapy for Unaccompanied Minors**
Dafne Morroni, University of Cyprus (ACT Healthy Lab)

Unaccompanied minors (UM) are a highly vulnerable refugee subgroup as they must face several challenges at a critical point in their physical and mental development, without the support of a parent or caregiver. Research has indicated that UM experience multiple traumatic events and consequently develop high levels of psychopathology. Post-traumatic stress disorder is the most prevalent diagnosis, followed by depression, anxiety disorders as well as traumatic grief and conduct problems. Acceptance and Commitment Therapy (ACT) is particularly suited to the treatment of trauma survivors and with vulnerable refugee groups such as UM. Although ACT is theoretically pertinent to the refugee population, the empirical evidence is still in its infancy. A cluster randomized controlled trial was carried out in six shelters across Cyprus. 101 UM participated in the trial (49 males, 52 females). Shelters were randomly assigned to either a four-session treatment group or wait-list control group. Following the intervention, UM participated in focus groups to qualitatively examine the acceptability of ACT. The aims of this presentation are three-fold: Firstly, to present the methodology of the trial carried out. Secondly, to present quantitative and qualitative results. Thirdly, to discuss difficulties of conducting research with UM in challenging settings and possible solutions.

- **Addressing Psychological Needs While Experiencing Housing Crisis**
Deirdre Waters, Rutgers University, GSAPP MAP
Behavioral Health Institute of Monmouth County

Although the impact of housing insecurity on psychological wellbeing is recognized in the mental health literature, it is often a neglected population. When therapeutic care is received, treatment goals usually emphasize housing first and crisis oriented care. The following presentation explores this limitation and provides support for the use of traditional outpatient psychotherapy for clients without secure housing addresses. Clinical case examples will be provided highlighting the utilization of ACT techniques and interventions at a nonprofit training institute in New Jersey, USA. Over seventy percent of the institute's clients experience housing insecurity and/or are unhoused. The rewards and challenges of providing low fee services without financial funding will be also discussed to provide opportunities to collaborate and strategize with conference attendees' ways to address treatment gaps locally and globally.

Educational Objectives:

1. Identify the importance of closing treatment gaps in community care.
2. Discuss the effectiveness of ACT for farmers, unaccompanied minors, and people experiencing housing insecurity.
3. Evaluate "what is working" locally and globally in increasing access to support.

73. Improving therapist's flexibility in suicide and suicide-related issues: Türkiye **Chapter Sponsored**

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Didactic presentation, Experiential exercises,*

Categories: Suicide

Target Audience: Beginner, Intermediate

Location: Aula 218 - Floor 2

Şengül İlkay, M.D., Canan Bayraktar Public Health Foundation, Center for Contextual Behavioral Science

E. Denizhan Ramakan, M.D., Bakirkoy Research and Training Hospital for Neurology and Psychiatry

Suicide is among the leading causes of death worldwide. Mental health professionals encounter people with suicidal behavior and people affected by suicide throughout their professional lives. As a therapist, experiencing, discussing, and responding to suicide-related issues can be extremely challenging in the following areas such as medically, humanitarian, ethically, morally, and forensically. In this situation, the therapist's private events show up, which may impact the therapist's in-session behavior. Developing the therapist's psychological flexibility is important during a discussion and knowing how to intervene in this challenging issue. This workshop aims to improve the therapist's psychological flexibility when treating suicidal and suicide-affected clients

(suicide bereavement, traumatic exposure to suicide, etc.). In addition, it will also include practices on approaching the client's suicidal behavior.

Educational Objectives:

1. Understand the suicidal or affected by suicide clients perspective.
2. Describe the inner experience of the suicidal or affected by suicide clients.
3. Apply this behavioral repertoire in therapy sessions with clients.

74. Undermining Pliance: How to Recognize and Intervene on Rule-Governed Behavior: RFT SIG Sponsored

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: RFT / RGB / language, Clinical intervention development or outcomes, Pliance

Target Audience: *Beginner, Intermediate*

Location: Aula 217 - Floor 2

John Powell, M.S., Mind, Body, Spirit, LLC

Katie Palmer, M.Ed, BCBA, VigeoBx

Do you ever get the sense that your clients or their parents are just telling you what they think you want to hear?

Do your clients lack internal motivation for behavior change?

The answer may lie in a sticky behavior known as pliance. Once you can identify and understand the function of pliance, you can loosen the grip of stuck verbal behavior.

We will walk through how to assess for the workability of pliance by exploring examples from our work with clients. The second half of the workshop will be dedicated to practicing case conceptualization and developing strategies for interventions for their specific cases.

Educational Objectives:

1. Define pliance as a form of rule-governed behavior.
2. Describe examples of workable and unworkable pliance.
3. Apply new learning to build strategies, case conceptualization, and interventions, both generally and for a specific case.

75. Gender Roles and Stereotypes: Making Biases about "Being Female" or "Being Male" Visible and Flexible

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Experiential exercises, Role play*

Categories: Social justice / equity / diversity, Gender Roles and Stereotypes

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 204 - Floor 2

Alejandra Goldschmidt, Ph.D., Directora Foro Diversidad

María Cecilia Moraco, Terapeuta Foro Diversidad

Objectives:

- To make biases and rigid mandates about what it means to be male or female visible.
- To review some of the ways in which those mandates and prejudices were constructed.
- To flexibilize our ways of acting and thinking in clinical practice and in our own lives, to generate changes guided by our values.

Presentation:

Reflect on gender roles and stereotypes from personal experience, observing what arises without judgment.

1. What are gender roles and stereotypes?

- We propose a dynamic related to gender roles and stereotypes.

- Through joint reflection, we arrive at definitions of gender stereotypes and roles. Concepts of sex, gender, orientation, expression, relationships, and differences between them are clarified.

2. How are gender roles and stereotypes constructed?

Group discussions are proposed on some questions relating previous concepts to their personal and professional lives.

3. What can we do now?

Activity to reflect with the intention of promoting changes from values, not from criticism.

Educational Objectives:

1. Make visible biases and rigid mandates about what it means to be male or female for the culture in which one grew up.
2. Describe how those gender mandates and biases were constructed in childhood and adolescence. And what are the mechanisms that perpetuate them currently.
3. Flexibilize behaviors and ways of understanding and thinking about gender in clinical practice and in one's own life, so that changes guided by personal values occur.

76. Ignite 1

Ignite (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Location: Aula 129 - Floor 1

- How Learning About the Human Mind in School Would Have Helped Me Grow Up (And How We Could Make It Work!)

Categories: Academics or education, Evolutionary behavioral science, DNA-V, OpenEvo, School, Children, Mind, Teaching, Curriculum

Johannes Freymann, M.Sc., Leipzig University
Susan Hanisch, Ph.D., Leipzig University

In school curricula, subjects are often compartmentalized. Despite the increasing complexity and ambiguity of the 21st century, coupled with the rising prevalence of psychopathology among young adults, there is a notable absence of discourse on the human condition in the areas of mental health and evolution. While fragments of these discussions may appear in subjects such as biology, philosophy, or literature, students rarely encounter a comprehensive framework for understanding the intricacies of the mind and, by extension, themselves. With OpenEvo, we make such frameworks available to students, teachers, and curriculum designers to help them address a variety of challenges. We advocate for the integration of discussions about the human mind and condition into school curricula, drawing heavily on evolutionary principles and contemporary global realities to provide a holistic and credible learning experience that resonates with their experiences. The foundation of our current approach is ACT, with particular emphasis on the DNA-V model. The upcoming IGNITE will provide updates on OpenEvo's progress, highlighting how such learnings would have benefited the presenter during his formative years.

- The scope of Relational Frame Theory in understanding performance behaviour.

Categories: Sports or performance-enhancing, RFT / RGB / language, Optimal performance

Tanuj Kohli, Loughborough University
Karl Steptoe, Loughborough University
Jamie Barker, Loughborough University
Denise Hill, Swansea University

Relational Frame Theory (RFT), has the potential to explain performance through behavioural rather than cognitive processes (Hayes & Grundt, 1997; Leeming, 2016). Therefore, the current study aimed to explore the scope of RFT for performance via a scoping review study which has not been conducted previously. A reflective thematic analysis on secondary data that included empirical and theoretical studies was conducted (Braun, & Clarke, 2021). The scoping review identified seven themes: 1) scope for theoretical integration, 2) RFT based measurement tools, 3) RFT processes for performance, 4) directives for RFT research, 5) philosophically compatible research designs, 6) gaps in research that RFT can bridge and 7) understanding of RFT incompatible approaches. The findings highlighted that RFT processes of derived relational responding, reinforcement and rule governance can explain performance behaviour and that internal experiences are associated symptoms (Palm Reed et al., 2018; Sandoz et al., 2017; Smith et al., 2019). The key recommendations are to test RFT principles for performance behaviour and then test the efficacy of processes within third interventions and importantly the retention effects.

- Human Rights and CBS: Could we use our knowledge to dismantle beliefs that sustain violation of basic rights?

Categories: Social justice / equity / diversity, Human Rights and CBS

Karenina Alvarenga, M.Sc., Private Practice

The world we currently live in is fraught with polarization and conflict, leading to a level of violence that often results in the worst possible outcome for human dignity: the violation of

basic rights inherent to all human beings, known as Human Rights. Our field, psychology, and specifically Contextual Behavioral Science (CBS), cannot look the other way, as our profession and Human Rights are closely and unequivocally intertwined.

Given this backdrop, one must ask: does a collective sense of what Human Rights are, truly exist? There are many past and current examples around the globe that suggest there isn't. And there are strong collective beliefs that sustain Human Rights violations, which will be addressed in this presentation.

In this climate of heightened conflict, CBS and Human Rights oriented approaches, have the power to use its knowledge at the service of preventing and intervening in situations of Human Rights violation: How can we, the ACBS community, actively participate in creating and nurturing a shared understanding of Human Rights?.

- **Street Art as a Visual Metaphor for ACT in Telehealth**
Categories: Methods/approaches for individual variation, Mobile or digital technology, Metaphors, Language, Telehealth

Nabil El-Ghoroury, Ph.D., Executive Therapy & Consulting

Acceptance and Commitment Therapy often uses metaphors to describe different concepts. In telehealth, visual images can be used to demonstrate metaphors. This Ignite presentation will focus on using photographs of street art as metaphors in ACT. Graffiti by its nature is transient and is a natural way to talk about accepting whether or not a piece will still be available by the time you go to see it. People's thinking can become myopic and hyper-focused on a particular detail, but pulling back can reveal a stunning picture. Mindfulness can help you learn to live with overwhelming thoughts and make them more manageable. Finally, mindfulness can help us become aware of the filters we use to view the world. This Ignite presentation will feature murals from at least 5 countries and will take advantage of the visual aspect of Ignite sessions.

- **ACT in Nature**
Categories: Clinical intervention development or outcomes, Supervision and training, ACT

Moire Stevenson, Ph.D., Private Practice

Thousands of studies affirm nature's positive impact on mental health, but how do we get our clients to benefit from everything nature has to offer? Drawing from my dual roles as an outdoor enthusiast and clinical psychologist using Acceptance and Commitment Therapy (ACT), this IGNITE presentation will demonstrate the evolution of an outdoor experiential mindfulness program I developed in 2020. Since its inception, this program has burgeoned into a vibrant community of over 2100 mindfully outdoor members and a cohort of six ACT-in-nature practitioners. Attendees will learn how ACT principles seamlessly blend with nature's therapeutic backdrop to foster mindfulness and psychological flexibility. Through this, we empower individuals to engage with their surroundings authentically and toward what matters most. Ultimately, this presentation will underscore nature's potential as an ally in therapeutic endeavours, positioning us merely as guides on the journey to holistic well-being.

- **ACT like a man**
Categories: Social justice / equity / diversity, Gender studies, Masculinities

Joao M Holanda, M.Sc., Private Practice

Masculinities and violence walk hand in hand. Men are most likely to be involved in car accidents, in deaths by firearms, and are least prone to seek help. In most Western cultures, men are taught that masculinity is synonymous with aggression, rationality, and dominance. Whilst being a man does ensue in serious privileges, acting per hegemonic masculinity does come with a cost. In this Ignite I will share a new meaning of what it means to "ACT" like a man". The theoretical and practical contributions made in the field of contextual behavioral sciences can be a promising approach to promoting healthier and more flexible relations among men.

- **How Death Acceptance Fights Fascism**
Categories: Social justice / equity / diversity, Processes of change, Death Acceptance, Fascism

Devin Guthrie, Ph.D., M.S., Life & Death Coaching

Terror Management Theory (TMT) links death anxiety with ingroup favoritism, outgroup aggression, inflexible thinking, and attraction to charismatic leaders – all the ingredients that make persons and populations vulnerable to fascism. Although numerous studies show that fascist tendencies increase after people think about mortality, it is not thoughts of death that cause this increase but rather the attempt to suppress those thoughts and the anxiety they

arouse. In other words, fascism's psychological foundation is a negative externality of our control agendas surrounding our fear of death. Within an acceptance and commitment therapy (ACT) framework, the solution becomes clear: Treat thanatophobia like any other anxiety and undermine the control agenda with psychological flexibility. A growing body of research suggests that death acceptance has equal and opposite effects to death-thought avoidance, promoting prosociality, psychological flexibility, tolerance, authenticity, and experiential appreciation. This IGNITE invites you to use your ACT knowledge and skills to join the death acceptance movement and dissolve fascism at its roots.

- What do modern technologies of teaching have to offer to the training of CBS professionals?
Categories: Professional development, Supervision and training, Technologies of teaching

Andressa Secchi Silveira, Universidade Estadual de Londrina

Contextual Behavioral Science (CBS) is founded and expands on the legacy of Behavioral Analysis and, more specifically, Radical Behaviorism, developed by B. F. Skinner. One of Skinner's contributions in investigating the application of behavioral science to social issues comes from the book "The Technology of Teaching", (1968), in which he discusses the application of behavioral principles in the field of education. Skinner's proposal of programmed instructions and the use of positive reinforcement for shaping behavior in the learning process is the basis from which a modern, Brazilian development of teaching technology, "Programming Conditions for the Development of Behaviors" (PCDB or PCDC, in Portuguese) stems from. One of the major contributions of PCDB is the emphasis on the discovery, selection and analysis of teaching objectives relevant to the what a learner will have to do in order to perform effectively in real-world settings, creating changes that are significant for them and their communities. PCDB is a viable technology to use in enhancing professional training and skills development in CBS related areas, such as psychotherapy.

- It Takes A Village: Exploring Collective Values and Collective Committed Action To Address Systemic Change

Categories: Social justice / equity / diversity, Clinical intervention development or outcomes, ACT

Jennifer Shepard Payne, Ph.D., LCSW-C, Kennedy Krieger Institute

It takes a village to create systemic change! This IGNITE presentation looks at focusing on collective values and collective committed action, using African American systemic racism as an example. When looking at systemic pain and suffering from a Black lens, there is a need for a horizontal group process, buy-in, authenticity, and transparency. It is possible to create brave spaces for African Americans and other marginalized populations to heal and become more empowered. This presentation looks at how to create those brave spaces and use Acceptance and Commitment Therapy as a catalyst to focus on collective values and collective committed action.

- I am _____.

Categories: Supervision and training, Academics or education, Identity, Self-as-context

Lori Eicklerberry, Ph.D., ABPP, Institute for Life Renovation

This Ignite discusses self-as-context and what it entails in terms of workability for success in a leadership role. The role of a clinical practitioner comes with expectations; as does the role of professor, supervisor, mentor, or boss. This Ignite will explore the ways in which relational frames can lead to non-acceptance, and at times interfere with effectiveness. In contrast, flexibility in how we experience our identity when in a leadership role can not only help us be better leaders, but also model how to let go of attachment to the "ideal self" and accept who we are as humans (and leaders), thus leading to not only greater role satisfaction, but also improved outcomes.

- Motivational Interviewing and Acceptance and Commitment Therapy: Kissing cousins that work well together

Categories: Theory and philosophical foundations, Methods/approaches for individual variation, Acceptance and Change

Lori Eicklerberry, Ph.D., ABPP, Institute for Life Renovation

This Ignite session aims to highlight the similarities between Motivational Interviewing (MI) and Acceptance and Commitment Therapy (ACT) by demonstrating how psychological flexibility is at work with both models; one other-focused, and one self-focused, but theoretically similar. This Ignite will explore how the "spirit of MI" works to express and model acceptance toward the client and ACT trains clients how think about themselves and the world in similar ways. MI also works to maintain the respectful/nonjudgmental view of each person's

right to change or not change. In other words, MI helps clinicians let go of rigidity associated with “needing” people to change. MI in many ways is practice of ACT in the context of ACT sessions. This modelling of ACT in action can help clients move more effectively and efficiently toward workability.

- **Gender Identity: A Human Invention or A Human Trait? The World’s Major Societies Weigh In**

Categories: Social justice / equity / diversity, Processes of change, Gender dysphoria

Paul R Doyle Sr., B.S., J.D.
Ryan E Doyle

Some of the world’s major societies have stigmatized the concept of gender identity though human biology shows that gender identity is dynamic, changing, and changeable. What common factors drive societies around the world (USA, Iran, China, and Russia) to view gender identity as a human invention or a human trait?

We analyzed data collected in recent surveys in the USA, China, Iran, and Russia to examine each country’s view of gender identity (a human invention or a human trait?). We identified possible commonalities, such as reliance on religious beliefs, to answer whether there is a correlation. For example, it is a myth that Iran, with its ultraconservative and aggressive government approach, pursues policies to persecute transgender individuals for gender identification by criminalizing gender reassignment procedures. In our country, the United States, there has been growing public resistance to the extent to which one’s gender is determined by the sex assigned at birth. Knowing why other cultures’ view gender identity as they do can perhaps better inform our and other countries’ understanding in a novel way.

77. Assessment and Conceptualization of Interpersonal Suffering: The Functional Idiographic Assessment Template-2

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation*

Categories: Clinical intervention development or outcomes, Behavior analysis, Assessment and case conceptualization, Interpersonal Behavior Therapy (IBT), Functional Analytic Psychotherapy (FAP)

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 126 - Floor 1

Glenn Callaghan, Ph.D., San Jose State University
Daniel A. Assaz, Ph.D., Private practice

Several contextual behavioral psychotherapies emphasize the role of interpersonal behaviors in human suffering, including Functional Analytic Psychotherapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy. However, due to the dynamic and complex nature of social interactions, practitioners often encounter obstacles and difficulties when conducting idiographic assessments and case formulations that include interpersonal problems. The goal of this workshop is to teach attendees on to use the Functional Idiographic Assessment Template (FIAT-2) to guide assessment of interpersonal problems and case formulation. The FIAT-2 takes a constructivist approach identifying client challenges and directing clinical interventions, defining treatment targets as broad, flexible, and generative interpersonal repertoires. Supported by factor analyses, the streamlined FIAT-2 categorizes social behavior into five classes and three contingency skills, examining client roles as speaker and listener in an interpersonal interaction. Attendees will be trained to observe and hypothesize client social behaviors and clinical behaviors change strategies that can provide further data about those hypotheses. The presenters will primarily use video vignettes, demonstrating use of the FIAT approach and help participants practice using the FIAT-2.

Educational Objectives:

1. Describe the role of interpersonal processes in contextual behavioral psychotherapies.
2. Describe clinical behaviors within the five classes of interpersonal skills using the FIAT-2.
3. Assess client interpersonal problems using the FIAT-2, specifying clinical goals for change, and hypothesizing treatment strategies to accomplish those goals.

78. We’re all impostors RN’T we?!

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Organizational / Industrial psychology, ACT-RNT

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 124/125 - Floor 1

Andreas B Larsson, M.Sc., Ph.D., Lic., Mid Sweden University

Caroline Saraiva Leão, M.S., University College Dublin

Impostor Phenomenon (IP) is a common challenge experienced by individuals, irrespective of their accomplishments. It involves persistent self-doubt and the fear of being exposed as a fraud, despite evidence of competence. This workshop offers practical tools for addressing IP, guided by the Acceptance and Commitment Therapy for Repetitive Negative Thinking (ACT RNT) model and its comprehension around negative selfing and worrying/ruminating.

This workshop combines academic knowledge with shared personal and clinical experiences. Both facilitators and attendees will share personal anecdotes, highlighting that even accomplished individuals have grappled with Impostor Phenomenon.

Participants will embark on a guided tour of the ACT RNT model, which synthesizes ACT and RFT principles. This model provides practical guidance for embracing defusion, self-acceptance and personal growth. Interactive role/real-play, and experiential exercises will allow attendees to apply ACT RNT techniques to real-life Impostor Phenomenon scenarios.

Join us in this informative workshop, where we collectively explore Impostor Phenomenon, develop strategies for overcoming it, and foster a supportive community dedicated to personal growth and empowerment.

Educational Objectives:

1. Explain ACT RNT model using ACT and RFT analysis.
2. Describe impostor syndrome (IS) using an ACT RNT analysis.
3. Conduct ideographic conceptualisation and treatment of IS using ACT RNT.

79. Empowering Recovery: The Role of Acceptance and Commitment Therapy in the Future of Trauma Treatment

Panel (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation*

Categories: Clinical intervention development or outcomes, Trauma

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula Magna - Floor 1

Chair: Miranda Morris, Ph.D., True North Therapy and Training

Robyn D Walser, Ph.D., University California Berkeley; National Center for PTSD; TL Consultation Services

Daniel J Moran, Ph.D., BCBA-D, Touro University

Ibrahim Bilgen, Psychiatrist (M.D.), ACBS; EABCT

Louise Hayes, Ph.D., La Trobe University

Manuela O'Connell, Lic., Private Practice

Acceptance and Commitment Therapy (ACT) is a principle-based intervention offering mindfulness, exposure, and compassion to address human suffering across various domains. Particularly effective in trauma-related contexts such as those seen in the aftermath of warfare, interpersonal violence, natural disasters, climate change, and childhood traumas, ACT offers solace. This therapy strives to foster acceptance and compassion, even in the face of such events, focusing on individuals as whole humans, body and mind. It offers a transformative pathway toward healing, irrespective of the trauma's origin or manifestation. This panel will explore the future of ACT as an intervention for trauma with presentations including information related to youth experiences, climate change, natural disasters, war-related, and abuse by priests trauma. Panelists will describe their work, focus on treatment encompassing body and mind, speak to the future of clinicians and trauma work, and engage the audience in a discussion about the impact of trauma and how to recover from its effects.

Educational Objectives:

1. Describe the application of Acceptance and Commitment Therapy (ACT) principles in trauma treatment.

2. Examine the potential future directions of ACT in trauma treatment, including its efficacy in addressing various trauma experiences.
3. Discuss the role of clinicians in trauma work and recovery.

80. Expanding Horizons: Digital Frontiers in Enhancing Mental Health and Quality of Life

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data, Strategic planning*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Prevention, Children, DNA-V, Bereavement support, Grieving, Experiential Avoidance, Focused, Primary care service scalability, Digital tools, Family

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 2 - Floor 0

Chair: David Gillanders, DCLinPsy, University of Edinburgh
 Xuelin Zhang, Ph.D., The Hong Kong Polytechnic University
 Vincent T Allen, MSocSci., University of Auckland
 Jennifer Truitt, B.A., Bowling Green State University

This symposium demonstrates the increasingly critical role of digital interventions in advancing mental health care. The first study illustrates a structured approach to developing digital therapeutic tools through the creation of "My Grief My Way", an online ACT intervention for bereavement. The second study explores the impact of experiential avoidance on reactions to social exclusion, using an online task to provoke feelings of exclusion, examining stress and coping mechanisms. The third study presents a randomized controlled trial (RCT) investigating the effectiveness of a family-based ACT intervention via smartphone for chronic heart failure patients, showing significant improvements in quality of life and psychological flexibility. The fourth study demonstrates efforts to enhance FACT scalability in New Zealand's public health through clinician-engaged digital tool development, aiming to overcome engagement barriers and improve care delivery. The fifth study shows a pilot study which explores a digital learning platform to foster emotional skills among 5th graders, suggesting potential for scalable, preventive programs in educational settings. Together, these studies underscore the transformative impact of digital ACT interventions on mental health and quality of life.

- Development of a logic model of how online Acceptance and Commitment Therapy can improve bereavement outcomes

David Gillanders, University of Edinburgh
 Anne Finucane, University of Edinburgh
 Anne Canny, University of Edinburgh
 Emily Harrop, Cardiff University
 Lucy Selman, University of Bristol
 Donna Wakefield, North Tees and Hartlepool NHS Foundation Trust
 Brooke Swash, University of Chester
 Tamzin Burnett, Marie Curie
 Kelly Maton, Marie Curie
 Michael Cholbi, University of Edinburgh
 Juliet Spiller, Marie Curie

Background: Logic models are simplified graphics that clarify intervention components, factors which influence implementation, and data needed to support evaluation. We developed a logic model to guide the development of an online ACT intervention, called My Grief My Way, to improve coping and quality of life after bereavement.

Methods: We synthesized evidence from: (i) research literature on grief theories, bereavement support and online interventions; (ii) interviews with 9 therapists providing bereavement support using ACT; (iii) two workshops involving 7 staff from organisations providing bereavement support and (iv) input from the research team and collaborators. A draft logic model was developed and subsequently refined at a workshop with 5 bereaved people.

Results: The logic model illustrates the links between: risk factors for and indicators of problematic grief, online ACT intervention components, intervention features, behavioural change mechanisms and key outcomes.

Conclusions: The My Grief My Way logic model provides a rigorous framework for the development of My Grief My Way, based on theories, evidence, and the experiences of bereaved people and professionals.

- Effects of family-based acceptance and commitment therapy on quality of life in patients with chronic heart failure

Xuelin Zhang, The Hong Kong Polytechnic University
Yim Wah Mak, The Hong Kong Polytechnic University

Chronic heart failure (CHF) requires long-term self-care support from family members. One promising self-management intervention is Acceptance and Commitment Therapy (ACT). This study aimed to evaluate effects of a family-based ACT intervention delivered via smartphone videoconferencing on quality of life (QOL) in patients with CHF. An assessor-blinded randomized controlled trial (RCT) included 160 CHF families recruited from the Cardiology Department of a public hospital was conducted. ACT-based intervention group received 1.5 hours of family-based ACT intervention and 0.5 hours of brief CHF education while the control group attended CHF education lecture during each 2-hour session. Patient QOL, psychological flexibility (PF), CHF self-care behaviors and psychological symptoms was assessed via smartphone interviews by blinded research assistants at baseline(T0), immediately post-intervention(T1) and three months post-intervention(T3). Patients who received the ACT-based intervention showed significant improvements in QOL (Cohen's $d=0.51-0.75$), PF ($d=0.44-0.72$), HF self-care behaviors ($d=0.63-0.90$), anxiety ($d=0.32-0.41$), and depression ($d=0.34-0.38$), relative to the control group, at both T1 and T2. The 4-week family-based ACT intervention was effective in improving patient QOL and other health outcomes.

- Improving fACT scalability in New Zealand public health: Building digital tools with high clinician engagement

Vincent Allen, MSocSci, University of Auckland
Karolina Stasiak, Ph.D., University of Auckland
Danielle Lottridge, Ph.D., University of Auckland

Digital tools provide a promising avenue for improving the scalability of brief behavioural interventions in New Zealand primary care contexts, but they can only help if people actually use them.

There are many barriers to engagement with digital tools for practitioners working in public health service delivery contexts. Our team are using a contextually sensitive engagement-first software development methodology to develop a digital tool to support Focused Acceptance and Commitment practitioners (fACT) within New Zealand primary care that overcomes common real-world engagement barriers and improves public health service scalability.

In this presentation, we will provide a concise overview of several practitioner focused user-needs studies, and outline our engagement-first development methodology. We will also showcase some of the ways that the software package we are building addresses practitioner problems, provides better outcomes for clients, and improves service scalability, while overcoming common user engagement barriers.

- The Role of Experiential Avoidance in Adverse Reactions to Exclusion

Jennifer Truitt, BA, Bowling Green State University
Daniel Maitland, Ph.D., Bowling Green State University

Experiential avoidance is the unwillingness to come into contact with painful thoughts or emotions, which leads individuals to engage in behaviors to evade uncomfortable events (Hayes et al., 1996). It is a core construct targeted in Acceptance and Commitment Therapy and other third wave behavioral therapies (Hayes et al., 2004). It stands to reason that experiential avoidance would cause difficulties in coping with social stress. However, no study to date has investigated how individuals cope with real experiences of exclusion and how this relates to experiential avoidance. In the current study, subjects took part in an online task designed to elicit feelings of social exclusion, and were then asked about their stress levels, momentary impulsivity, and ability to cope in response to the task. Results from the experiment will be presented and implications for clinical practice will be discussed. An emphasis will be placed on discussing findings as they relate to treating individuals who may be at risk for experiencing higher rates of social exclusion, such as those who hold stigmatized or marginalized identities.

Educational Objectives:

1. Explain the purpose Moffatt a logic model and see how it guides intervention development.
2. Describe the utility of a digital solution in promoting psychological flexibility.
3. Explain the role of experiential avoidance in reactions to ostracism.

81. CFT with Adolescents in Crisis: USA - Ohio Chapter Sponsored

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Adolescents

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Chris P Fraser, MSW, Positive Path Counseling, LLC

In this workshop participants will learn the empowering wisdom of CFT and begin to learn how to apply it when responding to common crises teens and their families experience. Adolescents around the world are suffering due to the lingering fallout of the pandemic, fears stemming from unrelenting school shootings, ongoing wars, and underlying anguish about global climate change. As a result, suicide rates have skyrocketed over the last decade, with suicide now the second leading cause of death among adolescents in the United States.

The call for compassion for adolescents is loud and the need to foster self-compassion at this time is paramount! By the end of this workshop, participants will be able to utilize CFT principles and practices to help adolescents learn: to be mindful of their suffering, to bring self-compassion to themselves, to recognize that they are not alone in their struggles, and to grow the compassionate courage to live vitally! We will work experientially in this workshop to learn practical CFT interventions and how to apply them.

Educational Objectives:

1. Explain how the brain has evolved and how it can be "tricky."
2. Describe why new brain and old brain loops can be problematic for adolescents and at times create a crisis state.
3. Self-regulate the emotional state of the therapist when responding to crisis situations with adolescents.

82. Contextual Science and Social Change: Contributions to the Construction of a More Collaborative and Empathetic Society

Panel (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Literature review*

Categories: Social justice / equity / diversity, Processes of change, Clinical and Community Interventions for Social Change and Socio-Cultural and Economic Impact

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Chair: Carolina Principi, Lic., Fundación Foro y Práctica Privada

Ariel Farroni, Licenciado, Hospital Simplemente Evita

Solange I Estevez, Licenciada, Práctica Privada

Fernando Cano, Licenciado, Práctica Privada

As contextual behavioral psychologists, we recognize the importance of addressing the impact of individual behavior on the socioeconomic and political environment, and how this, in turn, influences individual behavior. In this panel, we will discuss the need to generate interventions that promote the emergence of pro-social and collaborative behaviors, thus facilitating the creation of more just and inclusive societies.

Panelists will propose different instances in which we, as contextual science practitioners, could contribute to a culture of peace, empathy, and social integration. Some issues to address will include:

- How to intervene in individual psychotherapy to promote the emergence of pro-social and collaborative behaviors?
- What group devices and interventions can be implemented to strengthen empathy and cooperation in different communities?
- How to engage in exchanges with ideologically dissimilar individuals without resorting to confrontations or rigid stances that may lead to conflicts and polarization?
- How to counteract the spread of individualistic attitudes and hate speech in societies, and what practices can promote the construction of a more nurturing and compassionate society?

Educational Objectives:

1. Evaluate and analyze the role of clinical and community psychologists, as mental health professionals with a contextual behavioral perspective, in relation to current socioeconomic issues.
2. Explain how contextual therapies, both within and outside individual counseling sessions, can address social change promotion.

3. Describe how the contextual behavioral therapist community can engage in generating interventions that promote prosocial and inclusive behaviors.

Friday Afternoon Plenary 5:00 PM

83. Towards a science of competency

Plenary (5:00 PM - 6:00 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data*

Categories:

Target Audience: Beginner, Intermediate, Advanced

Location: Juan Pablo II - Floor 2

David Gillanders, DCLinPsy, University of Edinburgh



The science of psychological therapies has traditionally invested more energy in determining which therapies work in comparison to other therapies, than it has investigating either mechanisms of action or aspects related to success. In contrast, common factors advocates describe the effects of different psychological therapies as more or less equal, and cite the therapy relationship as one of the most well evidenced determinants of therapy outcome. The science of therapy competency could create a bridge between these positions. Competency can be thought of as the flexible coming together of the

therapists' personal qualities (HEART), knowledge (HEAD), and behaviours (HANDS). Competent therapists can form and maintain strong relationships and use these as the vehicle to deploy their knowledge and skills in the service of their clients' growth and wellbeing.

Compared to the psychotherapy outcome literature, the science of competency is less well developed. Achieving precision in prediction and influence for this context means creating functional operational definitions and measurements of therapy competencies, and empirically demonstrating causal connections between training, competency, and client progress. Defining and measuring competency benefits various parties, including therapists, clients, and healthcare organizations. It allows therapists to track their development and maintain proficiency. Clients can be confident they are receiving quality therapy, while organizations can assure safe and effective care. However, overly rigid competency definitions can stifle innovation, and favour established methods and forms at the expense of functional thinking and creative ways of doing things. The community of ACT practitioners has tended to navigate this challenge by favouring innovation in methods and ideas in comparison to having established procedures and guides. By emphasising function over form, this approach encourages scientific innovation and creativity though it can pose challenges for learners, clients, practitioners, and healthcare organizations seeking assurance of delivering effective therapy.

This talk explores the topic of competency in psychological therapy providing an overview of empirical evidence on competency measurement in Acceptance and Commitment Therapy. Different viewpoints will be explored, highlighting potential unintended consequences of various positions. Additionally, it shares ongoing work from the ACBS Strategic Pillar on Competency and Dissemination, offering suggestions for advancing our practice in a data driven way.

Educational Objectives:

1. Define therapeutic competency in ACT and understand how it has been measured.
2. Critically analyse the existing empirical evidence on assessment of therapy competency in ACT.
3. Explain multiple perspectives on defining and measuring competencies, including potential unintended consequences of different positions.

Friday Afternoon 6:00 PM

G. Boosting LATAM Research at ACBS by joining a collaborative network

Chapter/SIG/Committee Meeting (6:00 PM - 7:00 PM)

Translation: Not available

Location: Aula 218 - Floor 2

Daniel Granados, Fundador y Director de la Asociación Contextual de Terapia
Amanda M. Muñoz-Martínez, Universidad de Los Andes

In this meeting with the Development Nations Committee (DNC) and in collaboration with Amanda Muñoz-Martínez, Ph.D. we would like to have around one hour of conversation to conduct a discussion and make collaborations based on a needs assessment in order to identify ways to push

forward the research in Latin America. We would love to invite to the meeting well-established and active researchers in ACBS from the US and Europe as well as Latin American researchers who have an active lab or want to start one and want to develop skills to obtain resources and knowledge about navigating the system to apply for grants in the U.S. and Europe.

Program Detail • Saturday • 27 July

Saturday Morning 8:00 AM

H. AAA SIG Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 9:00 AM)

Translation: Not available

Location: Aula 218 - Floor 2

Deirdre Waters, Rutgers University, Behavioral Health Institute of Monmouth County

Connect with others who are passionate about providing contextual-behaviorally based care to folks struggling with their patterns of alcohol or substance use. We'll hang out, learn about each other, and explore interests related to Applying ACT to Addictions in a relaxed setting. All are welcome.

J. Sport, Health, and Human Performance SIG Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 9:00 AM)

Translation: Not available

Location: Aula 217 - Floor 2

Manabu Yoshimoto B.A., DEEP SLOW MOVE RIVER

Nicholas Arancibia Levit M.Sc., Universidad Privada De Santa Cruz de la Sierra - UPSA

The mission of this Sport, Health, and Human Performance SIG is to promote the practice and research of contextually supported interventions within populations seeking higher levels of performance.

This sport, health, and human performance SIG will meet these goals by creating an open, collegial, and supportive environment for all members. This SIG seeks to contribute to the growing body of work within the area of third wave approaches to human performance and healthy living. The SIG encourages its members to creatively apply third-wave models to their work, training programs, clinical practice, and research.

The meeting would absolutely be a great opportunity to interact with each other in person.

To be honest, our SIG activity is fringe. But lately, interest in improvement of athletic performances rapidly increases in the ACBS community. So we want to hear from your practices, researches, experiences, ideas and opinions etc about our SIG activities. I think the discussion would definitely be animated.

K. Women in ACBS SIG Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 9:00 AM)

Translation: Not available

Location: Aula 124/125 - Floor 1

Sarah Pegrum, Ph.D., Pegrum Therapy and Training

Jenna LeJeune, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

The ACBS Women's SIG promotes diversity by offering a safe space for individuals to share women's perspectives and address women's issues within and beyond ACBS. This group advocates for all women, with a focus on women of color, those in oppressive cultures, and young women clinicians and behavioral scientists.

In our meeting, we will review recent SIG activities, reconnect, and brainstorm future initiatives. All current and potential new members are encouraged to attend.

L. Encontro do Chapter ACBS Brasil / ACBS Brazil Chapter Meeting

Chapter/SIG/Committee Meeting (8:00 AM - 9:00 AM)

Translation: Not available

Location: Auditorio 1 - Floor 0

Raul Vaz Manzione, M.Sc., RVM Behavioral Psychology

Alan Pogrebinski, M.Sc., Ceconte

A reunião do Chapter ACBS Brasil tem como objetivo juntar membros Brasileiros para se atualizar sobre a associação, discutir novas ideias, se conectar e integrar aqueles que querem participar. Todos são bem-vindos!

Saturday Morning Plenary 9:00 AM

84. Behavioral science and technology to address deficits in symbolic behavior: Emphasis on reading and writing

Plenary (9:00 AM - 10:15 AM)

Presenters speaking in English

Translation: World Conference headset - audio

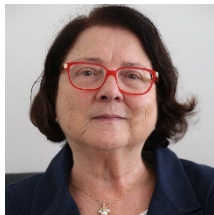
Components: *Case presentation, Conceptual analysis, Literature review, Original data*

Categories: Academics or education, Mobile or digital technology, Reading and writing behaviors

Target Audience: *Beginner, Intermediate*

Location: Juan Pablo II - Floor 2

Deisy das Graças de Souza, Ph.D., Universidade Federal de São Carlos (UFSCar)



Deficits in symbolic functioning represent a substantial challenge for affected individuals, their families, and their communities at large. Illiteracy is especially challenging for individuals who live in a predominantly symbolic world. This presentation will summarize the efforts of a long-term basic and applied research program on reading and writing. The behavioral analysis of these behaviors - both at a conceptual and experimental level, has evolved into the development and evaluation of teaching programs for beginning readers, currently available for large-scale application in educational and clinical settings. Proficient reading and writing have been conceptualized as a complex network of stimulus-stimulus and stimulus-response relationships. Due to the generative potential of stimulus equivalence, this network evolves from instances of relational learning to a complex network of discriminated and interdependent operants. The stimulus equivalence paradigm guided the design of teaching procedures to promote these networks and teach repertoires under increasingly complex stimulus control. The procedures were computerized and made available in a cloud environment, to benefit elementary school students who face the challenges of symbolic learning.

Educational Objectives:

1. Define symbolic behavior in general, and justify why reading and writing with comprehension and accuracy can be conceived as classes of symbolic behavior.
2. Identify the components of the main discriminated operants comprised in the reading and writing repertoires: textual behavior (reading), dictation-taking, transcription or copying.
3. Describe the processes by which the learning of arbitrary relations establishes the basis for the emergence of stimulus equivalence classes and for the derivation of textual behavior and dictation-taking.

Saturday Morning 10:45 AM

85. Linking Case Conceptualization to Treatment Kernels: How a Process-Based Approach Can Support Clinical Intuition

Workshop (10:45 AM - 1:45 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Processes of change, Clinical intervention development or outcomes, Case Conceptualization

Target Audience: *Beginner, Intermediate*

Location: Juan Pablo II - Floor 2

Steven C. Hayes, Ph.D., University of Nevada, Reno and President, Institute for Better Health
Gijs Jansen, Ph.D., PsychFlex

Top-down normative categories such as those in the DSM & ICD diagnostic systems do not tell you what clients need. Psychological flexibility processes can be helpful in treatment decision making, especially as aided by clinical intuition once practitioners learn to read these processes in flight, but evidence-based case conceptualization methods are needed to replace the DSM and to help focus the practitioner on the most important processes of change. In this workshop we will show in a step-by-step fashion how idionomic analysis can advance work within an ACT model through the combination of network thinking, an expanded psychological flexibility model, idionomic

assessment, and “just in time” treatment kernels instead of protocols. These steps, supported by technology, provide a new vision for evidence-based therapy that is true to the roots of contextual behavioral science and that holds out hope to advance rather than to whither the importance of clinical experience, intuition, and the therapeutic relationship as ACT becomes more central to clinical intervention science and practice.

Educational Objectives:

1. Describe an expanded multilevel, multidimensional psychological flexibility model to be used to guide case conceptualization.
2. Connect idiographic process data to relevant therapeutic targets.
3. Utilize idiographic data to respond effectively and intuitively to sudden contextual changes in the client's life.

86. Developments in rule-following, relational density, and responding under uncertainty: A basic science symposium: RFT SIG Sponsored

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data, Strategic planning*

Categories: RFT / RGB / language, Clinical intervention development or outcomes, Contingency “insensitivity”, Relational density, Inaccurate derived relating

Target Audience: *Intermediate, Advanced*

Location: Aula 219 - Floor 2

Discussant: Louise McHugh, Ph.D., University College Dublin

Alison Stapleton, Ph.D., C. Psychol. Ps.S.I., University College Dublin

Conor McCloskey, B.Sc. (Hons.) Psych., University College Dublin

Relational Frame Theory (RFT; Hayes et al., 2001) provides a functional contextual account of human language and cognition that builds on advances in the study of verbal behavior and derived relational responding. Since the original account of RFT was put forward, a number of advances have occurred, including integrations with cognitive neuroscience and evolutionary science. This symposium will explore three developments, specifically advancements in our understanding of “classes” of rule-governed behaviour (Paper 1), the ways we approach “relatedness” (Paper 2), and how we conceptualize inaccurate/imprecise derived relational responding (Paper 3) – when “we know that we do not know, which is itself a kind of stimulus relation” (Hayes et al., 2001, p.31). This symposium will highlight advances in experimental research which have and continue to inform our understanding of relational responding.

- Leveraging competing contingencies to operationalize pliance
Conor McCloskey, B.Sc. Psych., University College Dublin
Alison Stapleton, Ph.D., University College Dublin
Louise McHugh, University College Dublin

In theory, behavior controlled by rules is more rigid and resistant to healthy change when compared to behaviors that are developed through direct experience. As a class of rule-governed behavior, pliance is theorized to produce increased rigid behavior, but a lack of clear research has led to imprecisions, limiting the effectiveness of psychotherapeutic approaches that rely on this account. This research project explores a newly developed method of studying rule-based insensitivity, which introduces an innovative way of measuring rigid rule-following. This method involves directly reinforcing rule-following itself, rather than offering extraneous reinforcement. Data from this approach has shown that it produces behavioral responses that are extremely reliable and more consistent with conceptualizations of pliance and tracking, when compared to past research methodologies, allowing for a better understanding of the rule-based insensitivity effect.

- Coherence as flexibility? Examining relational density and “coherence” in the context of rule-following
Alison Stapleton, Ph.D., University College Dublin
Lauren Hutchison, Missouri State University
Elana Sickman, Missouri State University
Jordan Belisle, Ph.D., Missouri State University

In a recent systematic review, Kissi et al. (2020) concluded that “only preliminary evidence exists for the idea that adults demonstrate the [rule-based insensitivity effect]”. Limitations associated with dominant approaches to the rule-based insensitivity effect, such as match-to-

sample tasks (MTS), include an overreliance on analyzing dichotomous response accuracy. In theory, rule-based insensitivity is underpinned by coherence, which may be conceptualized as “degree of relatedness.” The nuance of this conceptualization may not be adequately captured by current approaches. Relational density theory emphasizes the degree of relatedness among stimuli within and between networks, often using multidimensional scaling (MDS) to visually represent relatedness. The present study extends MTS approaches to rule-based insensitivity, adding MDS to track the relatedness of stimuli across phases of the experiment. Participants were divided into one of two groups (high/low coherence) and invited to complete a MTS task with an unsignalled contingency shift and three rounds of MDS. At present, data analysis is underway. Results will be discussed with reference to contextual cues and the concept of “strength” in accordance with relational frame theory.

- **Filling in the blanks: Conceptualizing inaccurate/imprecise derived relational responding**
Alison Stapleton, Ph.D., University College Dublin
Patrick Smith, Ph.D., University of Arizona

If symposium 1 is more entertaining than symposium 2, and symposium 2 is less entertaining than symposium 3, which symposium would you most like to attend?

From the above information alone, readers cannot know whether symposium 1 or 3 will be most entertaining. So, deciding which symposium to attend based on its entertainment value reflects a Known-Unknown (KU). In this scenario, “we know that we do not know, which is itself a kind of stimulus relation” (Hayes et al., 2001, p.31).

This paper describes recent advances on responding under uncertainty and inaccurate/imprecise derived relations. Beginning with an introduction to KUs and their current evidence base, attendees will be provided with an overview of key conceptual implications of KUs. Attendees will further explore important methodological considerations for targeting KUs, in addition to the needs of future research on KUs in the field of RFT and beyond.

Educational Objectives:

1. Discuss recent advancements in the use of match-to-sample tasks to examine rule-governance.
2. List challenges associated with empirical investigations of rule-governed behavior and inaccurate/imprecise relating in the laboratory.
3. Discuss the implications of Known-Unknown relational responding for RFT and beyond.

87. Expanding the Frontiers of CBS: New Insights from RFT, Perspective Taking, and the IRAP

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data*

Categories: RFT / RGB / language, Behavior analysis, Perspective taking, Language and human thought, IRAP, Excoriation, BFRB

Target Audience: *Intermediate, Advanced*

Location: Aula 218 - Floor 2

Chair: William Ferreira Perez, Ph.D., Instituto Par - Brazil

Cibele Pacheco Gomide, M.S., Instituto Par

Darwin Gutierrez Guevara, Ph.D. student, Universidad Veracruzana

This symposium explores human cognition through the lens of CBS, employing innovative methods and theoretical frameworks. The first presentation delves into the comparison between Relational Frame Theory (RFT) and functional contact through contingency extension. The second presentation investigates the effects of a brief training in perspective-taking (based on RFT) on reducing correspondence bias, supporting the hypothesis that the opportunity to vary perspectives can help people to incur less correspondence bias. Lastly, the third presentation investigated the impact of coherence on the transformation of function, using the Implicit Relational Assessment Procedure (IRAP), showing that transformation of function was differentially affected by coherence levels. Together, these studies push the boundaries of how we understand and measure cognitive processes but also underscore the potential of RFT and related methods in fostering deeper insights into human psychology across diverse settings.

- **The perspective-taking reduces correspondence bias: A systematic replication of Hooper et al. (2015)**
Cibele Pacheco Gomide, Instituto Par
William Ferreira Perez, Ph.D., Instituto Par
Candido Vinicius Bocaiuva Barnsley Pessoa, Ph.D., Instituto Par

The present study aimed to observe the effect of a brief perspective-taking training based on Relational Frame Theory (RFT-PT) on correspondence bias. Eighty-one participants were randomized into four groups: two experimental groups that underwent the training and two control groups that answered a general knowledge questionnaire. To observe the extent of correspondence bias and the effect of training on this phenomenon, all participants were exposed to an experimental condition called the Attitude Attribution Paradigm with the theme of meritocracy. Attenuation of correspondence bias was observed in the groups that underwent RFT-PT compared to the control groups. This data supports the hypothesis that the opportunity to vary perspectives can help people incur less correspondence bias. An analysis of correspondence bias in light of RFT was suggested, as well as study limitations and recommendations for future research to better understand the psychological processes involved, as well as the phenomenon of correspondence bias itself.

- RFT or Functional Contact by Contingency Extension: An Experimental Analysis
Darwin Gutierrez Guevara, Asociación Peruana Contextual Conductual de Psicología, Universidad Veracruzana

The theory of relational frames emerges as a behaviorist proposal to address the challenge of human cognition. Meanwhile, functional contact by contingency extension is a contemporary alternative for studying exclusively human complex behavior within the Theory of Psychology (Ribes, 2018). An experimental design involving two situations solving problems of functional fixity, functionally analogous but morphologically distinct, was presented. Verbalizations and manipulations were recorded using computer vision technology known as artificial intelligence. The results show that the greater the verbal content in both tasks, the better the performance in the second task. The results are discussed by comparing the interpretations stemming from the theory of relational frames and the proposal of functional contact by contingency extension.

- Using the IRAP to measure the effects of relational coherence on transformation of function
William F. Perez, Ph.D., Instituto Par - Ciências do Comportamento ; INCT-ECCE
Jade de Araujo, Instituto Par - Ciências do Comportamento
Raul Manzione, Instituto Par - Ciências do Comportamento
Colin Harte, UFSCar and Instituto Par
Julio de Rose, UFSCar and INCT-ECCE
Derмот Barnes-Holmes, Ulster University

The hyper-dimensional multi-level (HDML) framework suggests that the arbitrarily applicable relational responding (AARR) has multiple dimensions. Coherence is one of such dimensions and refers to the extent to which specific patterns of AARRing are consistent with other patterns of AARRing. The present study investigated the impact of different levels of coherence on the transformation of function (ToF) measured by the Implicit Relational Assessment Procedure (IRAP). First, the participants learned equivalence relations between facial expressions of fear (A1) and happiness (A2) and abstract symbols (B1, B2, C1, and C2). AB relations were thought first (A1B1, A2B2) followed by BC training (B1C1, B2C2). The participants were then divided into three groups submitted to AC training trials that had different levels of coherence in relation to the AB/BC training. The Coherence group learned coherent AC relations (A1C1, A2C2), while the Incoherent group learned incoherent AC relations (A1C2, A2C1). There was also an additional Incoherent+ that had an incoherent supertraining. The function of C stimuli was then assessed using the IRAP. ToF was differentially affected by coherence levels.

Educational Objectives:

1. Describe how a brief perspective-taking training was able to reduce correspondence bias in this study.
2. Explain the contemporary behaviorist discussion surrounding relational frames.
3. Describe the HDML and its application.

88. Applications of Acceptance and Commitment Therapy: From Public Health to Individual Challenges

Symposium (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: Not available

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Original data, Strategic planning*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Psychedelic-Assisted Psychotherapy, Adulthood, Chronic Diseases, Public Health, Social Inclusion, OCD

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 217 - Floor 2

Chair: Viviana E. Maller, Spec., Private Practice
Ariel Farroni, Licenciado, Hospital Simplemente Evita
Renzo Martinez Munive Sr., Ph.D., Psicólogo
Maximiliano F Lofredo, Lic., CEPPA

This symposium brings together four studies focused on various and notable applications of Acceptance and Commitment Therapy (ACT) in different contexts. Firstly, the use of ACT in a public hospital is discussed, detailing its advantages in mental health intervention. Next, a technique based on ACT is presented to help adults with hearing loss improve their communication skills and maintain a connection with their values. Then, the use of psychedelics as adjuncts to psychotherapy is discussed, highlighting their effectiveness in promoting psychological flexibility. Finally, an analysis of a group treatment with ACT for Peruvian patients with obsessive thoughts and compulsive behaviors is presented. These diverse applications of ACT underscore its flexible and robust scope in improving mental health and quality of life.

- ACT in Public Health: Interventions in the Mental Health Unit of a General Hospital
Ariel Farroni, Hospital Simplemente Evita

A model of ACT intervention in a Public Hospital with a population from vulnerable social sectors will be described. Results will be shown in clinical presentations and various devices within the hospital setting. Mental Health services, different spaces, hospital intervention devices, and the diversity of subjective situations presented by users will be described. Social and economic aspects affecting Mental Health and the Rights of people with mental illness will be considered. The integral perspective on subjective situations, interdisciplinary approach, and community network perspective will be addressed. Intervention criteria and stages, informed consent, assessment of situational context, and comprehensive approach to subjective needs will also be described. The advantages that ACT brings to intervention in the field of Public Health will be highlighted, referring to depathologization, coherence with rights-based perspectives, brief and effective interventions, and simplification of the relationship between service users and mental health professionals.

- Intervention Strategies for Obsessive Thoughts and Compulsions in a Group of Peruvian Patients
Renzo Martinez Munive, Universidad Privada del Norte

The intervention of Acceptance and Commitment Therapy (ACT) is presented to a group of Peruvian patients with obsessive thoughts and compulsive behaviors. The objective was to review the effect that could be achieved by exposing this group of clients to a 12-session program with metaphors and experiential exercises within ACT. Ten adult clients aged 18 to 30 years with a nosological diagnosis of obsessive-compulsive disorder who were taking psychiatric medication, without significant improvement in their behavior, were worked with. For evaluation, behavior records (Wilson and Luciano, 2002), the Acceptance and Action Questionnaire 2 (AAQ-2) (Martinez-Munive, 2018), and qualitative assessments were used. Significant differences between initial and final scores of the AAQ-2 and important changes in behavior records are identified. It is concluded that the application of ACT strategies is fundamental for dealing with obsessive thoughts and regulating compulsive behavior.

- Hearing Loss in Adulthood: A Degenerative Pathology of Social Bonds. How to Help from ACT: Argentina Chapter Sponsored
Viviana E. Maller, Private Practice

When one has acquired hearing loss in adulthood, their ability to communicate deteriorates. People tend to socially isolate themselves as a form of experiential avoidance. Almost all verbal communications are affected, both dialogue at home and the flow of work interactions, leading to depression and/or anxiety.

It is of great importance to make this topic visible and address it as mental health professionals because, as a consequence of this chronic condition, all the person's emotional processes are affected.

Intervention methods and tools have been developed to help people with acquired hearing loss in adulthood improve their communications and facilitate the path to greater connection with what is valuable to them. By applying tools based on the Hexaflex, it will be shown how to foster therapeutic accompaniment of the patient, focusing on generating specific resources to live with this difficulty without losing sight of their values.

- Acceptance and Commitment Therapy Assisted with Psychedelics: Foundations, Application, and Clinical Outcomes
Maximiliano Lofredo, Licenciado Especialista, CEPPA (Centro de Psicoterapia con Psicodélicos de Argentina)

At present, we are experiencing a new wave of interest in psychedelics as therapeutic agents. In this revolution, the use of these molecules as adjuncts in psychotherapeutic approaches for various mental health issues accumulates a significant amount of scientific evidence, showing surprising effectiveness (both in terms of efficacy and efficiency) in fostering psychological flexibility in individuals undergoing these treatments.

Protocols based on Contextual Therapies, especially Acceptance and Commitment Therapy, seem to provide an ideal framework for working with these compounds, as the psychological mechanisms through which these molecules generate therapeutic benefits (such as a significant reduction in rumination and relaxation of core beliefs) are consistent with the hexaflex model and the aim of treatment being psychological flexibility.

This work presents the results obtained in the different processes related to psychological flexibility from the application of a structured protocol based on Acceptance and Commitment Therapy in 95 participants who used psychedelics as psychotherapeutic adjuncts.

Educational Objectives:

1. Understand the specific advantages of contextual approaches in addressing the needs of users of the Public Health system.
2. Describe the various tools within an ACT program to address obsessive thoughts and compulsive behaviors in Peruvian clients.
3. Identify in their patients or others the processes of Experiential Avoidance resulting from experiences related to acquired adult-onset hearing loss.

89. Integrating Health at Every Size (HAES) and Acceptance and Commitment Therapy (ACT) to Transcend Body Concerns: Canada - Atlantic Chapter Sponsored

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Body Image, ACT, HAES

Target Audience: Beginner, Intermediate

Location: Aula 204 - Floor 2

Racheli Miller, Ph.D., The Compassion Practice

Sarah Pegrum, Ph.D., Pegrum Therapy and Training

We live in a world where there is a fusion with body size equating to worth, and the pursuit of the ideal can pull people away from other pursuits in life. At an individual level, a parallel process occurs whereby the individual becomes fused with body and weight concerns at the expense of what they truly value. The pervasive influence of diet culture in society puts individuals at risk of falling into cycles of yo-yo dieting, developing eating disorders, and various other physical and psychological issues.

The Health at Every Size (HAES) movement challenges these norms and encourages individual transcendence of cultural paradigms around body and weight. Combining ACT and HAES can facilitate an individual's journey toward body acceptance and values-aligned actions. In this interactive and experiential workshop, the principles of HAES and ACT will be integrated, offering techniques for cultivating body acceptance and enhancing value clarification to empower clients to accept their bodies and live in accordance with their values, even in the context of weight discrimination.

Educational Objectives:

1. Describe and understand the Health and Every Size (HAES) movement, and how to integrate it with ACT.
2. Apply tools to facilitate changing one's relationship with thoughts and feelings about body and weight.
3. Apply tools to aid reconnection with values-aligned actions.

90. How to Stop Worrying and Love the Eco-Apocalypse: An ACT Approach for Embracing Eco-Anxiety: Climate Justice & Action SIG Sponsored

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Clinical intervention development or outcomes, Environmental problems, ACT Eco-Anxiety Interventions

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 129 - Floor 1

Devin Guthrie, Ph.D., M.S., Life & Death Coaching
Jae Villanueva, Ph.D., SING (Swiss Institute for Sustainable Health)

As climate crisis intensifies, eco-anxiety (i.e., distress and dysfunction that accompany awareness of climate crisis) is quickly becoming the major mental health crisis of the modern era. Eco-anxiety is notoriously difficult to treat, both because it is founded in rational fears and because many therapists do not have workable strategies for managing their own eco-anxiety. Recognizing that death anxiety (as per terror management theory) is a core component of eco-anxiety is crucial for fostering resilience (Guthrie, 2022; Dickinson, 2009). In this experiential and skills-building workshop, participants will learn to guide clients through the process of accepting hard truths and the emotions that accompany them. We will discuss personal experiences with eco-anxiety, learn to flip the script on eco-anxious thoughts, and identify values and goals that would be meaningful and workable even in the face of eco-anxiety's scariest narrative: human extinction. Once integrated, eco-anxiety can become an empowering force, inspiring us to make more meaningful choices and live more fulfilling lives, even in the context of an existential threat.

Educational Objectives:

1. Explain the relationship between eco-anxiety, death anxiety, and psychological flexibility as well as the life-enhancing (acceptance-based) and life-limiting (avoidance-based) trajectories of eco-anxiety.
2. Implement ACT interventions for eco-anxiety that target death acceptance and values.
3. Identify and explore values and goals that are resilient to the threats posed by climate crisis.

91. I Didn't Mean What I Said: Dealing with Emotions in Interpersonal Relationships: Türkiye Chapter Sponsored

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Emotions, Interpersonal Relationships

Target Audience: *Beginner, Intermediate*

Location: Aula 126 - Floor 1

Ahmet Nalbant, M.D., CanSagligi Foundation Center for Contextual Behavioral Science
Fatih Yavuz, M.D., Istanbul Medipol University

Secondary emotions, such as anger, can sometimes lead to conflicts in relationships, manifesting as communication, behavioral, or emotional issues. These conflicts may also obscure individual needs, desires, and values. Effectively addressing secondary emotions in therapy requires a functional analysis and a comprehensive functional analytic perspective for the person as a whole. In this workshop, we will present a functional analytic framework for working with secondary emotions in interpersonal contexts. We'll discuss how therapists can be aware of secondary emotions, understand their function, and utilize them in an ACT-congruent way.

Educational Objectives:

1. Explain of the role of secondary emotions in relationship problems.
2. Handle secondary emotions from a functional analytic perspective with clients.
3. Identify the possible functions of secondary emotions in interpersonal context.

92. Promoting Inter/Intra-Social Change using ACT and the Prosocial Model

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Strategic planning*

Categories: Organizational / Industrial psychology, Social justice / equity / diversity, Prosocial

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 124/125 - Floor 1

Kenneth Fung, M.D., M.Sc., University of Toronto
Yukie Kurumiya, Ph.D., BCBA-D, IBA, The Chicago School

Diversity, Equity, and Inclusion (DEI) and sociocultural issues significantly influence individual and organizational behaviors through implicit cultural scripts, affecting policies and social structures,

reinforcing power dynamics, and perpetuating inequities. Despite their profound impact, these issues may not immediately affect organizational effectiveness, reducing the urgency for change. This workshop aims to explore how DEI and sociocultural issues are manifested and to utilize Acceptance and Commitment Therapy (ACT) and the Prosocial model as mechanisms for transformation. Participants will engage in experiential exercises to understand how internalized cultural values and organizational scripts influence their actions within various settings and how organization functions, including professional and research environments, as well as participation in the Association for Contextual Behavioral Science (ACBS) community. ACT and the Prosocial model will be used collectively to address identified challenges. The workshop supports participants to critically engage with DEI and sociocultural issues, leveraging these models to promote personal and organizational social change in personal, professional, and community contexts.

Educational Objectives:

1. Identify the presence of implicit cultural scripts in personal functioning and within organizations, and understand their relationship with Diversity, Equity, and Inclusion (DEI) and sociocultural issues.
2. Apply Acceptance and Commitment Therapy (ACT) and the Prosocial model as tools for addressing and transforming DEI and sociocultural challenges at both the individual and organizational levels.
3. Apply strategies to leverage ACT and the Prosocial model for addressing DEI and sociocultural issues, aiming to promote personal and collective social change in personal, professional, and community contexts.

93. Variation with Vignettes: Cultural Considerations within Contextual Behavioral Approaches: Diversity, Equity, and Inclusion SIG Sponsored

Panel (10:45 AM - 12:00 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Strategic planning*

Categories: Methods/approaches for individual variation, Social justice / equity / diversity, Cultural Sensitivity

Target Audience: Beginner, Intermediate, Advanced

Location: Aula Magna - Floor 1

Chair: Lou Lasprugato, MFT, Private Practice

Jennifer Shepard Payne, Ph.D., LCSW-C, Kennedy Krieger Institute

Jacob Martinez, LPC, MKE Couples Counseling

Lucia Loureiro, Private Practice

Contextual behavioral approaches, including acceptance and commitment therapy (ACT), consist of core principles and processes that purport to be universally applicable to human behavior. However, sociocultural considerations, such as with respect to race, gender, sexual orientation, and intersectional identities, can have a significant impact on one's psychology, and thus can play a pivotal role in both assessment and in the tailoring of interventions to diverse populations. This panel discussion, now in its 4th iteration, albeit with each having had a different focus, will call upon contextual behavioral practitioners from diverse cultural and disciplinary backgrounds to provide insight on how to integrate cultural sensitivity and responsiveness within a given contextual behavioral approach. The panelists will be shown brief culturally-relevant video case vignettes and asked to offer an idiographic culturally-informed functional assessment, from any contextual behavioral perspective, along with a proposed intervention, as if in the room with the client. The audience will also have an opportunity to ask questions of the panelists.

Educational Objectives:

1. Explain how to conduct a culturally-informed functional assessment.
2. Integrate contextual behavioral approaches to best support idiographic care.
3. Formulate culturally-sensitive contextual behavioral interventions for diverse populations.

94. Discovering Flexibility Strategies for Working with Parents and Caregivers in Child Development

Workshop (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Behavior analysis, Childhood, Parent Guidance, ACT, RFT, FAP

Target Audience: *Intermediate*

Location: Auditorio 2 - Floor 0

Ana Morandini, Nodos

In therapeutic work with children, the child's symptomatology is prioritized, often neglecting contextual factors. From a contextual perspective, it is important to first address the role of parents and caregivers in managing contingencies, linking it to emotional regulation and the identification of clinically relevant behaviors (CRBs). Parents sometimes resist consultation, insisting that it is the children who must change. The intervention focuses on behavioral observation and the identification of CRBs. In the therapeutic process, the aim is to establish a safe space where the interpersonal relationship serves as ground for trying out new behaviors, based on values of change and psychological flexibility.

This presentation will propose to attendees to analyze childhood symptomatology considering contextual factors, and discuss the importance of working with mothers, fathers, and caregivers in the psychological flexibility and CRBs of their children, as well as designing action plans that enable working with parents' CRBs in consultation.

Educational Objectives:

1. Analyze child symptomatology considering contextual factors.
2. Discuss the importance of working with mothers, fathers, and caregivers in their children's psychological flexibility and CCR.
3. Design action plans that enable working with parents' psychological flexibility in the consultation.

95. Blowing the Doors off Your Life: ACT to Empower Women "of a Certain Age"

Workshop (10:45 AM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Role play, Strategic planning*

Categories: Professional development, Supervision and training, Women, Aging, Discrimination, Empowerment, Professional Development, Training, Mentoring

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Holly E Yates, M.S., LCMHC, Certified FAP Trainer, Private Practice

Shawn Costello Whooley, Psy.D., Private Practice

Temple Morris, LCSW-C, True North Therapy and Training

Miranda Morris, Ph.D., True North Therapy and Training

Lisa W Coyne, Ph.D., McLean/Harvard Medical School

In a world that already devalues and culturally isolates women, aging further erodes women's ability to be seen and to participate in professional life. While older men take leadership roles, mature women in their 40s, 50s, and beyond begin to disappear from public view, with far less representation in media and public life. They become casualties of "invisible woman syndrome," in which patriarchal culture underrates, minimizes, or ignores their contributions. Despite this, the exact opposite is true: having accrued decades of learning and professional skills, mature women begin to claim their personal, political, and professional power.

This experiential ACT workshop will invite participants to engage in personal and/or professional transformation. Using RFT, valuing, and perspective-taking, participants will detach from personal, professional, and cultural barriers that prevent fully inhabiting their lives. In large and small groups, participants may share, learn from, and build community with each other. Personal examples, role plays, and practice opportunities will empower clinicians to clarify their values, take committed actions towards transformation and creating a sustaining and supportive professional community.

Educational Objectives:

1. Articulate personal and professional values and engage in committed action towards personal and professional goals.
2. Defuse from personal and cultural stories, when they arise, and when engagement blocks taking valued action.
3. Employ clinical RFT to shape more helpful associations while understanding the arbitrary meanings that mature women derive from patriarchal cultures.

96. LAMIC Virtual Congress: Experiences, Opportunities, and Challenges to Expand Knowledge to More Countries: Developing Nations Committee Sponsored

Panel (10:45 AM - 12:00 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Strategic planning*

Categories: Dissemination or global health strategies, Social justice / equity / diversity, Inclusion

Target Audience: Beginner, Intermediate, Advanced

Location: Cine - Floor 0

Daniel Granados-Salazar, M.Sc., Asociación Contextual de Terapia. DNC

Vanessa Del Águila Vargas, Lic., Hello ACT

Carolina Fernández-Díaz, Lic., CEPYEN

Paulo Bozza Jr., NB Contextual : Contextual Behavioral Psychotherapies

When clinicians attempt to apply knowledge gleaned from "foundational" manuals and workshops on conceptual behavioural sciences (CBS), they face significant challenges in adapting to various contexts, especially in low- and middle-income countries (LAMIC). They have to surpass barriers related to language, gender, and idiosyncrasy.

To approach different contexts, the first LMIC congress was held on November 16 and 17, 2023 which had 2 objectives:

Raise funds for various future LAMIC activities, including the possibility of another congress for 2025.

To promote contextual behavioral science in LAMIC

The conference also highlighted various pro bono work of professionals. A project called "ACT for All" has also been developed as another way to bring CBS to more people. Part of this project was presented at the conference too.

Attending an in-person conference is not something that everyone can afford, so virtual conferences open up more opportunities.

The objective of the panel is to highlight the difficulties we face and with this intention to promote the next virtual LAMIC conference, a place where everyone can contribute.

Educational Objectives:

1. Analyze the best strategies to implement CBS through different contexts, particularly in LAMIC countries.
2. Evaluate ways to adapt CBS in Latin America maintaining proficiency.
3. Discuss new ideas to bring more CBS for people who cannot attend in-person conferences due to costs.

Saturday Afternoon 12:15 PM

97. Improving Clinical Work with Couples from a Functional Contextual Perspective and the Gottman Method

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play, Strategic planning*

Categories: Professional development, Supervision and training, Couples and Family

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 219 - Floor 2

Laura Vazquez, Equipo de Terapeutas de Pareja y Familia

Cecilia Gelfi, Lic., Dupla

Fiorella S- Ingrassia, Ph.D., Equipo de Terapeutas de Pareja y Familia

Ana Martinez Bieule, APSA

Sebastián D Mosquera, Lic., Equipo de Terapeutas de Pareja y Familia

Paula Azrilevich, DCLinPsy, Marea y Equipo de Terapeutas de Pareja y Familia

We work with couples using the Gottman Method, an evidence-based model compatible with the functional contextual perspective. Rigidity creates relational problems. Who is the organism we work with? If the organism is the couple, its members are the context and we work on them to promote learning. If the organism is the individuals, the couple is the context. We change our working perspective several times throughout a session, focusing on the interaction, the experience of one or the other. It is a model anchored in the present, the work happens in the session. We try to help the couple understand each other's perspective, and to increase positive

interactions towards each other. Our interventions work on the bond or the individuals, emotions, perspectives, and values. The purpose is for the couple to have a different experience with the same conversation as usual, and for it to be in a valuable direction. We learn from our clients what a 'valuable couple' is and we accompany them with the tools they need to achieve it.

Educational Objectives:

1. Apply the six processes of ACT to couples and family clinics based on research by Dr. Gottman and his team.
2. Utilize Gottman Method interventions based on research to promote psychological flexibility in clients and more useful and valuable behaviors.
3. Train therapists in reading the interaction of the couple in the present moment and in implementing perspective changes to select the best intervention.

98. Strengthening the therapist's self: Developing essential skills in Functional Analytic Psychotherapy

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Didactic presentation, Experiential exercises*

Categories: Clinical intervention development or outcomes, Professional development, Therapist skills

Target Audience: Beginner, Intermediate

Location: Aula 218 - Floor 2

Pricila Albrecht Bornholdt, M.Sc., Private practice
Alessandra Villas-Bôas, Ph.D., Private Practice and Ceconte
Gabriela A. I. Martim, M.Sc., Private Practice

The therapeutic relationship is recognized as a variable that robustly contributes to client's improvement, regardless of the psychological approach. Functional Analytic Psychotherapy (FAP) is an approach that brings a different focus to therapeutic relationship, using it as a tool to contingently shape client's more effective interpersonal behaviors. Therefore, for FAP, it is essential to offer training that contributes to the development and strengthening of important therapeutic skills, in the sense to build a therapeutic relationship that promotes significant outcomes. An aspect considered by FAP that has a great impact on interpersonal relationships is the experience of self of each person in the relationship. Therefore, it is an important target of analysis and intervention in therapeutic processes. Considering the role that the therapist presents in client's improvement, the aim of this workshop is to promote the development of the therapist's experience of self, since refining this repertoire can enhance skills such as evocation and reinforcement of client's improvement behaviors within the therapeutic relationship.

Educational Objectives:

1. Explain the importance of focusing on the therapist's intrapersonal and interpersonal skills.
2. Understand the concept of self experience.
3. Utilize the understanding of the therapist's experience of self, to inform interactions with clients.

99. Advancing Cancer Care: Innovations in CBS for Enhancing Quality of Life and Psychological Well-being

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Original data*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Cancer, Advanced Lung Cancer, Randomised Controlled Trial, Cancer-Related Fatigue, HRQoL, Hybrid-Format Intervention, Oncology Nursing, Women, Body Image

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 217 - Floor 2

Chair: Inês Trindade, Ph.D., Örebro University
Wenqian Zhao, Ph.D., The Nethesole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong
Huiyuan Li, Ph.D., The Nethesole School of Nursing, The Chinese University of Hong Kong

Integrating psychological interventions, such as ACT, into cancer treatment is crucial to improve patients' quality of life and psychological well-being. In this symposium three randomized controlled trials (RCTs) will be presented. The first study explores a video-conferencing ACT program for breast cancer survivors, highlighting the challenge of body image disturbances post-mastectomy. It emphasizes the potential of digital interventions, pointing to the need for enhanced adherence strategies and further research. The second study evaluates an ACT-based intervention for advanced lung cancer patients, focusing on reducing fatigue and improving health-related quality of life (HRQoL). Demonstrating significant improvements, it suggests ACT's viability as a complement to palliative care. The third study shows preliminary results from a randomized control trial (RCT) comparing the Mind program (an ACT and compassion-based intervention) to a traditional support group for breast cancer patients. Findings on benefits in quality of life and psychological outcomes will be presented. These studies collectively highlight ACT's role in addressing the complex psychosocial needs of cancer patients, fostering resilience and enhancing well-being.

- Effectiveness of Video-conferencing ACT-Based Programme for Breast Cancer Survivors on Body Image Disturbance

Wenqian Zhao, Ph.D., The Chinese University of Hong Kong
Yuen Yu Chong, Ph.D., The Chinese University of Hong Kong
Wai Tong Chien, Ph.D., The Chinese University of Hong Kong

Background: Acceptance and Commitment Therapy have shown benefits for improving body image disturbance in varieties of illness conditions but limited in breast cancer.

Methods: A single-blinded, two-arm RCT involving 122 post-mastectomy breast cancer patients was conducted to assess the effectiveness of a video-conferencing ACT program in their body image improvement. Body dissatisfaction, body appreciation, and other secondary outcomes were assessed at baseline, immediately and three months post-intervention.

Results and discussions: The GEE test results revealed no significant interaction treatment effects in all outcomes across time ($p < 0.05$), except a significant increase in sexual organism. Possible reasons including low intervention adherence/completion, complex causes and stubborn characteristics of breast cancer-induced body image disturbance, unmonitored interventionist competency, and impacts of the COVID-19 outbreaks, should be carefully considered and examined. Future studies could further test its effectiveness by improving interventionist competency/skills and intervention completion/participation, involving family/partner, booster sessions and maintenance effects investigation.

Conclusion: This study showed inconclusive effectiveness of video-conferencing ACT-based program for breast cancer patients with body image disturbance, but provides valuable evidence and insights for future studies.

- Effects of ACT-based intervention on fatigue interference and HRQoL in patients with advanced lung cancer: An RCT

Huiyuan Li, Ph.D., The Nethersole School of Nursing, The Chinese University of Hong Kong
Marques Shek Nam Ng, Ph.D., The Nethersole School of Nursing, The Chinese University of Hong Kong
Xiaohuan Jin, Ph.D., The School of Nursing, Nanjing University of Chinese Medicine
Cho Lee Wong, Ph.D., The Nethersole School of Nursing, The Chinese University of Hong Kong

Cancer-related fatigue is common in patients with advanced lung cancer, persistently interfering with health-related quality of life (HRQoL). Acceptance and Commitment Therapy (ACT) may effectively improve fatigue interference and HRQoL in this population. This study aimed to evaluate the effects of ACT-based intervention on fatigue interference and HRQoL in advanced lung cancer patients. An assessor-blinded randomised controlled trial was conducted. 160 participants were randomly allocated into either a four-week, hybrid-form (face-to-face plus video conferencing platform) ACT-based intervention group ($n=80$) or usual care control group ($n=80$). The primary outcomes were fatigue interference and HRQoL. Outcomes were measured at baselines (T0), one-week post-intervention (T1), and 3-month follow-up (T2). Compared with the control group, the intervention group demonstrated significant improvements in fatigue interference (T1: $\beta = -0.50$, $p < 0.001$; T2: $\beta = -0.16$, $p = 0.007$) and HRQoL (T1: $\beta = 16.01$, $p < 0.001$; T2: $\beta = 11.21$, $p < 0.001$). ACT-based intervention can effectively reduce fatigue interference and improve HRQoL in patients with advanced lung cancer and can be integrated into palliative care within the cancer system to contribute to the well-being of advanced cancer patients.

- Efficacy of the Mind programme vs a support group intervention: Preliminary results from a RCT in breast cancer

Ines Trindade, University of Örebro; University of Coimbra
David Skvarc, Deakin University
Joana Marta-Simões, University of Coimbra
Andreia Soares, University of Coimbra

Diogo Carreiras, Instituto Superior Miguel Torga
Joana Pereira, University of Coimbra
Lara Palmeira, Universidade Portucalense Infante D. Henrique
Ana Galhardo, Instituto Superior Miguel Torga
Mind Project Team

Background: The Mind programme is a 8-session ACT and compassion-based group intervention tailored for women with breast cancer(BC), aiming to prepare women for survivorship. A pilot study of the Mind programme has previously shown acceptability. This study will present a preliminary efficacy evaluation of the Mind programme against a support group intervention in women with BC undergoing radiotherapy.

Methods: This study's design is a Randomized Controlled Trial(RCT). Data from the first two rounds of allocation of this RCT will be presented. Participants have been randomly assigned to the Mind programme (n = 19) or a support group intervention (active control; n = 20). Treatment outcomes will include cancer-specific QoL (primary outcome; EORTC QLQ-C30 and QLQ-BR23), general QoL(EQ-5D-5L), depression, anxiety(HADS), psychological flexibility(CompACT), and self-compassion(SCS). Statistical analyses will be conducted as Intention to Treat.

Expected results: The Mind group is expected to show greater improvements in all assessed outcomes compared to the support group. It is also possible that each intervention will be distinctively beneficial or particularly efficacious for certain subgroups of patients.

Educational Objectives:

1. Describe evidence and insights for future studies to further test the effectiveness of video-conferencing ACT-based program for breast cancer patients with body image disturbance.
2. Implement a four-week, hybrid form (face-to-face plus video conferencing platform) ACT-based intervention for patients with advanced lung cancer.
3. Demonstrate and discuss the Mind programme's preliminary efficacy in women with breast cancer.

100. A Cooperative Approach to Therapeutic Alliance

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation*

Categories: Clinical intervention development or outcomes, Therapeutic Alliance

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 204 - Floor 2

Fabián J. Maero, Psy.D., Grupo ACT Argentina

The therapeutic alliance is often approached from an individual or interpersonal perspective, assuming that the quality of the therapeutic bond depends on personal factors such as empathy or warmth. However, it is possible to address the therapeutic alliance from a cooperative perspective, that is, as a group of people collaborating for a common goal. This allows for the use of conceptual tools developed for the analysis of groups and institutions in the therapeutic alliance. In particular, the principles postulated by Elinor Ostrom and adapted by Prosocial for the functioning of groups provide new understandings of the factors that contribute to the strength of the therapeutic alliance, while also providing a way to diagnose and address difficulties and ruptures. The workshop will explore how Ostrom's design principles can be functionally interpreted and applied as a guide for building a strong therapeutic alliance.

Educational Objectives:

1. Identify factors contributing to the strength of the therapeutic alliance.
2. Diagnose problematic aspects of the therapeutic alliance.
3. Adopt a cooperative perspective on clinical work.

101. Insights and Innovations in CBS: Development of Tools and Measures across Single Sessions, Complex Analyses, and Cross-Cultural Validations

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data*

Categories: Methods/approaches for individual variation, Processes of change, Chronic pain, PBT, Validation, Network analysis, EEMM, Case Conceptualisation, Pain, Chilean Adults

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 129 - Floor 1

Chair: Andreas B Larsson, M.Sc., Ph.D., Lic., Mid Sweden University
Felicia T.A. Sundström, M.Sc., Uppsala University
Pedro Mondaca, M.A.,
Şengül İlkey, M.D., Canan Bayraktar Public Health Foundation, Center for Contextual Behavioral Science

With new developments in psychotherapy come new developments in the application of psychological assessments and interventions. This symposium presents, firstly, the Swedish validation of the Process-Based Assessment Tool (PBAT) through a novel Boruta algorithm, highlighting the tool's precision in identifying key clinical outcomes, a critical advancement for personalized psychological assessments. Secondly, nomothetic and idiographic methods are employed to reveal individual variability, urging a shift towards more individualized treatment approaches. Thirdly, the effectiveness of an intervention model based on the delivery of a single ACT session and its preliminary results is presented. Fourthly, the reliability and validity of the Turkish version of the Headache Acceptance Questionnaire (HAQ) are examined, contributing to the cross-cultural applicability of headache acceptance measures. Lastly, we introduce a novel network analysis approach, offering insights into how patients perceive and construct their problem networks. Together, these studies underscore the evolving landscape of CBS, emphasizing the importance of developing adaptable, patient-centered tools.

- **Boruta-Driven Approach to Identifying Key Clinical Outcomes in a Swedish validation of the PBAT**

Andreas Larsson, Mid Sweden University
Felicia Sundström, Uppsala University

The Process-Based Assessment Tool (PBAT) is integral to indeonomic understanding and facilitation of psychological change within therapeutic settings. This study presents the Swedish validation of the PBAT, emphasizing a novel analytical approach using the Boruta algorithm to identify key clinical outcomes associated with its items. By translating and culturally adapting the PBAT and STOP-D into Swedish with 427 participants, mean age of 48. Utilizing the PHQ-4 and Single Item Stress Scale as criterion measures. Analyses revealed significant correlations between PBAT items and clinical outcomes, validating its application in a Swedish context. The Boruta algorithm pinpointed specific PBAT items that are most predictive of clinical outcomes such as vitality, health, sadness, anxiety, and stress. This feature selection technique underscored the PBAT's nuanced capacity to identify psychological processes impacting clinical outcomes. This Boruta-driven approach not only enhances our understanding of the PBAT's utility in clinical assessment but also sets a precedent for employing advanced data analysis techniques in psychological research.

- **Non-Ergodicity in Chronic Pain: An Investigation of Group-To-Individual Generalizability**

Felicia T.A. Sundström, M.Sc., Uppsala University
Amani Lavefjord, M.Sc., Uppsala University
Monica Buhrman, Ph.D., Uppsala University
Lance McCracken, Ph.D., Uppsala University

At a group level, on average, ACT for chronic pain produces small to moderate effects on well-being and disability (e.g. Lai et al., 2023; McCracken et al., 2022). However, these general outcomes obscure highly variable heterogeneous responses for different individuals (Hayes et al., 2019; Gates et al., 2023).

By employing both nomothetic methods for studying group averages and idiographic methods for studying each individual participant, this study examines the generalizability of results across these two perspectives. To analyze the data with respect to between-person and within-person perspectives, we obtained data on psychological flexibility, pain interference, and depression, including daily assessments on 58 occasions per individual for 116 people.

Our findings essentially show highly variable results across individuals in a way that is not captured in conventional group-based analyses. These results reveal limitations of traditional statistical models in capturing the nuanced variations in pain perception and psychological processes, challenging the conventional one-size-fits-all research paradigm. The non-ergodic nature of pain-related variables underscores the imperative for research and clinical practices that recognize and cater to individual differences.

- **Single-Session Acceptance and Commitment Therapy in Chilean population**

Pedro Mondaca, Mtr, Private Practice

The average number of attendances to psychotherapy sessions throughout the literature has been identified as low (1 or 2 sessions), therefore, designing treatments according to this empirical reality becomes an emerging need (Hoyt, Bobele, Slive, Young, & Talmon, 2018). Acceptance and commitment therapy (ACT) has been scarcely investigated in this modality, despite the existence of brief therapy models (Strosahl, Robinson, & Gustavsson, 2012). This

paper aims to present an intervention model based on the delivery of a single ACT session and its preliminary results in a sample of Chilean adults, a population in which the effectiveness of ACT has been insufficiently researched.

- **Turkish Validity and Reliability of the Headache Acceptance Questionnaire**
Sengül İlkay, M.D., Canan Bayraktar Public Health Foundation, Center for Contextual Behavioral Science
Sema Nur Türkoğlu Dikmen, M.D., Private Practice

The Headache Acceptance Questionnaire (HAQ) is a self-evaluation scale developed for assessing acceptance of headaches. The present study aims to examine the reliability and validity of the Turkish version of the Headache Acceptance Questionnaire (Turkish HAQ). The study group consisted of 237 participants who responded to the social media advertisement. Participants completed a socio-demographic form, Turkish HAQ, Acceptance and Action Questionnaire (AAQ-II), Pain Catastrophizing Scale (PCS), and Headache Impact Test (HIT). Internal consistency, parallel form reliability, and confirmatory factor analysis were performed to evaluate the psychometric properties of Turkish HAQ. The Turkish HAQ-II showed good internal consistency ($\alpha = 0.87$). Confirmatory factor analysis demonstrates that the model of scale fits well with 6 items and a one-factor structure [RMSEA (0.049), SRMR (0.093), CFI (0.992), GFI (0.982), NFI (0.980)]. Total scores on the measure exhibited a strong positive correlation between Turkish HAQ and PCS, HIT, and a moderate positive correlation between AAQ-II. The psychometric properties of the Turkish HAQ were demonstrated to be valid. Further investigation is required to determine the applicability of the Turkish HAQ within clinical settings.

- **Unraveling Minds: Pioneering Patient-Centered Networks in Psychotherapy through EEMM-Based PECAN**
Janina Svensgård, Mid Sweden University
Andreas Larsson, Mid Sweden University
Lars Klintwall, Karolinska Institute

The network approach to psychological diagnosis and case conceptualisation has recently become an interesting alternative to the latent disease model of the disorders presented in the DSM and ICD. Network analysis aims to discover the maladaptive feedback loops, or processes, maintaining psychological distress. In a mixed methods study, perceived causal problem networks (PECAN) based on the Extended Evolutionary Meta Model-dimensions was composed during an interview at an outpatient clinic. User experience of the participants were explored with self report and cognitive interviewing techniques (thinking aloud) of participants from Swedish outpatient clinics. Findings include indications/ how patients create their understanding of presenting problems, and the accuracy and workability of their network. Discussion of how patient experience and perception can influence and construct networks, and successively impact motivation for psychotherapy will follow.

Educational Objectives:

1. Apply the Boruta algorithm in analyzing psychological assessment data.
2. Describe the limitations of traditional nomothetic approaches in chronic pain research by comparing and contrasting them with idiographic methods.
3. Discuss applications of acceptance and commitment therapy in novel modalities.

102. ACT-Enhanced Behavior Therapy for Trichotillomania

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Clinical intervention development or outcomes, Methods/approaches for individual variation, Trichotillomania

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 126 - Floor 1

Michael P Twohig, Ph.D., Utah State University

In the last couple years a considerable amount of new research has occurred on A-EBT for trichotillomania, making it the most supported psychosocial intervention for trichotillomania. We now have strong data on its use in individual therapy, in groups, via telehealth, and via asynchronous websites. A-EBT is validated for adults and adolescents. It is also tested across the world. A-EBT has a published treatment manual and a dissemination study testing its utility. In this workshop, I will teach participants how to fully implement the ten-session protocol. I will also teach general techniques in assessing for trichotillomania and tracking treatment gains. Finally,

tips and tricks for complicated cases will be discussed. This is especially important as trichotillomania is an egosyntonic disorder, making it particularly difficult to treat. This workshop will be a mixture of lecture, demonstration, role-plays, and participant practice.

Educational Objectives:

1. Explain the A-EBT model of trichotillomania.
2. Diagnose trichotillomania and create a treatment plan.
3. Implement A-EBT for trichotillomania.

103. InterACT with Couples: Interpersonal Yearnings and Psychological Flexibility

Workshop (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Interpersonally-Applied ACT

Target Audience: *Beginner, Intermediate*

Location: Aula 124/125 - Floor 1

Lou Lasprugato, MFT, Private Practice

Acceptance and Commitment Therapy (ACT) has been extensively studied and utilized as an individual form of therapy while its application to couples therapy has been somewhat limited to a few notable publications and a relatively small, but growing body of promising research. ACT's model of psychological flexibility, when extended interpersonally, can offer a unique lens to case conceptualization and functional analysis when examining patterns of interaction between intimate partners. What's more, yearnings - deep, enduring longings or psychological needs - are often the primary motivators influencing one or both partners seeking therapy. Individual and interpersonal yearnings compete for attention within relationships, as partners attempt to satisfy yearnings in unworkable (values-incongruent) ways that create conflict, tension, and disconnection.

This workshop will introduce a reimagined ACT Hexaflex that situates yearnings as a core functional feature of an interpersonal psychological flexibility model. Participants will have a chance to experience the psychological flexibility processes extended interpersonally through dyadic work and to analyze the function of yearnings within couples therapy through video vignettes and/or small group practice.

Educational Objectives:

1. Demonstrate how to extend the ACT core processes interpersonally within couples therapy.
2. Explain the central role that yearnings play in couples therapy, including how individual yearnings compete for attention with interpersonal yearnings.
3. Formulate a functional analytic case conceptualization for couples that situates yearnings as drivers of behavior.

104. Aspects of metaphor use in contextual therapies

Panel (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation*

Categories: Clinical intervention development or outcomes, Processes of change, Use of metaphor as strategy in psychotherapy

Target Audience: *Beginner, Intermediate*

Location: Aula Magna - Floor 1

Chair: Fatih Yavuz, M.D., Istanbul Medipol University

Niklas Törneke, M.D., NT Psykiatri

Carmen Luciano, Ph.D., University of Almeria

Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz

Metaphor has always been an important therapeutic tool in acceptance and commitment therapy but also in many other models of psychotherapy. This panel will focus on some central aspects of why and how metaphor can be used to support therapeutic change. Each presenter will give a short introductory talk on a particular aspect of the subject and then give time for discussion, both between themselves and with the audience.

Educational Objectives:

1. Implement specific clinical principles in working with metaphor in therapy.
2. Differentiate between types of metaphors and select appropriate ones based on an understanding of which type of metaphor content is most effective.
3. Demonstrate their ability to use metaphors as a means to conceptualize the therapeutic process as a whole.

105. Enhancing Substance Use Disorder Treatment with novel Acceptance and Commitment Therapy interventions: Applying ACT to Addictions (AAA) SIG Sponsored

Symposium (12:15 PM - 1:45 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, Substance Use

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 2 - Floor 0

Chair: Yolanda Villareal, Ph.D., UT Health Sciences Center at Houston

Discussant: Jason Luoma, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Laurie Gallo, Ph.D., Albert Einstein College of Medicine

Angela Stotts, Ph.D., McGovern Medical School at UT Health Science Center-Houston

Yolanda R. Villarreal, Ph.D., University of Texas Health Science Center at Houston

Shaina Siber-Sanderowitz, LCSW, AFFIRM Mental Health

Acceptance and Commitment Therapy has been used in a wide variety of contexts with a diverse range of patients, however, data on using ACT with racial/ethnic minorities in the US is still needed, particularly in the field of substance use. This symposium brings together different papers focused on how ACT can be adapted for use with racially/economically marginalized populations struggling with substance use. We highlight the context in which substance use occurs for these patients, and modifying ACT skills to be more accessible and useful for folks with limited resources and experiencing multiple systemic barriers. We focus on skills in the talk that participants can use imminently. We include data-based and conceptual talks including: A novel ACT plus MI intervention delivered early postpartum, to people who used substances prenatally (Stotts et al), a virtual group ACT protocol for multiply marginalized patients with OUD and chronic pain (Bhambhani et al), Training Substance Use Counselors to deliver ACT (Gallo et. al), and Bringing structural humility to enhance ACT for substance use (Siber-Sanderowitz & Gallo).

- Integrating ACT with Motivational Interviewing to form a novel SBIRT intervention for postpartum people who use substances

Angela L Stotts, University of Texas, Health Sciences Center at Houston

Yolanda R Villarreal, University of Texas, Health Sciences Center at Houston

Thomas F Northrup, University of Texas, Health Sciences Center at Houston

Postpartum people using substances may be motivated to engage in health-seeking behaviors; however, interventions to prevent future substance-exposed pregnancies (SEPs) are lacking. Novel approaches are needed to assist postpartum people in initiating substance use treatment and engaging in reproductive planning. Interventions in healthcare settings with non-treatment-seeking populations typically involve screening, brief motivational interviewing (MI) and referral to treatment (SBIRT). SBIRT has demonstrated effectiveness for reducing alcohol use and increasing contraception initiation, however, limited effects have been found when targeting drug use. Strategies from acceptance and commitment therapy (ACT) may bolster the effects of MI-based SBIRT interventions. We describe the rationale and methodology used to integrate ACT with MI to form a new SBIRT-type intervention for use in medical settings. The MI+ACT intervention consists of three hospital- and clinic-based sessions to promote mothers' motivation and psychological flexibility. Our pilot study (N=364) found the adapted MI+ACT intervention was highly promising for increasing substance use treatment (Bayesian probability of benefit=84%) and contraception initiation (probability of benefit=>99%) among postpartum people who used substances during pregnancy, potentially decreasing future SEPs.

- Acceptability and Feasibility of Training OTP Counselors in Providing Acceptance and Commitment Therapy

Laurie Gallo, Ph.D., Albert Einstein College of Medicine

Andrea Jakubowski, Montefiore Medical Center

Qurat-ul-ain Gulamhussein, Montefiore Medical Center

Maya Nauphal, Montefiore Medical Center
Teresa Lopez-Castro, City College of New York
Annika Sabado, Albert Einstein College of Medicine
Yash Bhambhani, Montefiore Medical Center

Embedding chronic pain treatment in opioid treatment programs (OTPs) may improve access to evidence-based psychological care. In this pilot study, three psychologists and an internal medicine physician collaborated to investigate if OTP counselors, who receive limited training in behavioral therapy, can be trained to deliver a novel, 12-session group-based ACT protocol to an economically and racially marginalized population. A psychologist provided intensive training initially to ACT-naïve counselors, and thereafter a psychologist and physician provided weekly supervision to monitor adherence to the manual and provide feedback on videorecorded sessions. Within 3 OPT counselors, buy-in to ACT concepts, following a manual, and participating in training and supervision activities varied substantially. Challenges included OTP counselors having limited training in group management and using a therapy manual, a confidence/skill mismatch, and extensive supervisor time required to achieve modest protocol adherence. Supervisors noted however counselor adherence improved over time, & patients reported finding the group to be very helpful and reported improvement in outcomes. Future directions and suggestions for implementing evidence-based care in novel settings will be reviewed.

- **Community Context: Integrating a Structural Competence Approach with ACT to Improve Treatment for Substance Use Disorders**

Shaina Siber-Sanderowitz, LCSW, Affirm Mental Health
Laurie Gallo, Ph.D., Albert Einstein College of Medicine

In this conceptual talk, we will introduce the use of a clinical Mapping Vulnerability and Privilege (MVP) tool (Siber-Sanderowitz, et al., 2022) and how it can enhance outcomes for substance misuse treatment. The MVP aims to build structural competency, which encourages consideration of the institutional, political, and economic forces that shape clients' symptom expression and health outcomes, as well as clinician attitudes toward patients. The NY Office of Addiction Services and Supports (OASAS) has issued recommendations that structural competency be incorporated into substance use disorder treatment. We discuss how specific application of the MVP aligns with an Acceptance and Commitment Therapy focus on how the context shapes "disorders", and can enhance treatment by highlighting structural barriers to valued action. Finally, we highlight how through the use of this tool within an ACT framework, clinicians can bring structural humility and cultural responsiveness to their ACT work and be creative in assisting clients in effecting individual and collective change. We also discuss how clinicians can develop their own structural advocacy if in line with their values.

- **Implementing a Culturally Responsive Acceptance and Commitment Therapy Group Protocol in Primary Care for Patients suffering from OUD and CP: Initial Findings**

Yash Bhambhani, Ph.D., Montefiore Medical Center
Laurie Gallo, Ph.D., Albert Einstein College of Medicine
Samuel Holzman, Albert Einstein College of Medicine
Hector Perez, Albert Einstein College of Medicine
Vilma Gabbay, University of Miami

The Bronx New York has one of the highest opioid overdose rates and ER visits in the US. As part of a NIDA-funded RCT, we developed a new 12-week group, virtual ACT protocol for patients in the Bronx who face unique contextual barriers and stressors, to target Opioid Use Disorder and Chronic Pain. This protocol was developed for patients who receive buprenorphine from primary care providers within a large hospital system. In our protocol we acknowledge systemic stressors that our patients face, and developed nine micro ACT skills to focus on increasing psychological flexibility within this unique systemic and cultural context. Skills were developed to be accessible by communities who may be low-resourced and have diverse education levels. Culturally relevant imagery, metaphors, and examples were used. To date, 27 participants have been randomized, with 15 people to ACT condition, and 6 completing Week 12 assessments. Initial findings show that psychological flexibility around substance use increased and pain interference decreased. Challenges and future directions in implementing a RCT with a multiply marginalized population will be discussed.

Educational Objectives:

1. Apply a structural vulnerability and privilege assessment to enhance application of ACT to diverse clinical populations.
2. Explain how ACT may be adapted to use in novel settings such as Opioid Treatment Programs and Primary Care clinics, and discuss challenges associated with the same.
3. Use ACT to enhance brief MI-SBIRT intervention in medical settings to potentially decrease substance exposed pregnancies.

106. Addressing Trauma in the Context of Political Violence: Perspectives and Practices from Contextual Sciences: Peru Chapter Sponsored

Panel (12:15 PM - 1:45 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Trauma, Depression, Mindfulness

Target Audience: Beginner, Intermediate, Advanced

Location: Cine - Floor 0

Margot Osorio, M.A., Peruvian chapter, San Jose Hospital, Big & Bright

Discussant: Vanessa Del Águila Vargas, Lic., Hello ACT

Noemi paola Bravo saavedra, DClinPsy, Peruvian Chapter

Giulia Mendoza Martinez, Lic., Hello ACT

Political violence, by imposing unequal power patterns, leaves deep scars on the mental health of women, children, and men. This panel aims to analyze differences in trauma experiences, considering the intersection of gender and age, and will examine how interventions based on ACT, Mindfulness, and DBT can offer personalized approaches to address these disparities.

Our panelists will describe, based on their clinical experience, the practical application of these interventions in contexts of political violence, highlighting how these interventions can be adapted to address the specific needs of each demographic group. Additionally, strategies will be discussed to effectively integrate these practices into diverse cultural environments.

This panel seeks not only to increase understanding of the differential manifestations of trauma but also to propose innovative approaches that respect cultural diversity. By combining theory and practice, we aspire to promote interventions that not only alleviate individual suffering but also foster collective healing in communities affected by political violence.

Educational Objectives:

1. Describe differences in trauma experiences, considering the intersection of gender and age in the context of political violence.
2. Explain the applicability of contextual sciences in contexts of political violence, illustrating concretely the practical application of interventions based on ACT, Mindfulness, and DBT in these contexts.
3. Provide effective intervention strategies in diverse cultural settings.

Saturday Lunch 1:45 PM – 3:00 PM

Saturday Lunch Event 2:15 PM – 2:45 PM

M. Climate Justice and Action SIG - Meet the SIG!

Chapter/SIG/Committee Meeting (2:15 PM - 2:45 PM)

Translation: Not available

Location: Aula 217 - Floor 2

Jae Villanueva, Ph.D., Swiss Institute of Sustainable Health

Devin Guthrie, Ph.D., Life & Death Coaching

Join us at the meeting of the Climate Justice and Action SIG! We will provide a comprehensive overview of current activities, achievements, and strategic directions as detailed in the SIG's annual report. We explicitly welcome both current members and potential new participants and will talk about ongoing projects and initiatives within the SIG and we'll also brainstorm further actions for the SIG in small groups. This will be embedded in a dynamic and inclusive atmosphere, encouraging personal connections and networking opportunities. The session will conclude with a discussion segment, inviting feedback and ideas on increasing engagement and broadening the scope of action of the SIG within the ACBS community.

Saturday Afternoon 3:00 PM

107. Experiential Role Play: Integrating ACT Processes Flexibly

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Supervision and training, Integrating ACT flexibly

Target Audience: *Beginner, Intermediate, Advanced*

Location: Juan Pablo II - Floor 2

Robyn D Walser, Ph.D., University California Berkeley; National Center for PTSD; TL Consultation Services

Darrah A. Westrup, Ph.D., Private Practice

Many therapists drawn to Acceptance and Commitment Therapy (ACT) appreciate its compassionate approach, its fundamental acceptance of the human experience, and its ability to empower clients to make impactful, life-enhancing choices. Through our experience, we've observed that many therapists are deeply moved by their engagement with ACT and its potential to alleviate suffering. However, despite this heartfelt connection to the model, some therapists struggle to flexibly integrate its six core processes. We often hear from new and seasoned practitioners that while they grasp the conceptual framework of ACT, they find it challenging to apply it effectively in real-world therapeutic settings. In this workshop, we utilize an experiential role-play approach to demonstrate and explore the flexible integration of these core processes. Attendees will be able to participate in role-plays, taking on the role of clients, while Drs. Walser and Westrup showcase the seamless integration of all six core processes and audience-selected processes, providing an "on-demand" learning experience. Following each role-play, a brief discussion will be held to dissect the demonstrated intervention and understand its intended function.

Educational Objectives:

1. Describe the 6-part ACT model and their functional purpose.
2. Discuss how flexible application of the 6 core processes is built into clinical work.
3. Apply the core processes from an ACT perspective given several client presentations.

108. Addressing Selfing as a Central Process in Psychotherapy. Contributions of Reformulated RFT

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Processes of change, RFT / RGB / language, Clinical Behavior Analysis

Target Audience: *Intermediate, Advanced*

Location: Aula 219 - Floor 2

Fabián O Olaz, Ph.D., Laboratorio de Comportamiento Interpersonal - Universidad Nacional de Córdoba

Valentina Cuarta, Lic., Fundación CIPCO (Centro Integral de Psicoterapias Contextuales)

Acceptance and Commitment Therapy has become an increasingly utilized therapeutic modality worldwide, with growing evidence of its efficacy. Since its origins, ACT has been based on the principles of Behavior Analysis, although it is evident that in recent years this view has been somewhat lost, giving way to an approach more based on conceptualization in terms of means. Clinical Behavior Analysis involves the application of assumptions and principles of functional and contextual analysis to "clinical problems" (Kohlenberg, Tsai & Dougher, 1993), and it is a perspective that has recently gained renewed momentum. Following this line, the aim of the workshop is to train participants in specific clinical applications based on a conceptualization of the Self from Relational Frame Theory (RFT) Reformulated (Barnes-Holmes, Barnes-Holmes, & McEnteggart, 2020) as a behavioral perspective on language. In particular, the course will focus on guided practice of ACT interventions, from a perspective consistent with the contributions of the HDML (Hyper Dimensional and Multilevel Model).

Educational Objectives:

1. Conceptualize Selfing as a complex pattern of verbal interaction, identifiable as a personal narrative.
2. Analyze the different dimensions of Selfing of their clients based on the HDML model of Reformulated RFT.
3. Intervene based on the conceptualization of Selfing and the proposed dimensions for analysis.

109. Interventions in Contextual Behavioral Science: Perspectives and Outcomes

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in Spanish

Translation: Not available

Components: *Case presentation, Conceptual analysis, Didactic presentation, Original data*

Categories: Clinical intervention development or outcomes, Processes of change, Self-Compassion in Healthcare Workers, Suicide, DBT, Skills, Personality, Personality Disorders, Behavior Analysis, Contextual Therapy, Functional Contextualism, Trauma, BPD, Adults, Risk

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 218 - Floor 2

Chair: Alexandra Avila, M.A., Balance y Bienestar

Cristian L Santamaria Galeano, M.Sc., Centro Integral de Psicología Contextual - CIPSYC

Sebastian Ortiz Pérez, Ph.D.(C), Centro Integral Psicología Contextua

Matilde E Elices, Ph.D., Hospital del Mar Medical Research Institute

Alvaro Paredes, Mtr., National University of San Marcos

Yvonne Gomez, Ph.D., Universidad de Los Andes

This symposium brings together different studies highlighting the potential of Dialectical Behavior Therapy (DBT) and self-compassion within the framework of contextual behavioral science to address various clinical issues. The impact of an online program based on DBT skills to prevent suicide is discussed, along with reflections on the elements affecting the effectiveness of implementing the DBT program in clinical cases. Subsequently, a new perspective on personality disorders is presented, considering the influence of trauma and a contextual approach. Variables predicting psychological distress in a sample of Peruvian adults are also examined. Finally, it is shown how practicing self-compassion can benefit workers in a public hospital in Chile. Ultimately, this symposium highlights how contextual behavioral science can provide valuable tools for addressing different clinical issues.

- **Self-Compassion and Emotional Impact in Workers of a Public Hospital in Chile**

Cristian Santamaria, M.Sc., Centro Integral de Psicología Contextual
Sebastian Ortiz, Ph.D., Centro Integral de Psicología Contextual

Self-compassion is defined as the ability to understand and support oneself in difficult moments, treating one's own suffering with kindness and warmth, as if it were an act of compassion turned inward, and identifying what is needed to face such situations.

Design: Quantitative approach and cross-sectional descriptive design.

Sample: All workers of the Forensic Clinical Unit, five women with professions in Midwifery and Paramedic Technician.

Instruments: The Self-Compassion Scale (SCS) by Neff (2003), Spanish version by García-Campayo et al. (2014), and the General Health Questionnaire - 12 (GHQ-12) by Goldberg & Williams (1988), Spanish version by Ruiz et al. (2017).

Result: An increase in self-compassion levels is identified between pre and post measurements. Preliminary results show that cultivating self-compassion in participants promotes the management of difficult emotions, encourages self-care behaviors, and compassion-focused attention behaviors, which are fundamental tools considering that their work is directed towards individuals who have experienced sexual abuse.

- **DBT Skills for Suicide Prevention: Development, Acceptability, and Efficacy of a Web-Based Program**

Matilde Elices, Ph.D., Hospital del Mar Medical Research Institute
Irene Canosa-García, M.Sc., Hospital del Mar
Joaquim Soler, Ph.D., Hospital de la Santa Creu i Sant Pau
Azucena Justicia, Hospital del Mar
Víctor Pérez-Sola, Hospital del Mar

For Dialectical Behavior Therapy (DBT), suicidal behaviors are a primary treatment target (Linehan, 1993). DBT has demonstrated its effectiveness in reducing suicidal behaviors (SB) in controlled clinical trials (RCTs; DeCou et al., 2019). However, there is limited evidence on the efficacy of DBT in post-diagnosis populations presenting suicidal behaviors.

In the context of a cohort study of individuals with SB, we developed a web-based self-management tool called iFD-Survive, to provide behavioral skills for coping with dysregulated emotions and suicidal crises (Pérez et al., 2020).

Phase 1 of the study involved developing the intervention and testing its acceptability and feasibility. Phase 2 consisted of an RCT in which 600 participants (over 18 years old) with a suicide attempt were randomly assigned to iFD-Survive (n = 300) or treatment as usual (n = 300).

- **Redefining Personality Disorders: A Contextual Trauma-Informed Perspective**

Alvaro Paredes-Rivera, National University of San Marcos

As we know, the definitions and categories provided by diagnostic manuals lack an explanatory theory, making it difficult for clinicians to effectively address psychological problems. Personality disorders deserve special attention because they refer to a concept—the 'personality'—that reflects individuals' life histories and how various learning experiences have solidified into inflexible and persistent ways of responding to different environments. A contextual-functional perspective can turn its focus to the origins of a client's 'personality' and understand how their life experiences have shaped these complex ways of relating to the world and themselves. Additionally, research in psychological trauma emphasizes particular experiences that can radically change how people adapt to new contexts. This presentation provides a review of these concepts and a proposal for understanding personality disorders from a contextual, functional, and trauma-informed perspective.

- Reflections on the effectiveness and ineffectiveness of the implementation of the DBT program: A case study

Alexandra Avila Alzate, M.Sc., Balance & Bienestar SAS

Yvonne Gómez Maquet, Ph.D., Universidad de los Andes

In the implementation of DBT treatment, we have encountered cases within our team where the intervention has had a positive impact, allowing us to observe sustained behavioral changes in the clients over time. On the other hand, we have had other cases in which, despite completing the full DBT program, the expected results were not achieved, evident in relapses, crises, and poor adherence. This paper aims to share and discuss, based on specific cases, the factors that we have found can either favor or hinder the effectiveness of the treatment. Among these factors are: psychiatric support, involvement of family members and clients in skills training workshops, having a support network, adequate therapeutic relationship in individual therapy, regularity of team consultation and case supervision, and therapist self-care. This analysis will help establish effectiveness criteria for addressing challenges in intervention implementation.

Educational Objectives:

1. Identify the benefits of self-compassion in stressful situations for healthcare workers.
2. Discuss the effectiveness of implementing large-scale web programs for individuals with suicidal behaviors.
3. Redefine personality disorders from a contextual-functional perspective.

110. Cross-Cultural Perspectives on ACT: Effectiveness, Adaptation, Training, and Growth Across Diverse Populations

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Literature review, Original data*

Categories: Clinical intervention development or outcomes, Academics or education, Mindfulness, Psychological flexibility, Post-traumatic growth, Systematic review

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 217 - Floor 2

Chair: Tamara M Loverich, Ph.D., Eastern Michigan University

Gökçen Aydın, Ph.D., TED University

Raul V Manzione, M.Sc., RVM Behavioral Psychology

Luisa Jotten, Mpsych, São Paulo University

This symposium sheds light on the application of Acceptance and Commitment Therapy (ACT), assessing its effectiveness, adaptability, training, and impact across various cultural contexts. A systematic review explored the effectiveness of ACT for adult depression, anxiety, substance abuse, somatic and eating concerns across race and ethnicity, indicating that ACT's effectiveness for non-WEIRD peoples is unclear despite community commitment to DEI and a functional contextual approach. Further, a meta-analysis which focused on the interconnectedness of mindfulness, psychological flexibility, and post-traumatic growth, will present its results. A study employing a single-case design evaluates the impact of a two-day ACT workshop on the skill acquisition of novice therapists, demonstrating significant competency development, and highlighting the potential of brief, intensive training formats. Additionally, a documentary investigation across Latin American countries reveals an absence of official guidelines on clinical supervision within the psychology profession, suggesting that the incorporation of behavior analysis and the study of rule-governed behavior could enhance supervision practices and adherence to professional standards. These presentations advocate for a nuanced understanding of

ACT's cross-cultural applications, emphasizing the importance of culturally sensitive adaptations to enhance its global utility and effectiveness.

- ACT is WEIRD: Results of a systematic review of effectiveness and adaptation across race and ethnicity

Tamara Loverich, Ph.D., Eastern Michigan University
Daniel Like, B.A., Eastern Michigan University
Xiyu Cao, M.S., Eastern Michigan University
Audrey Blematl, M.S., Eastern Michigan University
Saija Brown, B.S., Eastern Michigan University
Carly Carrasco-Wyant, M.S., Eastern Michigan University
Ian Lambie, Ph.D., University of Auckland

Meta-analyses have supported ACT's overall effectiveness in depression, anxiety, substance abuse, somatic and some eating outcomes (e.g., Gloster et al., 2020) resulting in broad dissemination. However, its effectiveness, utility, and cultural inclusivity have yet to be sufficiently investigated across cultures. This systematic review explored the effectiveness of ACT for adult depression, anxiety, substance abuse, somatic and eating concerns across race and ethnicity. Articles with at least 35% non-white participants were included. Of over 1300 nonduplicate articles, multiply reviewed screenings produced 136 that met criteria, primarily conducted in the U.S., Sweden, the Netherlands, and Iran. Eighty-seven reported effect sizes; however, 130 studies claimed effectiveness. The vast majority focused on depression and anxiety (n=93), and chronic pain (n=39). ACT is being delivered with very few modifications worldwide despite known strengths of cultural adaptation (Naeem et al., 2023). Of the cultural adaptations, 87 were language-only, 3-language adapted materials, and 3 true cultural adaptations. ACT's effectiveness for non-WEIRD peoples is unclear despite community commitment to DEI and a functional contextual approach. Implications and future directions will be discussed.

- Exploring the Link between Mindfulness, Psychological Flexibility and Post-traumatic Growth: A Meta-Analysis

Fatma Zehra Unlu Kaynakci, TED University
Gokcen Aydin, TED University
Aysegul Araci Iyiyaydin, TED University

The concept of post-traumatic growth involves surpassing pre-trauma levels of functioning. Several factors, including psychological flexibility and mindfulness, are highlighted as crucial for fostering this growth. However, there has been no systematic review or synthesis of the empirical literature examining the relationship between mindfulness, psychological flexibility, and post-traumatic growth. Therefore, this study aims to consolidate existing research findings through a meta-analysis. We also hypothesize that there will be a positive correlation between mindfulness and posttraumatic growth, alongside a similar positive correlation between psychological flexibility and posttraumatic growth. Accordingly, pertinent studies are going to be identified via systematic exploration of databases including PsycINFO, PsychARTICLES, Eric, Medline, Science Direct, and Web of Science using the following terms: mindfulness, psychological flexibility, post-traumatic growth, and PTSD up to March 31, 2024. Research will be deemed appropriate for inclusion if it utilized validated or standardized self-report instruments to evaluate variables and were published in peer-reviewed journals in the English language.

- A Single-Case design measuring the effects of an ACT workshop on skill acquisition in novice therapists

Raul Vaz Manzione, M.Sc., Instituto Par Ciências do Comportamento; RVM Behavioral Psychology
Roberta Kovac, Instituto Par Ciências do Comportamento

With hundreds of randomized clinical trials suggesting strong efficacy for various psychological conditions, ACT has gained popularity in recent years. The training of therapists to develop competencies for applying ACT is an area that requires further empirical investigation. This study aimed to investigate a two-day workshop intervention in a single-subject quasi-experimental design. Competency acquisition in ACT was assessed in two novice therapist subjects without prior ACT training, across role-plays conducted during the workshop. Both demonstrated competency development compared to the baseline phase, and the implications and limitations of such training as part of therapist training curricula within Evidence-Based Practices in Psychotherapy are discussed.

- Clinical supervision and the role of the supervisor in official documents in the territory of Latin America

Luisa Jotten, University of São Paulo
Mariana Salvadori Sartor, University of São Paulo
Claudia Kamis Bastos Oshiro Clemente, University of São Paulo

Many countries require that psychologists understand and follow their Code of Professional Ethics to guarantee the quality of their work, furthermore, many countries such as the United States, Australia and New Zealand also rely on their own guidelines, while Latin American countries still lack documentation on clinical supervision. This study sought to investigate how the supervision process and supervisor role were addressed in the official documents of professional regulatory bodies in Latin American countries. This was a documentary investigation, which analyzed and interpreted documents of 20 Latin American countries through the lenses of behavior analysis. Supervision and the role of the supervisor were seldomly mentioned or described in a flawed manner, thus it is possible to conclude that the lack of guidelines harms the everyday practice, regulation and development of the area, Although the documents do not present a theoretical bias, behavior analysis and the study of rule governed behavior could contribute to the reformulation of norms and possibly improve their compliance.

Educational Objectives:

1. Describe the ways in which ACT has been culturally adapted.
2. Discuss the significance of mindfulness and psychological flexibility in post-traumatic growth.
3. List difficulties in selecting designs to evaluate therapist competencies.

111. Long life to Social Connection: Using FAP principles to build up a meaningful life

Invited (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Original data*

Categories: Dissemination or global health strategies, Social justice / equity / diversity, Functional Analytic Psychotherapy

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 204 - Floor 2

Amanda M. Muñoz-Martinez, Ph.D., Universidad de los Andes



We find ourselves in the era of hyperconnectivity, yet paradoxically, the pervasive feeling of loneliness has never been more palpable and painful. Loneliness has heavily affected our physical and behavioral health. Addressing loneliness requires revisiting a timeless remedy deeply embedded in our species' history: social connection. Reconnecting with the natural reinforcement that comes from being part of the pack would be the balm that we are looking for. To combat the profound impact of loneliness on our overall health, it becomes imperative to explore actionable steps. Drawing inspiration from the lens of Functional Analytic Psychotherapy (FAP), this presentation outlines strategies to transform both ourselves and our contexts. Grounded in the conceptual and empirical foundations of FAP, this presentation aims to prompt a thoughtful reflection on those dimensions and levels that influence our social connection. I will also discuss the necessity of enriching our behavioral repertoires to navigate a transformative journey toward more meaningful connections, not only in the clinical practice but in our community.

Educational Objectives:

1. Identify those factors associated with social connection at different levels and dimensions.
2. Explain the key interpersonal repertoires that support building up and maintaining social connection.
3. Recognize the impact of loneliness on people's health and the challenges faced in a hyperconnected world.

112. CBS and Psychedelics: How Psychological Flexibility Can Explain and Enhance Therapeutic Benefits: Psychedelic and Non-Ordinary States of Consciousness SIG Sponsored

Symposium (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Didactic presentation, Literature review*

Categories: Clinical intervention development or outcomes, Processes of change, Psychedelics

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 129 - Floor 1

Chair: Temple Morris, LCSW-C, True North Therapy and Training

Discussant: Miranda Morris, Ph.D., True North Therapy and Training
Brian Pilecki, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center
Jason Luoma, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center
Jenna LeJeune, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center
Maximiliano F Lofredo, Lic., CEPPA

As psychedelic-assisted therapy emerges as a new paradigm in mental health treatment, there is a need to increase understanding of its underlying processes of change and how to best use psychotherapy to increase therapeutic benefits. Psychological flexibility is an excellent candidate for describing the psychedelic experience and therefore informing how to best facilitate change in clients, thereby creating a role for CBS and ACT to inform treatment development and research in this area. This symposium includes several papers that represent novel applications of ACT and CBS in the use of psychedelics including a clinical trial of MDMA-assisted therapy for social anxiety disorder, an ACT-based psilocybin retreat model, and an ACT-based protocol for psychedelic use, and a meta-analysis of evidence evaluating psychological flexibility as an underlying process of change. Future directions for the role of CBS in psychedelic medicine will be explored, including how ACT can be used to inform the preparation, administration and integration phases of psychedelic-assisted therapy.

- **MDMA-Assisted Therapy for Social Anxiety Disorder: Treatment Developments to Enhancing Acceptance**

Brian Pilecki, Ph.D., Portland Psychotherapy
Jason B. Luoma, Ph.D., Portland Psychotherapy
Kati M. Lear, Portland Psychotherapy

As MDMA-assisted therapy (MDMA-AT) garners attention for its efficacy in treating Post-Traumatic Stress Disorder (PTSD), its potential applications for other conditions, such as Social Anxiety Disorder (SAD), remain largely unexplored. This paper proposes that MDMA-AT uniquely facilitates acceptance in individuals with SAD. We present adaptations to MDMA-AT focused on enhancing acceptance in social anxiety disorder. We also present preliminary data on changes in acceptance of shame and embarrassment from a wait-list controlled randomized clinical trial involving 20 participants undergoing two sessions of MDMA-AT, accompanied by preparation and integration sessions. Preliminary results demonstrate notable improvements in acceptance levels among participants, reflected in their increased capacity to engage with challenging social stimuli without resorting to avoidance strategies. This paper is the first to our knowledge to report data on the role of acceptance as a mechanism in psychedelic-assisted therapy. Ultimately, this study contributes to the evolving field of MDMA-AT, advocating for a broader application of this therapy beyond its initial PTSD focus, and underscores the importance of acceptance in treating social anxiety disorders.

- **The Role of Psychological Flexibility in Psychedelics: A Systematic Literature Review**

Jason B. Luoma, Portland Psychotherapy
Alyson Negreira, Ph.D., Private Practice
Lilly Kennedy, Portland Psychotherapy

This systematic literature review examines the role of psychological flexibility in the therapeutic effects of psychedelics across various contexts and conditions. The review synthesizes findings from clinical trials, observational studies, and qualitative research focusing on psychedelics, including LSD, psilocybin, MDMA, and ayahuasca, and their impact on psychological flexibility. By integrating data from diverse sources, this paper aims to provide a comprehensive overview of existing data on how psychedelics facilitate psychological flexibility and its contribution to outcomes. Overall, the set of preliminary findings suggest that psychological flexibility appears to be an important process through which psychedelics exert their effects. The review highlights the need for further research to elucidate the complex interactions between psychedelics and psychological flexibility, including dose-dependent effects, the influence of set and setting, and the integration of psychedelic experiences into ongoing psychological growth and development. By deepening our understanding of how psychedelics promote psychological flexibility, this work supports the development of more effective, integrative treatment approaches for a range of mental health conditions.

- **Crafting Transformative Spaces: Applying Contextual Behavioral Science to Psychedelic Retreats**

Jenna LeJeune, Ph.D., Portland Psychotherapy
Temple Morris, LCSW-C, True North Therapy & Training

While numerous psychedelic retreats and experiences are now offered around the world, very few offer a program grounded in a scientific perspective. This paper outlines the development and implementation of a psilocybin retreat program that takes a pragmatic

approach to psychedelic science informed by CBS, ACT, and current empirical research on psychedelics.

The program described offers an experiential learning opportunity for individuals seeking both personal growth and professional development in the therapeutic use of psychedelics from a CBS perspective. Participants engage in the retreat in two roles: as Experiencers, who explore personal psychedelic experiences through ingesting psilocybe cubensis, and as Facilitators, who utilize CBS principles to support others in their psychedelic journeys. Four guiding principles/values—Openness, Self-transcendence, Safeness, and Light-heartedness—inform the retreat's design, promoting an environment conducive to growth, exploration, and sense of belonging. CBS principles and ACT processes are also woven into preparation and integration sessions that are an integral component of the retreat. This paper examines how CBS and ACT utilized in a retreat context can enhance the transformative potential of psychedelics.

- **Acceptance and Commitment Therapy (ACT) assisted with Psychedelics: Fundamentals, Application and Clinical Results**

Lic. Esp. Lofredo, Maximiliano Facundo, Centro de Psicoterapia con Psicodélicos de Argentina (CEPPA)

We are currently experiencing a new wave in terms of interest in psychedelics as therapeutic agents. In this revolution, the use of these molecules as psychotherapeutic adjuvants to address different mental health problems accumulates a large amount of scientific evidence, showing surprising effectiveness (efficacy and efficiency) to generate psychological flexibility in people who undergo these treatments.

Protocols based on Contextual Therapies, especially Acceptance and Commitment Therapy, seem to provide an ideal framework for working with these compounds, given that the psychological mechanisms of action by which these molecules generate therapeutic benefits (significant reduction in rumination and relaxation of core beliefs) are consistent with the hexaflex model and psychological flexibility as a treatment objective. This work presents the results obtained in the different processes that make psychological flexibility from the application of a structured protocol based on Acceptance and Commitment Therapy in 95 participants who used psychedelics as psychotherapeutic adjuvants.

Educational Objectives:

1. Describe the current evidence for psychological flexibility as a process of change in psychedelic-assisted therapy.
2. Utilize ACT in three ways to enhance therapeutic benefits associated with psychedelic-assisted therapy in the preparation and integration phases.
3. Identify three ways that the ACT model of psychological flexibility can be used to describe the psychedelic experience.

113. Applying a Structural Competency Framework to Acceptance Commitment Therapy (ACT)

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Environmental problems, Structural Competency

Target Audience: *Intermediate*

Location: Aula 126 - Floor 1

Shaina Siber-Sanderowitz, LCSW, AFFIRM Mental Health
Laurie Gallo, Ph.D., Albert Einstein College of Medicine

Structural Competency is a paradigm shift that encourages consideration of the institutional, political, and economic forces that shape clients' symptom expression and health outcomes, as well as clinician attitudes toward patients. (Metzel & Hansen, 2014). This framework helps clinicians better understand and respond to inequities they encounter within the healthcare system. Utilizing the Mapping Vulnerability and Privilege (MVP) tool (Siber-Sanderowitz, et al., 2022), attendees will map the communities they grew up in and learn how to use the MVP tool with clients. This hands-on approach develops participants' awareness of the multifaceted dynamics shaping individuals' experiences across diverse social, economic, and cultural contexts. The MVP tool was modified to incorporate ACT psychological flexibility processes integrating values clarification into the mapping exercise and identifying structural barriers to valued action. Workshop participants will engage in experiential exercises using the MVP tool to promote psychological flexibility. The clinical applications taught in the session allow clinicians to be more

culturally responsive, foster structural humility, and consider structural interventions that will have broader impacts on the communities they work with.

Educational Objectives:

1. Apply structural competency to improve cultural responsiveness for clients from marginalized communities.
2. Demonstrate the use of the Mapping Vulnerability and Privilege (MVP) tool to foster structural humility.
3. Utilize core ACT principles to address structural barriers to valued actions.

114. Interpersonal Behavior Therapy: Case Conceptualization and Extending Change into Community Relationships

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Behavior analysis, Interpersonal Problems, Relationship Distress

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 124/125 - Floor 1

Glenn Callaghan, Ph.D., San Jose State University

Gladis Lee Pereira, Ph.D., Universidad Europea de Madrid

Contextual Behavioral Therapies often focus on intrapersonal (private) experiences. Interpersonal Behavior Therapy (IBT; Callaghan & Follette, 2020), grounded in clinical behavior analysis, represents an evolution of the ideas proposed in Functional Analytic Psychotherapy (FAP; Kohlenberg & Tsai, 1991), the first primary relationally-focused third wave behavioral treatment. From an IBT perspective, this workshop focuses on helping participants recognize the importance of case conceptualization of interpersonal processes and how those occur in the context of clinical work on intrapersonal difficulties. Participants will learn to recognize how suffering shows up in the context of human relationships as well in-session with the therapist. IBT offers a unique approach to creating behavior change for clients in their relationships outside of session with community members. IBT focuses on extending clinical change outside of session where clients learn to connect with others more effectively. Participants will learn to assess and determine members of the community with whom clients may most effectively practice their developing skills to help lessen their distress and create more connected relationships.

Educational Objectives:

1. Analyze the value of case conceptualization that includes interpersonal relating skills with others as they relate to intrapersonal forms of suffering.
2. Describe the process of developing client skills in interpersonal relationships with others in their community.
3. Create a plan for members of the community with whom the client could practice their emerging skills to create more connected relationships.

115. Should the content of thoughts be relevant for ACT and Process-Based Therapy?

Panel (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis*

Categories: RFT / RGB / language, Processes of change, ACT, Process-Based Therapy

Target Audience: Beginner, Intermediate, Advanced

Location: Aula Magna - Floor 1

Chair: Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz

Discussant: Carmen Luciano, Ph.D., University of Almeria

Harold B Robb III, Ph.D., ABPP, Private Practice

Nanni Presti, Ph.D., Kore University of Edna

Bárbara Gil-Luciano, Ph.D., Universidad de Nebrija; Madrid Institute of Contextual Psychology

Second-generation therapies paid great attention to the content of thoughts (or contents of the self). Contextual therapies, however, have tended not to consider these contents as particularly relevant and to focus attention on how the person responds to private events. This panel

discussion brings together a cast of experts in RFT, cognitive-behavioral therapy (CBT), and ACT to explore the importance of paying attention to the contents of the self for ACT and Process-Based Therapy (PBT). The panel will discuss the potential of an RFT-based conceptualization for understanding the nature and organization of the contents of the self and its practical implications. This type of discussion may be useful for ACT and PBT and for the development of interventions that might be more sensitive to the individuals' histories.

Educational Objectives:

1. Identify recent RFT approaches to analyze self-content.
2. Discuss the role of the thought content for ACT and Process-Based Therapy.
3. Identify how considering the thought content can help to conceptualize cases in ACT.

116. Ignite 2

Ignite (3:00 PM - 4:30 PM)

Translation: AI online with your phone - audio or text

Location: Auditorio 2 - Floor 0

- Motivational Interviewing and Acceptance and Commitment Therapy: Creative Coexistence
Presenters speaking in English
Categories: Clinical intervention development or outcomes, Methods/approaches for individual variation, Therapy

Sebastian Kaplan, Ph.D., Wake Forest University School of Medicine
Marian F Rigsbee, LCSW, MAC, Orion Counseling & Consulting LLC

Motivational Interviewing (MI) and Acceptance and Commitment Therapy (ACT) have become two of the most prominent clinical interventions of the last several decades. Both have established empirical validation in traditional psychotherapy contexts, as well as broader applicability in settings such as healthcare, corrections, education, and sport performance. With the growing interest in these two methods many might wonder how are MI and ACT similar? How are they different? Can a blend of the two enhance clinical outcomes?

MI is rooted in a Rogerian style of counseling that facilitates empathic exploration of change with a particular focus on client language known as "change talk." ACT also builds from an empathic relationship with clients. However, the clinical area of emphasis is strengthening psychological flexibility through the exploration of underlying processes of human behavior.

This Ignite presentation will delve into the similarities and differences between MI and ACT, while proposing that MI could play a particularly helpful role in discussing motivational challenges clients face in ACT.

- CBS and Xenophobia against the Northeast Brazil: An Intersectional Analysis
Presenters speaking in English
Categories: Social justice / equity / diversity, RFT / RGB / language, Xenophobia, Brazilian population, Intersectionality

João M. de Araújo Jr., Modus Psicologia
Jandilson Silva, Ph.D., UFPel
Samara Lopes, Centro Universitário Christus

This Ignite explores a Contextual Behavioral Perspective, highlighting the influence of social factors on the construction of individual identity. We will discuss the relevance of integrating sociological perspectives for a deeper understanding of psychological phenomena, focusing on power dynamics between social groups. We emphasize the historical and cultural contingencies that shape social interactions, considering the notion of Coercive Control and elements of Relational Frame Theory (RFT). Additionally, we examine the relationships between hegemonic and marginalized groups, with special emphasis on Northeasterners in the Brazilian context. We propose a contextual approach to behavioral science for understanding xenophobia, seeking to establish parallels with other forms of discrimination and promote pro-sociality through contextually sensitive, comprehensive, and effective psychological interventions.

- The power of emotions - Emotional training with leaders of vulnerable communities
Presenters speaking in English
Categories: Social justice / equity / diversity, Social and emotional learning for community leaders

Adela M Sáenz-Cavía, CIPP - Centro de Psicología y Psicopedagogía, Universidad Católica Argentina

I would like to talk about the power of emotions and my work in emotional training with leaders of vulnerable communities.

In the last 10 years, I have worked with more than 500 social leaders from these communities to help them develop their social-emotional competencies. There, people suffer from vulnerabilities and deprivation and the rawness is greater than usual. However, I have seen many go through their emotions and learn from them genuinely and purely.

This is what Juan, a leader from Quilmes summarized "In our meetings I began to know my inner self, to connect with my pains and to validate them, to talk about what frustrates us and what we can do to manage that frustration. And to finally let myself be inhabited by love and by that feeling of being part of something bigger".

The idea is that, from this learning, generated collaboratively, these community leaders can take charge of the power they have and that, by valuing their very rich emotional universe, this becomes their engine for action.

- Customizing and enhancing Process-Based Functional Analyses creatively through digital tools

Presenters speaking in English

Categories: Processes of change, Mobile or digital technology, Process Based Therapy, Functional Analysis, Customization and Delivery

João M. de Araújo Jr., Modus Psicologia

Process-Based Functional Analyses (PBFA) represent a milestone in the current shift away from the protocol-syndrome paradigm in clinical practices, embracing the interactive dynamics of processes underlying patients' clinical demands. This approach entails the careful selection of empirically supported procedures that are sensitive to patients' realities and mobilize clinical change processes. However, implementing PBFA can be challenging for professionals less familiar with the model, even when they have access to manuals guiding its application. In this IGNITE, I will introduce the use of the Miro platform for conducting PBFA, highlighting how to use platform features to make network diagrams more accessible and visually appealing (e.g., using different colors, shapes, and arrows), creatively expanding upon the guidance provided in manuals.

- Discussing Among Peers: Adherence and Competence for Brazilian ACT Therapists

Presenters speaking in Portuguese

Categories: Supervision and training, Therapist's posture

Bruna F Santos, M.A., Universidade Federal do Rio de Janeiro

Lorrainy Castro, Universidade Federal do Rio de Janeiro

Pedro Pires, Ph.D., Universidade Federal do Rio de Janeiro

Acceptance and Commitment Therapy is a process-based psychotherapy model where ACT therapists are expected to adopt an open, attentive, active, and values-based stance. The present study aimed to investigate the adherence and competence of ACT therapists in a Brazilian sample through Synchronous Online Focus Groups (SOFGs). The meetings took place via Google Meet with a minimum duration of 60 minutes and were fully transcribed for content analysis using the Bardin method. The execution involved 5 meetings and 27 participants from 10 Brazilian states with a minimum of 1 year of experience in ACT, where 22 consider themselves ACT therapists according to ACBS guidelines, 13 are associated with the Brazilian chapter, and 23 have some training in ACT. It was identified that the understanding of being an adherent ACT therapist is based on theoretical knowledge and experiential learning, therapist openness, and willingness to engage in a meaningful therapeutic relationship. Competence is related to recognizing the limits of one's own practice and learning from the client's history, positioning oneself as a participant.

- Guardians of Valhalla and the Book of Mysteries: Promoting Psychological Flexibility in Young and Adult Individuals with ASD

Presenters speaking in Portuguese

Categories: Behavioral or contextual neuroscience, Behavior analysis, ASD, Adolescent, Young adult

Ana Vera Niquerito-Bozza, Ph.D., Oficina

Pedro H Guimarães Couto, Ateliê da Mente BH

Eduarda Xavier Carreira, Ateliê da Mente BH

Danielle Cristine Borges Piuzana Barbosa, Ateliê da Mente BH

Ana Carolina de Almeida Prado, Ateliê da Mente BH

With a focus on adolescents and young adults aged 12 to 21, this RPG game proposes intervention for the neurodiverse population, allowing up to 8 individuals with Autism Spectrum Disorder (ASD) and/or other comorbidities to participate. Its objective is to develop social skills and promote psychological flexibility, aiming at the development of repertoires to enrich interactions and lead a more meaningful and valuable life. It is mediated by 2

psychologists, with one responsible for administering the story and a co-therapist. A plot and characters with specific characteristics and abilities were created, which, through metaphors, bring life lessons and models of psychological flexibility, providing the opportunity for genuine interactions and aiming at promoting greater connection with emotions and the present moment, enabling the opportunity to exchange with peers. It is also evident that the tool enables the development of repertoire for skills such as decision-making, frustration tolerance, and assertiveness, as players need to make choices that influence the outcome of the game in various situations.

- FUNGA ALÁFIA: Training ACT therapists for the specificities of attending to black individuals
Presenters speaking in Portuguese
Categories: Professional development, Social justice / equity / diversity, Therapists, Racism, ACT

Stella A G Leite, Ateliê da Mente

The course aims to create a safe and inclusive space for therapists to promote knowledge, so they can learn about the nuances of Acceptance and Commitment Therapy (ACT) regarding the specific issues faced by Black individuals in the Brazilian context.

The goal is to explain how racism hinders the promotion of psychological flexibility in Black individuals, addressing various contexts of suffering and adversity that these individuals may experience through the processes of the hexaflex. Therapists will be able to develop skills to promote mental and physical health in their patients, discussing how the ACT approach can be applied to this audience. To do so, we will use resources such as group discussions, experiences, individual reflections, among others.

- Working on CCR1 in FAP: Demystifying the use of procedures to reduce behaviors: México - Sur Chapter Sponsored
Presenters speaking in Spanish
Categories: Clinical intervention development or outcomes, Methods/approaches for individual variation, Functional Analytic Psychotherapy

Daniel Granados-Salazar, M.Sc., Asociación Contextual de Terapia. DNC
Amanda M Muñoz Martínez, Ph.D., Universidad de los Andes

Within Contextual Behavioral Science (CBS), there are different procedures to reduce problematic behaviors, such as Punishment, Extinction, or Differential Reinforcement of Alternative Behaviors. However, many of these behaviors tend to resurface. That is why one of the objectives within CBS is to expand clients' repertoire, not just eliminate behaviors. Likewise, it is believed that using processes such as punishment or extinction will damage the therapeutic relationship, which is not necessarily the case. This presentation will focus on the use of these procedures within the clinical context based on Functional Analytic Psychotherapy (FAP), using different topographies as examples for attendees to become familiar with them.

- ACT and Popular Culture? A work in clinical practice
Presenters speaking in Spanish
Categories: Clinical intervention development or outcomes, Supervision and training, Therapeutic tools

Brayan Sanchez Sr., M.Sc., ACTualízate

ACTualízate is a project that aims to provide therapists with the skills to use popular culture in which we are immersed, such as anime, series, movies, cartoons, geeky stuff, and more, adapting it to clinical practice through metaphors, renewing existing ones known within the ACT community or creating their own according to what their clients like or are passionate about, thereby having a greater impact on the therapeutic process.

- Compassion as a path of healing in the face of an invisible wound
Presenters speaking in Spanish
Categories: Clinical intervention development or outcomes, Social justice / equity / diversity, PTSD, CFT, Complex trauma

Paula Rodríguez, Fundacion Universitaria Konrad Lorenz

The official figures resulting from over 50 years of armed conflict in Colombia speak of approximately 8 million affected people. However, this number fails to fully reflect the emotional wound that the conflict has left on the Colombian people, as even today, extremely high rates of violence, in all its forms, have persisted and become normalized in different areas of the country. In the midst of this, compassion-focused therapy offers us a conceptual perspective that not only helps us understand this phenomenon but also its therapeutic

application becomes a promising proposal for the needs of the Colombian people. However, despite the growing scientific evidence in favor of compassion-focused interventions for addressing trauma, there is scant literature on the topic of compassion in general in Colombia. Therefore, a proposal for the dissemination of contextual therapies, specifically CFT, among students is presented to address the needs of the Colombian context.

- Play as a contribution to promoting psychological flexibility in therapeutic and social settings
Presenters speaking in Spanish

Categories: Clinical intervention development or outcomes, Clinical intervention development or outcomes, Adults

Solange I Estevez, Licenciada, Práctica Privada

Play, generally associated with childhood and leisure, has been excluded from clinical practice, especially for adults.

Therapists are trained to accompany the patient, but sometimes we get lost in rules and theories. Both play and therapy have their own contents and rules. Just as players develop knowledge and skills, our patients also do, showing behaviors that can be observed and modified. Introducing playfulness into therapy could provide more flexible responses, allowing us to better adapt to changes and demands of the present moment.

As therapists, we must be open to exploring new ways of responding, allowing ourselves to move between theory and practical experience, and employing behavioral techniques to modify and shape adaptive behaviors. Therapy, like play, evokes emotions; merging both could enrich our practice and bring us closer to the present moment of the therapeutic experience from a behavioral perspective.

- How I improved mental health care in the public sphere

Presenters speaking in Spanish

Categories: Dissemination or global health strategies, Clinical intervention development or outcomes, Group ACT in public settings

Gabina Porta

I work in a small health center in a neighborhood of Santa Fe, Argentina. After the pandemic, the number of requests for attention grew exponentially, and for the first time in my career, I couldn't provide an adequate response. Like any crisis, it led me to try something different: group therapy. I began grouping clients by age and life situation: adults, youth, children, and adolescents.

The response was very positive, and the factor of social interaction was decisive. While at the beginning, I focused on techniques or making the sessions coherent with each other, the feedback I received about what is most useful was often "chatting," "getting to know people," "listening to other perspectives."

When we train psychological flexibility skills on an equal footing between clients and therapist, we normalize the experience of discomfort and increase self-compassion. The sessions improved the atmosphere of the health center, hyper-consulters trained social skills, the negative impact of absenteeism is reduced because they are open spaces, and I have much more fun.

- Building community, the power of the collective: An experience with non-hegemonic gender identities: Argentina Chapter Sponsored

Presenters speaking in Spanish

Categories: Community experience

Alejandra Goldschmidt, Ph.D., Directora Foro Diversidad

María Cecilia Moraco, Terapeuta Foro Diversidad

Building community, the power of the collective versus the individual. An experience with non-hegemonic gender identities.

What?

We will present a community experience of group therapeutic interventions with a contextual perspective, online, free of charge, for people with non-hegemonic gender identities. It takes place in the Diversity Forum, the Gender and Diversity area of a mental health institution in Buenos Aires, Argentina, dedicated to assistance, training, prevention, and research.

For what?

To foster community, being part of something greater.

This model is replicable to other community groups.

Why?

The trans/queer/non-binary community presents high rates of symptomatology and pathologization that lead, at least, to withdrawal, loneliness, and loss of social networks.

Group proposals have very low cost, very high reach. A network is generated that participants feed, reinforce, and value.

How?

Three therapeutic devices were created, coordinated by LGBTQ+ psychologists for adolescents, adults, and family/friends, encouraging repairing, making visible, and authentically integrating diversity.

With what?

Tools from ACT, FAP, MFN, CFT, ACT.

117. Using ACT and RFT to cultivate healthy selfing among 8- to 12-year-olds: MAGPIES for self-esteem

Workshop (3:00 PM - 4:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review, Strategic planning*

Categories: Clinical intervention development or outcomes, RFT / RGB / language, Children, Selfing, Self-esteem, Self-as-context, Metaphor

Target Audience: *Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Alison Stapleton, Ph.D., C. Psychol. Ps.S.I., University College Dublin

Sarah Cassidy, Ph.D., Prof. Cert. CBT, Cert. Adv. ACT & MBI, C. Psychol. Ps.S.I., Smithsfield Clinic

The most important relationship we have is the one we have with ourselves. How we respond to our own responding (termed "selfing") can profoundly impact our behavior, particularly at childhood. Despite this, common selfing issues discussed in mainstream psychology (e.g., low self-esteem) often fail to get adequate attention from the behavioral community at large. This is partly due to mainstream psychology's use of mentalistic language, and partly due to a lack of consensus around functional definitions of self-esteem. In addition, working with abstract "selves" can be challenging for children due to the required relational skills. This workshop introduces attendees to MAGPIES, a developmentally appropriate, neuroaffirmative ACT and RFT program that targets healthy selfing in childhood. Through didactic presentations and experiential exercises, attendees will be introduced to the RFT account of the self, guided in physicalizing the "selves" through metaphor, and invited to practice exercises targeting selfing repertoires. Attendees will also receive a suite of easy-to-implement MAGPIES protocols that teachers/clinicians/other professionals can use to shape healthy selfing in naturalistic settings.

Educational Objectives:

1. Conceptualize self-esteem from an ACT and RFT perspective.
2. Use MAGPIES protocols to facilitate healthy selfing among young people.
3. Design developmentally appropriate physicalizing exercises that target self-as-context repertoires.

118. Evidence of Effectiveness of Compassion-Focused Therapy in Different Contexts

Panel (3:00 PM - 4:30 PM)

Presenters speaking in Portuguese

Translation: AI online with your phone - audio or text

Components: *Literature review, Original data*

Categories: Clinical intervention development or outcomes, Compassion Focused Therapy

Target Audience: *Beginner*

Location: Cine - Floor 0

Chair: Alan Pogrebinschi, M.Sc., CECONTE Brasil

Erika Leonardo Souza, Ph.D., Conecta Mindfulness e Compaixão

Paula Teixeira, M.D., Conecta Mindfulness e Compaixão

Taisa Grün, Ph.D., Vitale Psicologia Ltda

Bolivar Filho, M.Sc., Pontifícia Universidade Católica do Rio Grande do Sul (PUCRS)

The aim of this proposal is to discuss the advances and evidence of effectiveness of Compassion-Focused Therapy (CFT) in different contexts: (a) evidence of CFT effectiveness in reducing self-criticism, (b) evidence of CFT, a process-based approach, in transdiagnostic mechanisms, (c) evidence of the protective intervention effect of self-compassion in body image disturbances and eating behavior, and (d) synthesizing evidence from meta-analyses and systematic reviews. The methods used were varied, according to each author's work proposal, namely: literature review in the field, descriptive and correlation analyses, and bibliometric analysis. Evidence of Compassion-

Focused Therapy effectiveness in different contexts will be discussed, considering implications for clinical practice, limitations in each area presented, and suggesting future research. It is argued that Compassion-Focused Therapy is a promising approach for prevention and intervention in different mental problems and disorders, as well as for promoting well-being, quality of life, and overall functioning.

Educational Objectives:

1. Describe the evidence of effectiveness of Compassion-Focused Therapy in different contexts.
2. Describe the evidence of effectiveness of Compassion-Focused Therapy in reducing self-criticism and eating problems.
3. Explain why Compassion-Focused Therapy is a process/transdiagnostic-based therapy.

Saturday Afternoon Plenary 5:00 PM

119. You, Us, Meaningful Change and Other Issues of the Heart

Plenary (5:00 PM - 6:00 PM)

Presenters speaking in English

Translation: World Conference headset - audio

Components: *Literature review, Original data, Strategic planning*

Categories: Clinical intervention development or outcomes, Processes of change, ACT, Prosocial, Process-based Approach, Digital

Target Audience: *Beginner, Intermediate, Advanced*

Location: Juan Pablo II - Floor 2

Andrew Gloster, Ph.D., University of Lucerne



The Association of Contextual Behavioral Science (ACBS) consists of a wonderfully diverse group of mental health practitioners, scientists and advocates across the world – all with the common goal of increasing the well-being in those we serve. The breadth of the work accomplished by ACBS members (including you) is impressive and a testament to the importance of ACBS. In this talk, I will examine some of the areas in which contextual behavioral science is currently being applied. I will discuss some of the studies my colleagues and I conducted that examine questions that have fascinated

me, such as: Is Acceptance and Commitment Therapy (ACT) effective in helping clients meaningfully change in ways that they care about when previous treatments failed? Is psychological flexibility a salient target for public health promotion? Can CBS-based treatment kernels increase prosocial behaviors in the general population? When examining these questions, I will further explore how a process-based approach to therapy can be used to augment these questions, so that we can better care for those we serve.

Educational Objectives:

1. List and explain at least three areas where contextual behavioral science is currently being applied, such as Acceptance and Commitment Therapy (ACT) and public health promotion.
2. Discuss and evaluate the effectiveness of ACT in helping clients achieve meaningful changes when previous treatments have failed, citing specific studies and their outcomes.
3. Analyze and describe how a process-based approach to therapy can be utilized to enhance the application of contextual behavioral science, specifically in augmenting treatment outcomes and addressing complex clinical questions.

Sunday Morning 9:00 AM

120. ACTing with Bipolar Patients: Practical Skills and Training

Workshop (9:00 AM - 10:30 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Bipolar Disorder

Target Audience: Intermediate

Location: Aula 219 - Floor 2

Tatiana C Khafif, M.Sc., Instituto de Psiquiatria da Faculdade de Medicina da Universidade de São Paulo / CECONTE

William Ferreira Perez, Ph.D., Instituto Par - Brazil

Background: Bipolar disorder (BD) often leads to decreased quality of life and functional impairments, even during remission. Working with BD patients requires specialized skills due to the disorder's unstable nature. Despite the need, literature on ACT for BD remains limited, lacking published protocols for therapist training. To address this gap, the authors have developed an ACT protocol for BD, currently utilized in a clinical trial.

Aims: This workshop aims to equip therapists and professionals working with BD patients with essential knowledge and tailored skills. Participants will engage in role-playing, practicing, and discussing specific exercises designed for BD.

Methods: Through hands-on activities, participants will familiarize themselves with the unique needs of BD patients and learn how to apply customized exercises effectively. By the workshop's end, attendees are expected to grasp BD's framework and adeptly utilize tailored exercises to address patient needs.

Educational Objectives:

1. Describe the foundational principles of Acceptance and Commitment Therapy (ACT) and its application to Bipolar Disorder (BD), including the theoretical framework and key concepts.
2. Flexibly apply practical skills in implementing ACT techniques tailored specifically for BD patients, through role-playing, practice sessions, and guided discussions.
3. Assess the unique challenges faced by individuals with BD and apply effective strategies for addressing symptomatology, enhancing functionality, and improving quality of life using the developed ACT protocol.

121. Consoling Highly Distressed Patients from a Contextual Perspective: Canada - Québec Chapter Sponsored

Workshop (9:00 AM - 10:30 AM)

Presenters speaking in Spanish

Translation: Not available

Components: *Experiential exercises, Didactic presentation, Literature review, Original data, Role play*

Categories: Clinical intervention development or outcomes, Processes of change

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 218 - Floor 2

Andrea Velez, M.Ps.

Comfort seems to be a natural human response when we see a child suffering. We approach them, whisper to them, touch them, hold them in our arms. But the need for adults to be comforted is not always recognized or socially accepted. Although the therapeutic environment is open to the client's suffering, we often don't know how to position ourselves in front of someone in deep distress. What if words don't work? What if comforting gestures could be a therapeutic tool in themselves? In this workshop, we will define the need for human comfort based on evolutionary psychology. We will discuss the goals of treatment from a contextual perspective and define strategies and techniques (mainly CFT) that can guide us in the initial steps of comforting highly distressed individuals within psychological therapy.

Educational Objectives:

1. Define the contextual framework that allows us to console a person.
2. Identify our initial therapeutic goals with people in deep distress.
3. Use techniques and strategies (CFT) applied to a specific population.

122. ACT in Action: Cultivating Resilience and Growth in High-Demand and High-Performance Settings

Symposium (9:00 AM - 10:30 AM)

Presenters speaking in English

Translation: Not available

Components: *Conceptual analysis, Didactic presentation, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Behavior analysis, Military, Trauma, Resilience, Compassion focused intervention, Bipolar Disorder, ACT, Group Psychotherapy

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 217 - Floor 2

Chair: Eric C Meyer, Ph.D., University of Pittsburgh

Marcela Matos, Ph.D., University of Coimbra, Portugal

E. Denizhan Ramakan, M.D., Bakirkoy Research and Training Hospital for Neurology and Psychiatry

This symposium highlights the application of Acceptance and Commitment Therapy (ACT) across a range of high-pressure environments, from military to clinical and educational settings, demonstrating its versatility in promoting resilience, performance, and well-being. First, a randomized controlled trial (RCT) tested an ACT-based preventive intervention workshop in military personnel (aimed at enhancing resilience, psychological flexibility, and psychological health), comparing it to a training based on positive psychology. Second, preliminary findings on a compassion-focused intervention for teachers is discussed, and its impact on compassion and wellbeing, heart rate variability, and biological markers assessed.

Lastly, a group psychotherapy protocol developed for individuals with bipolar disorder is discussed, which aims to increase value-oriented behaviors and functionality on the basis of ACT-based group psychotherapy. These presentations underscore the potential of ACT and related interventions to foster resilience and positive change in individuals facing the challenges of high-demand environments.

- Applying the psychological flexibility model to enhance resilience in military personnel: Methods from an RCT: ACT for Military SIG Sponsored

Eric C. Meyer, University of Pittsburgh

Wyatt R. Evans, VA North Texas Healthcare System

Brian A. Moore, Kennesaw State University

Stacey Young-McCaughan, University of Texas Health Science Center at San Antonio

Abby E. Blankenship, University of Texas at Austin

Casey L. Straud, University of Texas Health Science Center at San Antonio

Christopher S. McLean, 3rd Security Force Assistance Brigade, Fort Cavazos, TX

Tashina L. Miller, 3rd Security Force Assistance Brigade, Fort Cavazos, TX

Alan L. Peterson, University of Texas Health Science Center at San Antonio

Enhancing resiliency and optimizing readiness in military personnel is a high priority in military populations. Most military resiliency-enhancement programs are evidence-informed; yet, few randomized studies have demonstrated efficacy of any intervention to enhance resiliency and prevent development of psychological health symptoms. This presentation will describe the theoretical rationale and research methods of a randomized controlled trial testing a 2-day ACT-based preventive intervention workshop in military personnel. We describe the six psychological flexibility processes that comprise ACT interventions along with the relevance of each process for resilience enhancement in military personnel. The research participants are a non-clinical population of active duty military personnel (N = 600). ACT-based training (n = 300) will be compared to military resiliency training as usual, known as Master Resilience Training, which is based on positive psychology (n = 300). Study outcomes include self-reported resilience, psychological flexibility, and psychological health symptoms over 16-month follow-up. Assessment measures will be administered at the baseline assessment, after training, prior to a military deployment, and following deployment. Qualitative interviews will yield feedback on the training program.

- Effects of a compassion intervention on teachers' psychological, biophysiological and CTRA gene expression markers

Marcela Matos, University of Coimbra, Center for Research in Neuropsychology and Cognitive and Behavioural Intervention

Paulo Rodrigues-Santos, Laboratory of Immunology and Oncology, Center for Neuroscience and Cell Biology (CNC), University of Coimbra, Coimbra, Portugal; Center for Innovation

Luana Sousa, Laboratory of Immunology and Oncology, Center for Neuroscience and Cell Biology (CNC), University of Coimbra, Coimbra, Portugal
 Margarida Pedrosa Lima, University of Coimbra, Faculty of Psychology and Educational Sciences, Center for Research in Neuropsychology and Cognitive & Behavioural Intervention
 Steve Cole, Department of Psychiatry & Biobehavioral Sciences, Jonsson Comprehensive Center, UCLA
 Robert Kumsta, Laboratory for Stress, Pain, and Gene-Environment Interplay, Department of Behavioral and Cognitive Sciences, Université du Luxembourg
 Lara Palmeira, Universidade Portucalense, Infante D. Henrique, Porto, Portugal
 Ana Galhardo, Instituto Superior Miguel Torga, Coimbra, Portugal
 Marina Cunha, Instituto Superior Miguel Torga, Coimbra, Portugal
 Isabel Albuquerque, University of Coimbra, Faculty of Psychology and Educational Sciences, Center for Research in Neuropsychology and Cognitive and Behavioural Intervention

Addressing mental and physical health problems and promoting wellbeing in educational settings is a global priority. Compassion-focused interventions have been found effective in promoting psychosocial and physiological wellbeing. The current paper presents preliminary findings of the impact of a 8-week Compassionate Mind Training intervention for Teachers (CMT-T) on psychophysiological indicators of wellbeing, as well as on markers of the immune response and the Conserved Transcriptional Response to Adversity (CTRA). A pilot non-controlled study was conducted in a sample of public-school teachers (n=36). Participants were assessed at 4 time-points: 1) Extended Baseline Control_M0 (8 weeks prior CMT-T) 2) Pre-intervention_M1 (before CMT-T intervention); 3) Post-intervention_M2 (8-weeks after M1); 4) Follow-up_M3 (3 months after CMT-T). In all assessment moments, participants completed self-report measures of compassion and wellbeing, their heart rate variability was measured, and biological markers were assessed through blood collection. Preliminary data on the impact of CMT-T on psychophysiological indicators, Immune Response Profiling (e.g., natural killer cells) and the CTRA gene expression (type I interferon response, antibody synthesis and pro-inflammatory genes) revealed significant changes from pre to post intervention. These preliminary findings and their implications will be presented and discussed.

- **G-ACT-BD: Acceptance and Commitment Therapy Based Group Psychotherapy in Bipolar Disorder**

Enver Denizhan Ramakan, M.D., Bakirkoy Research and Training Hospital for Neurology and Psychiatry
 Sevinç Ulusoy, M.D., Cansagli Foundation, Center for Contextual Behavioral Science

Bipolar disorder (BD) is characterized by mood episodes in the form of mania and depression. In BD, complete recovery in both symptoms and functioning is expected in the person outside of episodes. However, it is a known fact that even if there are no mood symptoms outside of these episodes, the functionality of these individuals deteriorates for various reasons. Psychotherapy studies exist in this field, but they are usually carried out in addition to psychoeducation. In these studies, psychotherapy in combination with psychoeducation was found to be beneficial in terms of functionality and treatment compliance.

G-ACT-BD is an Acceptance and Commitment Therapy (ACT) based group psychotherapy protocol that developed for people with BD. Protocol consists of 6 sessions. This study aims to increase value-oriented behaviors and functionality in individuals with bipolar disorder with ACT-based group psychotherapy and to test the effectiveness and applicability of this procedure.

Educational Objectives:

1. Describe how the six psychological flexibility core processes may contribute to resilience enhancement in military personnel.
2. Describe how ACT-based psychotherapy might help people with Bipolar Disorder.
3. Examine the effects of the compassionate mind training intervention on psychological outcomes (e.g., compassion, self-criticism, positive affect, wellbeing, burnout, stress, etc.) and the stability of the improvements over time.

123. Working with Hierarchical Self-Contents to Promote Greater Precision in ACT

Workshop (9:00 AM - 10:30 AM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, RFT / RGB / language, RNT-focused ACT, Repetitive negative thinking

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 204 - Floor 2

Fran Ruiz, Ph.D., Fundación Universitaria Konrad Lorenz
Bárbara Gil-Luciano, Ph.D., Universidad de Nebrija; Madrid Institute of Contextual Psychology

In recent years, theoretical and practical analyses based on RFT have been developed regarding the formation of self-content or what is commonly referred to as identity. These developments indicate that the appetitive and aversive contents of the self tend to be organized hierarchically throughout the learning history. This analysis is allowing the identification of the connection between personal values and the most aversive contents of the self, as well as beginning to connect ACT with other cognitive approaches that deal with similar concepts such as core beliefs. In this workshop, this conceptualization of the formation of self-content will be briefly presented, emphasizing its important practical implications for promoting greater precision in ACT. Subsequently, the identification of these contents will be trained through demonstrations and experiential exercises. Finally, rumination and worry responses will be identified as commonly predominant ways of dealing with aversive hierarchical contents.

Educational Objectives:

1. Understand how self-contents ("BIGS") tend to be hierarchically organized and their clinical implications.
2. Describe strategies for identifying hierarchical self-contents.
3. Identify the main ways to respond to self-content hierarchies.

124. climACT: From ecological grief to the capacity to ACT: Climate Justice & Action SIG Sponsored

Workshop (9:00 AM - 10:30 AM)

Presenters speaking in English

Translation: Not available

Components: *Didactic presentation, Experiential exercises*

Categories: Environmental problems, Social justice / equity / diversity, Using ACT in the context of the climate crisis

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 129 - Floor 1

Jae Villanueva, Ph.D., SING (Swiss Institute for Sustainable Health)

Devin Guthrie, Ph.D., M.S., Life & Death Coaching

The climate crisis is a mental health crisis, exacerbating many social and environmental risk factors. The grief, rage, panic, and powerlessness people experience when talking about the climate crisis can be overwhelming, both for clients and those working with them. This workshop provides an opportunity to lean into these emotions and open into the other side of the pain: the beauty, inspiration, and vision. Together we'll explore the transformative potential and collective hope inherent in addressing the climate crisis, inviting anyone affected by or concerned about the climate crisis. Using brief didactic presentations, experiential exercises, and intentional conversation, we will explore and process the difficult feelings we naturally avoid when confronted with the climate catastrophe, make meaningful connections to the values we hold regarding the earth and life on it, and craft workable plans to put our values into action. The skills we practice will help our clients get unstuck from helplessness and feel safe to experience the love beneath their grief, freely discuss climate crisis, and develop individual action plans tailored to personal possibilities.

Educational Objectives:

1. Identify thoughts and feelings about climate crisis that keep people stuck in inaction.
2. Identify personal values both we and our clients hold regarding life/environment and create personal action plans to put those values into action.
3. Facilitate productive conversations about the climate crisis, both in and out of the therapy room.

125. Mindfulness and Acceptance and Commitment Therapy in Challenging Contexts: Applications in Education and Parenting

Symposium (9:00 AM - 10:30 AM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation, Literature review, Original data*

Categories: Clinical intervention development or outcomes, Academics or education, ACT, Child Development, Parenting Practices, Children, Family Upbringing, Mindfulness, Family, Trauma

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 126 - Floor 1

Chair: Álvaro I Langer- Herrera Dr, Ph.D., Universidad San Sebastián
Haydee Mamani Tito, Lic., Hospital Víctor Larco Herrera
Viviana E. Maller, Spec., Private Practice
Darwin Gutierrez Guevara, Ph.D. student, Universidad Veracruzana

This symposium explores the applications of therapeutic strategies based on mindfulness and Acceptance and Commitment Therapy (ACT) in educational contexts with psychosocial vulnerability and in families facing aggressive behaviors or acute stress situations. The feasibility of implementing mindfulness interventions in Chilean public schools is evaluated. The effectiveness of an ACT-driven assertiveness workshop for parents of children with aggressive behavior is analyzed compared to a traditional Cognitive-Behavioral intervention. Additionally, the impact of parental experiential avoidance on child emotional development and its importance in therapeutic interventions are examined. Finally, the experience of a support group for parents of soldiers in Israel is shared, applying ACT and Compassion-Based Therapy, illustrating the effectiveness of these therapies in community settings and situations of collective trauma. Overall, this symposium highlights the potential of ACT and mindfulness to address emotional and behavioral challenges in diverse contexts and populations.

- **Effect of an ACT Workshop on Parents of Children with Aggressive Behavior in a Mental Health Hospital**
Flower Caycho Salazar, Ph.D. Student, Asociación Peruana Contextual Conductual de Psicología, Universidad Veracruzana

We evaluated the effect of an assertiveness workshop focused on Acceptance and Commitment Therapy (ACT) for parents to achieve a change in their children's aggressive behavior compared to a standard Cognitive-Behavioral Intervention (CBI), i.e., to determine if an intervention from ACT or a standard Cognitive-Behavioral treatment is more effective, from both a statistical analysis perspective and its clinical relevance. The experimental population consisted of 15 parents, divided into three groups: control, ACT, and CBI. An A-B univariable multiconditional multigroup experimental design was used. In the ACT workshop, parents were trained on how to manage child behavior through assertiveness guidelines under the contextual therapeutic model, throughout sessions planned under the three basic components of this intervention: acceptance, values, and distancing. The results showed that subjects who received the ACT workshop modified inappropriate behaviors.

- **Understanding Parental Experiential Avoidance: Implications for Child Development**
Haydee Mamani Tito, Hospital Víctor Larco Herrera

The proposed presentation titled "Understanding Parental Experiential Avoidance: Implications for Child Development" addresses the understanding of parental experiential avoidance from the perspective of Acceptance and Commitment Therapy (ACT), a third-generation contextual therapy. Experiential avoidance is defined as the tendency to avoid or control unpleasant internal experiences, such as emotions, thoughts, or sensations. This behavior can affect parenting and children's emotional development. The proposal reviews studies that explore the relationship between parental experiential avoidance and various psychological issues in children, as well as its influence on the effectiveness of parenting strategies. Research highlighting the importance of addressing parental experiential avoidance in therapeutic interventions to promote more effective parenting and children's emotional well-being is emphasized. Additionally, the need for further research on this topic, especially in diverse cultural contexts, is noted.

- **Feasibility of a Mindfulness-Based Intervention in Educational Contexts with Psychosocial Vulnerability**

Álvaro I. Langer, Universidad San Sebastián
Jorge Gaete, Universidad de los Andes
Carolina Iturra, Universidad de Talca
Marta Silva, Universidad Austral de Chile
Jonathan Salazar, Universidad San Sebastián
Vanessa Nowak, Austral de Chile
Aneliz Vargas, Universidad Austral de Chile
Vania Martínez, Universidad de Chile
Daniel Núñez, Universidad de Talca

The feasibility of mindfulness-based interventions (MBIs) as universal prevention strategies in educational settings has been demonstrated by meta-analyses and systematic reviews, showing a mild to moderate effect on both emotional and cognitive variables. However, the literature on MBIs in this context seems to have similar gaps to those in MBI research in

general, such as limited assessment of implementation. Moreover, there are still several open questions about implementing MBIs in a more comprehensive manner to ensure their sustainability in schools in socio-culturally vulnerable contexts such as those present in Latin America. This study evaluates acceptability through the level of satisfaction and perceived usefulness by students in 7th and 8th grades (aged 13-16 years) of a 12-session MBI in two public schools in a city in southern Chile with psychosocial vulnerability. The results will provide insights into relevant aspects of the feasibility of implementing MBIs in Chilean public schools.

- Emotional Support Group for Parents of Soldiers: Applying ACT and CFT
Viviana Maller, Private Practice
Mariela Esquenazi, Private Practice
Denise Baumann, Private Practice

The formation of this group stemmed from the need to address the Collective Trauma situation that arose after October 7th. Faced with the emotional impact, and in order to provide support and accompany the parents of Argentine soldiers in Israel, a community space was created, and they began attending weekly meetings.

The group developed in response to an unprecedented and highly impactful situation, in which the support (provided by volunteer psychologists) of these parents, who were in a state of shock, was deemed necessary. Gradually, drawing on approaches from Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT), the space took on its current form, which we present today.

This presentation aims to describe, for future applications in similar populations or those that may benefit, the approach, interventions, and tools that were successfully implemented.

Educational Objectives:

1. Compare ACT and CBT psychotherapeutic models aimed at parents with children with aggressive behavior.
2. Explore the relationship between parental experiential avoidance and various psychological issues in children.
3. Analyze the implementation of interventions based on ACT and CFT processes to establish a "safe space" device in the face of collective trauma.

126. Let's Talk About Sex

Workshop (9:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Dissemination or global health strategies, Sexuality

Target Audience: Beginner, Intermediate

Location: Aula 124/125 - Floor 1

Mark Sisti, Ph.D., NYC Cognitive Behavioral Psychology, PLLC

Sarah Levinson, LMSW, J.D., Creative Relating

Why is raising the topic of sex with clients important? For many, sex is an uncomfortable topic. The evocative power of sexuality presents an invaluable opportunity to experientially shape core social-emotional processes such as openness, personal values, defusion from sexual scripts and committed action to boundaries. As therapists, we can move toward such conversations by stepping into discomfort, or collude with our clients to avoid the vulnerability, embarrassment & shame that often travel with this primal part of our humanity.

The workshop will focus on contextual factors that influence these clinically relevant therapist and client behaviors in and out of session. We will explore what makes these conversations challenging for us as therapists and how to craft specific phrasing that feels organic and consistent with your personal speaking style. We will do small group work to explore challenges and benefits of this work, as well as demonstrations and break out role-plays to practice related skills.

Educational Objectives:

1. Identify at least 2 therapist obstacles in discussing sexuality with clients (T'1s), & how to defuse from common sexual myths and scripts.
2. Explain at least two ways to begin a conversation about sex with a client, even if the client is avoidant.
3. Draft and assign at least 1 in-session or at-home client experiential exercise to explore intimacy.

127. Relevance of Skills Training for Families of Individuals with Emotional Dysregulation in Latin America

Panel (9:00 AM - 10:30 AM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Original data*

Categories: Clinical intervention development or outcomes, DBT Skills for Family Members and Loved Ones

Target Audience: Beginner

Location: Aula Magna - Floor 1

Chair: Paula S José Quintero, Ph.D., Fundacion Foro

Carola Pechon, Lic., Tandem Bariloche

Gabriela Rodriguez Rey, Lic., Fundación Foro

Carolina Principi, Lic., Fundación Foro y Práctica Privada

This panel aims to bring together a group of experts in the development and implementation of psychoeducational workshops and skills training for families of individuals with Emotional Dysregulation. The speakers have years of experience in implementing this program based on Dialectical Behavior Therapy.

The implementation of this program relates to the need to include families when working with the Latin American population. The panel's questions aim to show the audience different aspects of this model and its effects on this population. Some of the topics will include:

1. The role of psychoeducation and DBT skills in promoting new and more effective behaviors by families.
2. To what extent the implementation of these workshops reduces the burden on mental health professionals working with individuals with Emotional Dysregulation.
3. Contribution of this program in cases where individuals with Emotional Dysregulation are not in treatment.

Educational Objectives:

1. Identify the skills trained in this program for family members.
2. Describe the application contexts of the program and its relevance in Latin America.
3. Assess the effects of the program on the reached families.

128. With a little help from my ACT trainer friends

Workshop (9:00 AM - 10:30 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Experiential exercises*

Categories: Supervision and training, Professional development, Training

Target Audience: Intermediate

Location: Auditorio 2 - Floor 0

Jacqueline A-Tjak, Ph.D., A-Tjak Cursussen

Manuela O'Connell, Lic., Private Practice

There are several workshops and experiential learning experiences developed for ACT therapists. Still few for trainers, who train other professionals in ACT. In this workshop we invite clinicians interested in training to explore different difficult training situations and use the psychological flexibility model to address them in a safe collaborative and nurturing environment. We will also explore about the trainer soft competencies, those that aren't directly related with the ACT processes and more connected with the ACT trainer stance. This workshop will include group discussions and experiential work helping attendees learn from the collective wisdom.

Educational Objectives:

1. Increasing awareness of difficult training situations and the behavior of the trainers themselves in those situations.
2. Flexibly respond to difficult training situations by sharing experiences with others.
3. Apply soft competencies more related to the ACT trainer stance.

129. Love in the Room: How to evoke therapeutic love within ethical boundaries & the stigma of therapist attraction

Workshop (9:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Didactic presentation, Experiential exercises*

Categories: Supervision and training, Processes of change, Functional Analysis, Therapist Attraction, Therapeutic Relationship

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 1 - Floor 0

Tien Kuei, M.Sc., Power to Live Foundation

Process-based treatments such as FAP emphasise the disruption of problem behaviors and evocation and reinforcement of novel behaviors in this present moment. FAP, specifically, emphasizes the reinforcement inherent in the care and warmth of a therapist. The evocation of intense relationships sometimes can evoke sexual feelings in both client and therapist, and therapists are not trained adequately to navigate this situation.

This workshop aims to address the stigma and shame of therapist attraction by providing a safe space to start this conversation, to transforming client's sexual attraction into accepting nurturing care, what to bring to supervision and how supervisors should address this issue, as well as knowing when to refer on.

Educational Objectives:

1. Destigmatise therapist-client attraction by encouraging therapist-disclosure.
2. Identify both therapist and client antecedents that increases vulnerability to in-session attraction and boundary violations.
3. Describe how to work through client attraction - transforming sexual attraction into CARE bonding skills to secure the therapeutic relationship.

130. ACT in Sport: How utilizing ACT processes and PsychFlex data tracking can help increase performance in athletes: Sport, Health, and Human Performance SIG Sponsored

Panel (9:00 AM - 10:30 AM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Original data*

Categories: Sports or performance-enhancing, Mobile or digital technology, Sport Performance

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Chair: Spencer Smith, PsychFlex

Billy Ryan, M.S., Aware Performance Group

Trevor Jones, B.A., Aware Performance Group

Over the last 40 years ACT and contextual sciences have consistently shown their utility in improving the human condition. And they have done so across widely varying demographic groups. Applications to sport and elite performance have shown significant potential but the pool of those applying these principles are currently small, often self educated, and surrounded by antiquated psychological dogmas decades behind current evidence based science. However, there is a small percentage of mental performance coaches who have learned how to apply ACT in a training focused way. This panel will show, from multiple perspectives, how applying ACT supports and enhances sport performance, how to utilize the new app, PsychFlex, to drive data based decisions, and lastly, ways in which language is adjusted to connect to athletes along their sports journey.

Educational Objectives:

1. Define idionomic data; improve their ability to gather data through technology; discuss combining ACT processes with PsychFlex.
2. Describe how ACT can benefit athletes.
3. Summarize differences between traditional sport psychology approaches and process based approaches.

Sunday Morning 11:00 AM

131. The Role of Psychological Flexibility at Work during Times of Change

Symposium (11:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Literature review, Original data*

Categories: Organizational / Industrial psychology, Professional development, Psychological Flexibility at Work

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 219 - Floor 2

Kívia N. F. Rodrigues, M.Sc., PUC-Rio

Letícia s Soave, M.Sc., Pontifícia Universidade Católica do Rio de Janeiro - PUC Rio

Angela Santos De Oliveira, DPsy, DXC Technology

Pollyanna Silveira, Ph.D., UFJF/UCP

Psychological flexibility at work is recognized as a resource for enhancing workers' adaptability to challenging demands and simultaneously emphasizes the importance of behavioral changes aligned with personal values. Such value-oriented behaviors improve well-being at work and can be investigated through a contextual approach that considers individual aspects and the complexities of the labor market. This symposium aims to explore this idea via four studies that examine psychological flexibility at work and the impact of Acceptance and Commitment Therapy (ACT)-based interventions. It includes a systematic literature review about this subject, a correlational study, and two intervention studies, with data gathered between 2020 and 2024 in three distinct Brazilian contexts: education, primary health care, and the general sector. Our findings support the role of psychological flexibility in enhancing well-being and its relationship with other organizational behaviors variables. We highlight the challenges of implementing this kind of workplace interventions effectively and coherently, taking into account individual values and labor-related variables within the complex scenario of developing countries.

- **Work Interventions Based on Psychological Flexibility: Methodological Issues**

Kívia Neves Fiaux Rodrigues, M.Sc., Pontifícia Universidade Católica do Rio de Janeiro

Leonardo Fernandes Martins, Ph.D., Pontifícia Universidade Católica do Rio de Janeiro

Letícia Scandiani Soave, M.Sc., Pontifícia Universidade Católica do Rio de Janeiro

Promoting mental health at work is a relevant aspect for achieving organizational results. Damages resulting from conditions such as stress, depression, anxiety and burnout have a negative impact on workers' productivity and work performance, in addition to representing high social costs with treatment. The objective of the present study was to elucidate the role of psychological flexibility in interventions in the work context through a systematic review of empirical studies of interventions published in peer-reviewed journals and indexed in the main databases related to the field of investigation. More than 70 articles were selected, with the initial analysis of the studies showing positive correlations between psychological flexibility and work engagement, job satisfaction, job redesign and mental health. It was also possible to verify negative correlations between psychological flexibility and stress, burnout, cynicism and mental health losses. The existence of consolidated training was observed, capable of promoting psychological flexibility in the work context. It is concluded that psychological flexibility is an important variable and a powerful personal resource for the prevention and promotion of workers' mental health and behavioral effectiveness.

- **Psychological Flexibility at Work as a Moderator of the Effect of Personal Resources on Work Engagement**

Letícia Scandiani Soave, M.Sc., Pontifícia Universidade Católica do Rio de Janeiro

Leonardo Fernandes Martins, Ph.D., Pontifícia Universidade Católica do Rio de Janeiro

Clarissa Pinto Pizarro de Freitas, Ph.D., Pontifícia Universidade Católica do Rio Grande do Sul

Psychological flexibility at work has proven to be a relevant resource for understanding well-being and work engagement outcomes. However, the existing literature on personal resources in the workplace often emphasizes other elements, such as self-efficacy, typically associated with beliefs about individual capacity. Despite the empirical support for these constructs, the theoretical framework supporting the concept of psychological flexibility at work challenges the perspective that these beliefs alone are comprehensive explanatory factors. This points to the need for a more comprehensive investigation, suggesting that understanding the role of psychological flexibility can add an important dimension to the comprehension of personal resources in the professional context. The present study aimed to understand the relationship between psychological flexibility at work, occupational self-efficacy, and meaningful work with work engagement, as well as to verify whether psychological flexibility at work acted as a moderating variable in the relationship between other personal resources and engagement. The relationship between variables was investigated through a moderation analysis, which highlighted the importance of Psychological Flexibility at Work as a variable that conditions the effects of other personal resources on engagement, thus concluding that higher levels of Psychological Flexibility at Work make Occupational Self-Efficacy and Meaningful Work have more effects on engagement.

- **The Effects of an ACT-Based Intervention on Well-Being at Work**

Angela Santos de Oliveira, Ph.D., Universidade Salgado de Oliveira
Luciana Mourão, Ph.D., Universidade Salgado de Oliveira
Leonardo Fernandes Martins, Ph.D., Pontifícia Universidade Católica do Rio de Janeiro

This study sought to investigate the effects of an intervention based on acceptance and commitment therapy and aimed at psychological flexibility on the well-being of workers facing organizational change. Initially, a pilot study (n=16, 81% women; average age 33.5 years), was performed to fine-tune the protocol. Then, the intervention was conducted with a different group (n=10; 90% women; average age 35.6 years). The results showed that the intervention increased the perception of well-being at work. For the Organizational Commitment variable, 4 of the 10 participants showed a significant improvement when comparing the initial (T1) and final (T2) scores, while the others remained at the average scores and no one showed a worsening. As for the Work Involvement variable, 7 of the 10 participants showed a significant improvement and the others remained at their initial average scores. In addition, the participants reported personal changes associated with the activities developed in the sessions, demonstrating an increase in self-knowledge and greater acceptance and conscious assimilation of undesirable thoughts and feelings. These changes in the workers' behavioural repertoire can facilitate adaptation to organizational changes.

- **Process Evaluation of an ACT-Based Protocol for Primary Healthcare Professionals**
Natália São Tiago Vieira, MSc., Universidade Federal de Juiz de Fora
Pollyanna Santos da Silveira, Ph.D., Universidade Federal de Juiz de Fora

Healthcare professionals frequently suffer from burnout, anxiety, stress, and depression due to work overload, emotionally draining situations, professional devaluation, and high job demands, often exacerbated by shift work and a disparity between effort and reward. Acceptance and Commitment Therapy (ACT)-based protocols show promise in developing emotional skills and reducing symptoms of mental health disorders among adults. Research into ACT protocols for health professionals is vital due to the significant impact of psychological inflexibility in this group. This study aimed to evaluate an ACT-based protocol tailored for primary healthcare workers, involving three two-hour sessions held weekly. A pilot and an pre-experimental group were assessed using outcome and process measures, alongside participant feedback and satisfaction. The results suggest significant preliminary evidence, with the process evaluation of an ACT-based protocol being a key tool for promoting psychological flexibility in primary healthcare professionals, allowing the incorporation of additional studies and research in this context.

Educational Objectives:

1. Assess the impact of psychological flexibility at work.
2. Compare the effects of psychological flexibility at work with other variables commonly associated with workers' well-being.
3. Apply act-based intervention models to the workplace.

132. Interventions in Contextual Behavioral Science with Different Target Audiences

Symposium (11:00 AM - 12:30 PM)

Presenters speaking in Portuguese

Translation: Not available

Components: *Case presentation, Original data*

Categories: Clinical intervention development or outcomes, Health / behavioral medicine, Fibromyalgia, ACT, Repetitive Transcranial Magnetic Stimulation (rTMS), Depression, Major Depressive Disorder (MDD), Elderly, Adolescence, Self-compassion, Psychological Well-being

Target Audience: Beginner, Intermediate, Advanced

Location: Aula 218 - Floor 2

Chair: Fabiana P Ramos, Ph.D., Universidade Federal do Espírito Santo
Luziane De Fátima Kirchner, Ph.D., Universidade Católica Dom Bosco
Bruna Bariani, Ph.D. Student, Faculdade de Medicina da Universidade de São Paulo (FMUSP)

The four articles selected for this symposium address interventions based on contextual behavioral science in different populations. The first article investigated the efficacy of a psychoeducational intervention based on Dialectical Behavior Therapy to promote emotional regulation in adolescents, showing significant results in life satisfaction and emotional regulation. The second article presented the benefits of a self-compassion intervention for parents of autistic children, with positive results in the participants' psychological well-being. The third article evaluated the effectiveness of adjunctive treatment with Acceptance and Commitment Therapy in the treatment of geriatric depression, demonstrating a significant reduction in depressive symptoms. Finally, the fourth article concluded that online group intervention of ACT was effective in increasing pain acceptance, promoting greater engagement in activities despite pain, and reducing the impact of

fibromyalgia, as well as altering the pattern of participants' implicit motivational responses. Together, these studies highlight the potential of contextual behavioral science interventions to promote well-being and mental health in different target populations.

- ACT group online for fibromyalgia - anxiety, depression, disability, and implicit motivational responses

Luziane de Fátima Kirchner, Ph.D., Universidade Católica Dom Bosco - UCDB
Gibson Juliano Weydmann, Ph.D., Universidade de la Salle
Inaê Benchaya Duarte, M.A., Consultório Particular
Lisiane Bizarro Araújo, Ph.D., Universidade Federal do Rio Grande do Sul
Jocelaine Martins Silveira, Ph.D., Universidade Federal do Paraná

The study used psychometric measures and an Approach Avoidance Task (AAT) to assess the effects of an online ACT intervention (Google Meet) applied to women with fibromyalgia (FM). Participants (n=77) were randomly assigned to the Experimental (EG) and Control - waitlist (CG) groups. Statistical analyses (mixed ANOVA for repeated measures; Generalized Linear Mixed Models) indicated a reduction in the impact of FM and an increase in acceptance, with a moderate effect size, in the EG but not in the CG. No differences were observed in anxiety and depression for both groups. Regarding the AAT, the EG maintained avoidance responses to negative stimuli after the intervention, but increased approach responses to positive stimuli, which were previously avoided. This response pattern was not observed in the CG, which continued to show avoidance of positive stimuli. It was concluded that the intervention was effective in increasing acceptance of pain, greater engagement of participants in activities despite pain, as well as reducing the impact of FM and the pattern of avoidance of positive stimuli.

- Evaluation of the effectiveness of adjunctive treatment with ACT to the treatment of geriatric depression with rTMS

Bruna Bariani, M.Sc., Faculdade de Medicina da Universidade de São Paulo (FMUSP)
Bianca Silva Pinto, Faculdade de Medicina da Universidade de São Paulo (FMUSP)
Caroline Saraiva Leão, University College Dublin (UCD)
Leandro da Costa Lane Valiengo, Ph.D., Faculdade de Medicina da Universidade de São Paulo (FMUSP)

Depression is a mental disorder with high prevalence and high treatment resistance. These rates worsen in elderly patients. It is known that Acceptance and Commitment Therapy (ACT) and Transcranial Magnetic Stimulation (TMS) are effective for the treatment of depression. However, the combined treatment of these techniques has not been studied. The aim of this study was to evaluate the efficacy of ACT in conjunction with TMS in geriatric depression. 29 volunteers were randomized into two groups receiving TMS: one with ACT intervention and the other without. The main outcome was assessed by the Hamilton scale, which showed a greater and significant reduction in the group that received ACT ($p = 0.034$), demonstrating its efficacy.

- Psychoeducational intervention based on Dialectical Behavior Therapy promotes emotional regulation in adolescents

Cristiane Tedesco Gandra, M.D., Programa de Pós-graduação em Psicologia, Universidade Federal do Espírito Santo
Fabiana Pinheiro Ramos, Ph.D., Programa de Pós-graduação em Psicologia, Universidade Federal do Espírito Santo

The development of emotional regulation begins in childhood and continues into adolescence. Dialectical Behavior Therapy (DBT) presents methodologies to teach this skill, which involves managing emotional reactions to achieve goals. A psychoeducational group intervention based on DBT was evaluated in six sessions: presentation; mindfulness, dialectics, distress tolerance, emotional regulation, and interpersonal effectiveness. The satisfaction with life and emotional regulation of 30 adolescents (aged 11 to 16) from two public schools in Brazil were compared before and after participation (quantitative analysis with standardized instruments); and the impact of the intervention on their lives was assessed (qualitative analysis with semi-structured interviews). Higher scores of emotional regulation and overall satisfaction with life were obtained after the intervention, both with statistical significance ($p < 0.05$). The interviews showed the effects of using the skills by adolescents, such as: sleeping better, being less impulsive, fighting less, and expressing themselves more assertively. It is concluded that the intervention taught emotional regulation skills, demonstrating the potential of DBT for psychoeducational interventions with this population.

- Touching Hearts: Self-Compassion Intervention Promotes Psychological Well-Being in Parents of Autistic Children

Lucas Polezi do Couto, Mestrado, Lótus: Comportamento e Autocompaixão e Universidade Federal do Espírito Santo (UFES) - Brasil

Fabiana Pinheiro Ramos, Ph.D., Universidade Federal do Espírito Santo (UFES) - Brasil

Parenting involves strain and stress, especially for caregivers of autistic children, who may experience burnout according to research in the field. Self-compassion, on the other hand, has been associated with reduced stress and anxiety in parents, as well as improvement in their quality of life. This study evaluated a group intervention in self-compassion for parents of autistic children (5 online sessions), addressing concepts and experiences: self-compassion and parental stress; mindfulness practices; posture of self-kindness; understanding common humanity; and contributions of self-compassion to parent-child relationships. Ten caregivers from different regions of Brazil participated, assessed with standardized instruments before and after the intervention, measuring self-compassion, parental stress, and psychological well-being; and evaluating the intervention at the end (qualitative questionnaire). The quantitative analysis revealed a significant increase ($p < 0.05$) in the total score of psychological well-being. Qualitatively, participants reported improvement in parent-child relationships, more positive outlooks for their children's futures, and more positive relationships with themselves, highlighting the potential of this type of intervention for this population.

Educational Objectives:

1. Demonstrate the effectiveness of Acceptance and Commitment Therapy (ACT) combined with repetitive Transcranial Magnetic Stimulation (rTMS) for the treatment of Major Depressive Disorder (MDD) in the elderly.
2. Describe how a DBT-based intervention can improve emotional regulation in adolescents.
3. Describe the impacts that self-compassion training had on the psychological well-being of the sample used for the study.

133. Using ACT to support children and young people on their journey with a chronic illness

Workshop (11:00 AM - 12:30 PM)

Presenters speaking in English

Translation: Not available

Components: *Case presentation, Experiential exercises, Role play*

Categories: Health / behavioral medicine, Processes of change, Children, Young people

Target Audience: *Beginner, Intermediate*

Location: Aula 217 - Floor 2

Georgina R Cox, Ph.D., DClInPsy, Royal Children's Hospital
Ali L Morgan, DClInPsy, Royal Children's Hospital, Melbourne

A chronic illness diagnosis during childhood disrupts the developmental trajectory of adolescence and can have implications for both physical and psychological development. At the Royal Children's Hospital in Melbourne, Australia, Acceptance and Commitment Therapy (ACT) is regularly used to support children at various points of their chronic illness journey, and can be effective in the treatment of mood symptoms associated with adjustment to condition, and reduce procedural distress or hospital related anxiety.

This workshop will teach essential skills for working with children and adolescents, and will include a role play by the presenters demonstrating how the processes of cognitive defusion, valuing and committed action may be used to support a young person with a chronic health condition to move towards their picture of a meaningful life despite the presence of a chronic condition or declining health. Attendees will also have the opportunity to role play child-friendly ACT based exercises used in both inpatient and outpatient settings, and discussions will incorporate both brief and longer term interventions.

Educational Objectives:

1. Describe common mental health difficulties experiences by children and young people diagnosed with a chronic illness, and consider what processes of change are needed to support them.
2. Implement both brief and longer term interventions to support children and young people using processes such as cognitive defusion, values identification and committed action.
3. Adjust ACT interventions to meet the developmental age and stage of the children and young people, and demonstrate these in role plays.

134. ACT-informed Exposure for Therapists Who Don't Use Exposure: USA - Oregon Chapter Sponsored

Workshop (11:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation*

Categories: Clinical intervention development or outcomes, Exposure, Anxiety

Target Audience: *Beginner*

Location: Aula 204 - Floor 2

Brian Thompson, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Brian Pilecki, Ph.D., Portland Psychotherapy Clinic, Research, & Training Center

Exposure therapy is an effective method for strengthening psychological flexibility because it involves creating contexts in which clients struggle to help them expand behavioral repertoires (Twohig et al., 2018; Thompson, Twohig, & Luoma, 2021). For therapists without training, exposure therapy can be intimidating. Consequently, many therapists are reluctant to use exposure (Farrell et al., 2016). In this workshop, therapists will learn to create discrete, targeted ACT-informed exposure exercises that they can flexibly apply during treatment.

One powerful tool that is relatively simple to learn and has broad applicability is imaginal exposure. If you've used classic ACT exercises such as Milk Milk Milk and Passengers on the Bus, imaginal exposure is a natural extension of these classic ACT exercises. The focus of this workshop is on learning how to create scripts for targeting private events (e.g., thoughts, feelings, bodily sensations) with which clients struggle and, through repetition, strengthen psychological flexibility. Drawing from ACT and RFT, attendees will learn practical tips for collaboratively writing exposure scripts and how to most effectively implement them.

Educational Objectives:

1. Strengthen ACT processes in therapy using ACT-informed exposure.
2. Identify markers for when imaginal exposure scripts might be useful.
3. Use deictic framing to enhance imaginal exposure scripts.

135. A Functional Contextual View of Integrating ACT and DBT in Clinical Practice

Workshop (11:00 AM - 12:30 PM)

Presenters speaking in Spanish

Translation: Not available

Components: *Didactic presentation, Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Behavior analysis, Clinical interventions, ACT, DBT

Target Audience: *Beginner, Intermediate*

Location: Aula 129 - Floor 1

Lucia Loureiro, Private Practice

Carolina Principi, Lic., Fundación Foro y Práctica Privada

Veronica Analia Piorno, Lic., Contextual Conductual Psicología Mdp

More frequently, therapists in the Latin American region turn to third-wave models, acquiring training and expertise in both ACT and DBT. This leads many in clinical practice to attempt to integrate both models, which in some cases can result in inconsistent or ineffective interventions for the therapeutic process at hand. With this in mind, our goal in this workshop is to guide participants in exploring their own clinical practice from a functional perspective of therapist behavior in session, distinguishing between a pendulum swing between the two models, an attempt at fusion that risks losing consistency with both, and a true integration based on functional analysis of the client's and therapist's behavior. Regarding this latter point, we will endeavor to provide the audience with an answer through exercises and experiential practices.

Educational Objectives:

1. Review the difficulties that arise in attempting to implement ACT and DBT in the same therapeutic process.
2. Identify the function of therapist behaviors in session, when using interventions taken from a different model than the one that guided case conceptualization.
3. Practice clinical skills that allow choosing interventions from a functional contextual perspective.

136. ACTIVE Compass Crafting: Aligning Core Values and Navigating with Mindful Presence through Sensations and Emotions

Workshop (11:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Experiential exercises, Role play*

Categories: Clinical intervention development or outcomes, Processes of change, Mindfulness, Core Values, Emotions

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula 126 - Floor 1

Caroline Theau, Ph.D., Stand Up Therapy - Poulpe Connexion

Participants embark on a self-discovery journey, learning to create their personal compass based on sensations, emotions, and core values. The educational objectives guide attendees through the following steps:

Connect to Core Values: Participants engage in a unique icebreaker exercise, presenting themselves in reverse order. This unconventional activity encourages self-reflection, setting the stage for the exploration of personal values.

Role Play and Empathy: Participants step into roles that differ from their own, gaining insights into the emotions and experiences of others. This fosters empathy and a deeper understanding of diverse perspectives.

Identify Emotions and Sensations: Attendees delve into introspection to identify emotions and bodily sensations associated with personal triggers. Questions like "What makes you indignant or angry, and where do you feel it?" guide the exploration of emotional landscapes.

Define Your Body and Emotional Compass: Building on the gathered insights, participants define their unique body and emotional compass. This involves synthesizing core values, emotional responses, and physical sensations into a personalized guide for navigating life's challenges.

Educational Objectives:

1. Observe, Connect and Discriminate Emotions and Sensations for crafting Personal Values Compass.
2. Utilize ways to connect to values using role play and flexible perspective taking and explain how role play enhances experiential learning of ACT values concepts.
3. Use the steps and ACT concepts involved in guiding clients to discriminate their emotional and bodily responses to build their values compass.

137. Mindfulness for All: Tailoring Group and Individual Interventions for Individuals with Intellectual Disabilities

Panel (11:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Case presentation, Didactic presentation*

Categories: Clinical intervention development or outcomes, Methods/approaches for individual variation, Mindfulness

Target Audience: *Beginner, Intermediate, Advanced*

Location: Aula Magna - Floor 1

Jen Kuhle, Ph.D., BCBA-D, University of Iowa Hospitals and Clinics

Kelly Vinquist, Ph.D., University of Iowa Hospitals and Clinics

Sara E Wise, Ph.D., University of Iowa

Holly Van Den Beldt, M.D., University of Iowa Hospitals and Clinics

Individuals with intellectual disabilities experience mental health concerns at a rate higher than individuals without intellectual disabilities yet treatment options remain limited (Patterson & Golightly, 2023; Perera et al., 2019). There is growing evidence to support the use of third-wave therapies with individuals with disabilities (Byrne & O'Mahony, 2020; Patterson & Golightly, 2023; Patterson, Williams, & Jones, 2019). This panel will present an adaptation of mindfulness-based interventions for individuals with intellectual disabilities across the lifespan. Panelists have been treating individuals with intellectual disability and co-occurring mental health concerns in both inpatient and outpatient settings (in person and virtually) using a modified DBT- and ACT-informed group intervention. Panelists will discuss their experiences of modifying traditional approaches to accommodate cognitive and communication differences. Sample lessons and group member inclusion criteria will be provided. Preliminary data identifying the effectiveness of these strategies will be presented. Practical strategies and case examples will be shared to illustrate the successful implementation of these adapted interventions in real-world settings.

Educational Objectives:

1. Describe ways to adapt mindfulness-based interventions for individuals with intellectual disability and co-occurring mental health concerns.
2. Utilize sample lessons and case examples to create an adaptive mindfulness lesson.

3. List the benefits and difficulties of using a group therapy approach for individuals with intellectual disability.

138. A CBS View of Our Spiritual Dimension: Mind/Body/SAC

Workshop (11:00 AM - 12:30 PM)

Presenters speaking in English

Translation: AI online with your phone - audio or text

Components: *Conceptual analysis, Didactic presentation, Experiential exercises*

Categories: Theory and philosophical foundations, Spiritual Development

Target Audience: *Beginner, Intermediate, Advanced*

Location: Auditorio 2 - Floor 0

Harold B Robb III, Ph.D., ABPP, Private Practice

Mind, body, and spirit, in European culture and its diaspora, are presumed to denote differing aspects of the human animal. Historically, these differentiations assume ontological distinctions and a correspondence theory of truth. This presentation considers "spirit" from a monistic viewpoint that makes no ontological comment and substitutes a pragmatic for a correspondence theory to truth. The approach is consistent with Contextual Behavioral Science generally and, in particular, what Relational Frame Theory designates as "Self As Context." This presentation will unpack the implications of these terms for ordinary communication. Attendees will have the opportunity to discriminate, and contact, as many as eleven different features of this spiritual dimension and to consider them within a hierarchical framework.

Educational Objectives:

1. Discriminate between the common language terms "mind" "body" and "spirit" based on a functional contextual approach to these terms.
2. Describe their spiritual dimension in relation to Contextual Behavioral Science and Relational Frame Theory.
3. Identify eleven aspects of their spiritual dimension and their hierarchical relationship.

139. ADHD in Adults: Contributions of the Science of Behavior and ACT-oriented intervention: Argentina Chapter Sponsored

Panel (11:00 AM - 12:30 PM)

Presenters speaking in Spanish

Translation: AI online with your phone - audio or text

Components: *Case presentation, Conceptual analysis, Didactic presentation, Experiential exercises, Literature review*

Categories: Behavioral or contextual neuroscience, Behavior analysis, Neurodiversity, ADHD

Target Audience: *Beginner, Intermediate, Advanced*

Location: Cine - Floor 0

Carolina P. Fernandez Diaz, Lic., CEPYEN

Juan A Alberto González, Lic., Fundación ECCO

Objective: Present the application of Acceptance and Commitment Therapy (ACT) to clinical work with adult clients diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). It is aimed at students and professionals interested in the contributions of Contextual Behavioral Science and Acceptance and Commitment Therapy to more effective intervention with individuals with ADHD, within a values-oriented case conceptualization framework.

Content:

- Description of ADHD and its presentation in Adults.
- Clinical manifestations and emotional and behavioral challenges.
- Application of ACT to the treatment of adult ADHD.

Educational Objectives:

1. Explain the diagnostic criteria of Attention Deficit Hyperactivity Disorder (ADHD).
2. Demonstrate how to apply the behavioral model of ADHD in adult clients.
3. Apply ACT in adults with ADHD, from case conceptualization to effective interventions oriented towards valuable directions.

Sunday Afternoon 12:45 PM

N. Argentina Chapter Meeting

Chapter/SIG/Committee Meeting (12:45 PM - 1:30 PM)

Translation: Not available

Location: Aula 204 - Floor 2

Victor Fabris, Practica Privada

Carolina Fernandez Diaz, Practica Privada

Meeting of the Argentine Chapter

Thursday, 25 July (Morning)

	8:00 - 9:00	9:00 - 10:15	10:15 - 10:45	10:45 - 12:00	12:00 - 12:15
ROOM		PLENARY		SESSIONS	
Juan Pablo II		<ul style="list-style-type: none"> 1. Reboot, Reframe and Re-envision: Advancing Health Equity within Behavioral Science - Crosby (<i>Int. S. Martin*</i>) (Plenary) Eng. 		<ul style="list-style-type: none"> 2. PART 1: Functional Analytic Psychotherapy (FAP): Creating Intense and Curative Therapeutic Relationships - Tsai, Secchi Silveira, Mendoza Martinez, Tarraf, Lami Hernandez (Workshop) Eng. 	
Aula 219				<input checked="" type="checkbox"/> 3. Understanding the Dynamics of Clinically Relevant Behaviors and Therapists Behaviors through Sessions Microanalysis - Cordoba-Salgado, Pereira, Andrés-López, Maitland (Symposium) Eng.	
Aula 218				4. Reclaiming Self: Strengthening trauma therapy through self-interventions from ACT perspective - Ulusoy, Celik (Workshop) Eng.	
Aula 217				5. From theory to research and from research to practice: ACT and insomnia - Paulos-Guarnieri, Cohab Khafif, Rafihi-Ferreira, Linares, Margolies (Symposium) Eng.	
Aula 204				<input checked="" type="checkbox"/> 6. Grounding Your Therapy in Functional Contextualism - M. Morris*, Bozza* (Workshop) Eng.	
Aula 129				7. Navigating Supervisee and Supervisor Self Criticism in Supervision - Pegrum* (Workshop) Eng.	
Aula 126				<input checked="" type="checkbox"/> 8. Developing a Clinical Therapeutic Team: Skills, Competencies, and Protocols - López Rivera, Da Rugna, Arancibia-Levit, Rodriguez Subirana (Symposium) Sp.	
Aula 124/125				<input checked="" type="checkbox"/> 9. PART 1: ACT for eating disorders: Honing essential skills - Merwin* (Workshop) Eng.	
Aula Magna				<input checked="" type="checkbox"/> 10. ACT and Psychedelic-Assisted Therapy: possibilities and challenges - Nico, Perez, Siqueira, S. Hayes*, Luoma*, Pilecki (Panel) Eng.	
Auditorio 2				On Becoming a PRT (A) - Lasprugato, Manzione, Pegrum, Valentim, Olaz, Perez	
Auditorio 1	Finding Your Home in ACBS: A Membership Committee Meeting Open to Everyone, Including First-Time Attendees (B) - Ethington	<input checked="" type="checkbox"/> 12. Introducing Growth-Focused CBT: A Transdiagnostic Approach to Avoidance-Based Disorders in Childhood - Coyne*, Ehrenreich-May (Workshop) Eng.			
Cine		<input checked="" type="checkbox"/> 13. Living from your heart when the world is falling apart - Gillanders*, Valentim*, LeJeune*, Muñoz-Martínez (Panel) Eng.			

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● = Translation by World Conference headset - audio only
 = Translation by AI online with your phone - audio or text
 * = Peer Reviewed ACT Trainer

Eng. = Presenters speaking in English
 Sp. = Presenters speaking in Spanish
 Por. = Presenters speaking in Portuguese

Thursday, 25 July (Afternoon)

		12:15 - 1:45	1:45 - 3:00	3:00 - 4:30	4:30 - 5:00	5:00 - 6:00		
ROOM		SESSIONS		SESSIONS		Plenary		
Juan Pablo II	Floor 2	<ul style="list-style-type: none"> ● 2. PART 2: Functional Analytic Psychotherapy (FAP): Creating Intense and Curative Therapeutic Relationships - Tsai, Secchi Silveira, Mendoza Martinez, Tarraf, Lami Hernandez (Workshop) Eng. 	L U N C H	<ul style="list-style-type: none"> ● 24. Shaping Bravery and Flexibility Using Values and Perspective-Taking: A Process-Based Approach to Anxiety and OCD - Coyne* (Workshop) Eng. 	C O F F E E	<ul style="list-style-type: none"> ● 36. A Theory of Everyone: The New Science of Who We Are, How We Got Here, and Where We're Going - Muthukrishna (Int. S. Hayes*) (Plenary) Eng. 		
Aula 219		<ul style="list-style-type: none"> ☑ 14. Contributions of Translational Research in Argentina to Contextual Behavioral Science - Olaz*, Caruso, Navas Granetto, Dacuña, José Quintero (Symposium) Sp. 		<ul style="list-style-type: none"> ☑ 25. Innovations in Measuring Processes of Change in Clinical Intervention - Merwin*, Gloster, Karekla*, S. Martin*, McHugh* (Symposium) Eng. 				
Aula 218		15. Working with Patients with Chronic Physical Illnesses from an ACT Perspective - Osgood, León (Workshop) Sp.		26. Exploring Loneliness, the Therapeutic Relationship, and Interpersonal Dynamics through ACT, FAP, MBSR, and PBT - Hernández, Ramakan, Maitland, Santos Silva, Albrecht Bornholdt, Branca (Symposium) Eng.				
Aula 217		16. Exploring Frontiers in CBS and Health: Insights into Chronic Conditions, Addiction, and Well-being - Trindade, Mak, Tuomisto (Symposium) Eng.		27. The Sound of Process - Experiencing the DNA-V Model through a Musical Workshop - Singh, Freymann (Workshop) Eng.				
Aula 204		<ul style="list-style-type: none"> ☑ 17. Existence, Death, and Meaning - O'Connell*, Walsler* (Workshop) Eng. 		<ul style="list-style-type: none"> ☑ 28. Effectiveness and Change Processes of Brief ACT Interventions Focused on Reducing Repetitive Negative Thinking - Ruiz (Invited) Sp. 			T E A	
Aula 129	Floor 1	18. RFT analyses of the clinical implications of rule-following and hierarchical framing - Ruiz, Villarroel, Martínez-Carrillo, Gil-Luciano, Luciano*, Vergara (Symposium) Eng.		29. Effectiveness of MAGPIES: ACT and RFT for children's emotion regulation, social skills, self-esteem, and anxiety - Cassidy*, Stapleton (Symposium) Eng.			C O F F E E	
Aula 126		<ul style="list-style-type: none"> ☑ 19. Navigating Relationships and Self-Love in Latin American Women: Perspectives from Acceptance and Commitment Therapy - Cassado, Saban Bernauer, Vogel (Workshop) Eng. 		<ul style="list-style-type: none"> ☑ 30. The Experience of Wanting to Be Right in the Context of a Relationship - Gelfi, Mosquera, Vazquez, Ingrassia (Workshop) Sp. 				
Aula 124/125		<ul style="list-style-type: none"> ☑ 9. PART 2: ACT for eating disorders: Honing essential skills - Merwin* (Workshop) Eng. 		<ul style="list-style-type: none"> ☑ 31. The Path of Awakening: Devices for the General Public that Promote Well-Being and Psychological Flexibility - Cándarle, O'Connell* (Workshop) Sp. 				
Aula Magna		<ul style="list-style-type: none"> ☑ 20. Flexible flexibility: How to remain flexible as exposure therapists and adapt to different contexts - Yusuf, Pilecki, Rivera, Coyne*, Twohig (Panel) Eng. 		<ul style="list-style-type: none"> ☑ 32. The Personal is Political: How Personal Trauma and Loss May Inform a Path to Healing Our Divided World - Kohlenberg*, Törneke*, Gregg*, Luciano* (Panel) Eng. 				T E A
Auditorio 2		<ul style="list-style-type: none"> ☑ 21. Helping neurodivergent clients unmask to find self-acceptance, self-compassion, and a cohesive sense of identity - Kemp, Stapleton (Workshop) Eng. 		<ul style="list-style-type: none"> ☑ 33. The Use of Deliberate Practice and FAP Processes to Train Therapeutic Relationship Skills - Cordoba-Salgado, Esparza (Workshop) Sp. 				
Auditorio 1	Floor 0	<ul style="list-style-type: none"> ☑ 22. Compassion Training in Therapy and Psychoeducational Groups: Key Learnings from 12 Years of Experience - Brito-Pons (Invited) Sp. 	<ul style="list-style-type: none"> ☑ 34. Getting to the Heart of the Matter: Psychedelics and Values - Pilecki, T. Morris (Workshop) Eng. 					
Cine		<ul style="list-style-type: none"> ☑ 23. Sailing through Complexity: The Experience of Care through Contextual Therapies in the Brazilian Context - Kolb, Filho, Tagliari (Panel) Por. 	<ul style="list-style-type: none"> ☑ 35. Intersectionality and Contextual Behavioral Science: Exploring Insights Surrounding Intersectional Implementation - Payne, L. Loureiro, Crosby, Walsler* (Panel) Eng. 					

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Friday, 26 July (Morning)					
	8:00 - 8:45	9:00 - 10:15	10:15 - 10:45	10:45 - 12:00	12:00 - 12:15
ROOM		SESSIONS		SESSIONS	
Juan Pablo II		● 37. Using Imaginal Perspective Taking Exercises Address Shame and Increase Self-Compassion - Luoma*, LeJeune* (Workshop) Eng.	C O F F E E T E A	● 49. Compassion-Focused Therapy: Core Concepts and Practices - Brito-Pons (Workshop) Sp.	B R E A K
Aula 219	Türkiye Chapter (C) - Terzioğlu, Çelik	☑ 38. Efficacy and processes of change of RNT-focused ACT interventions in depression and anxiety - Leão, Otálora, Ruiz, Gil-Luciano, Ramírez (Symposium) Eng.		☑ 50. Learning ACT from the Inside Out: Psychological Flexibility in the Therapist - Teti, Coletti (Workshop) Sp.	
Aula 218	Pain SIG (D) - Ochsner Margolies	39. Persisting with Purpose: Using ACT with Racially and Economically Marginalized Populations - Gallo (Workshop) Eng.		51. The Sounds of Inner Harmony - Moran*, Wright* (Workshop) Eng.	
Aula 217	Colombia Chapter (E) - Avila Alzate, Rodriguez	40. Psychological Flexibility and Rigidity: ACT Applications in Various Contexts and Populations - Fuentes-Ferrada, López Ríos, Braga Ferreira, Alvarenga, Santamaria Galeano, Ortiz, Saavedra (Symposium) Sp.		52. ACT for Insomnia applied across multiple settings: Chronic pain, depression, adolescents, and bipolar disorder - Rafihi-Ferreira, Margolies, Paulos-Guarneri, Linares, Cohab Khaffif (Symposium) Eng.	
Aula 204		☑ 41. MAGPIES for social skills? A neuro-affirmative CBS program for children's mental health with RFT "baked in" - Cassidy*, Stapleton (Workshop) Eng.		☑ 53. Embodying ACT: Integrating Acceptance and Commitment Therapy with Body-Based Interventions - O'Connell* (Invited) Eng.	
Aula 129		42. Acceptance and Commitment Therapy for Unhelpful Perfectionism - Lee (Workshop) Eng.		54. Challenges in Designing Single Case Experiment: Three Examples - Nalbant, Yavuz, Terzioğlu, Ulusoy (Symposium) Eng.	
Aula 126		☑ 43. Understanding the Autistic "Spiky Profile" as a Foundation for Effective and Affirming ACT and CFT - Kemp (Workshop) Eng.		☑ 55. Generalizing Functional Analytic Psychotherapy Principles through Community Development - Santos Silva, Albrecht Bornholdt, Mendoza Martinez, Maiojas, Yates, Lopes, Tsai (Workshop) Eng.	
Aula 124/125		☑ 44. ACTing to Transform: Acceptance and Commitment Therapy in Clinical Approaches to Trauma from Sexual Abuse - Fernandez Diaz, Farroni (Workshop) Sp.		☑ 56. PART 1: ACT Assisted by Psychedelics - Nico, Siqueira (Workshop) Por.	
Aula Magna		☑ 45. Seeing How We're Doing Together: Towards a Functional, Contextual, Process-Based Definition of Therapeutic Alliance - Sullivan, Tsai, S. Hayes*, O'Connell*, Walser*, Törneke* (Panel) Eng.		☑ 57. Sensitive and Effective Procedures for Children, Adolescents, and Families - Alberto González, Mandil, Almada, Faust (Panel) Sp.	
Auditorio 2	Psychedelic and Non-Ordinary States of Consciousness SIG (F) - T. Morris, Pilecki	☑ 46. Enhancing Intimacy and Connection: Using FAP as Framework for Working with Diversity and Inclusion - Muñoz-Martinez, Maitland, Garcia, Truitt, Robayo (Symposium) Eng.		T E A	
Auditorio 1		☑ 47. Timing in ACT: How to Build Timing Attunement to Enhance Clinical Decision-Making and Therapeutic Effectiveness - Westrup*, Hedegaard (Workshop) Eng.	C O F F E E	☑ 59. PART 1: ACT in the Crucible: Dealing with Challenging Therapy Interactions - Manzione*, Walser* (Workshop) Eng.	
Cine		☑ 48. Current State of Contextual Behavioral Models in Spanish-Speaking Countries. Review. Future Challenges - Piorno, Luciano*, Del Águila Vargas (Panel) Sp.		☑ 60. Values-based entrepreneurship: When purpose is the bottom line - LeJeune*, Dickman, T. Morris, Costello Whooley, Palmer (Panel) Eng.	

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Friday, 26 July (Afternoon)								
		12:15 - 1:45	1:45 - 3:00	3:00 - 4:30	4:30 - 5:00	5:00 - 6:00	6:00 - 7:00	
ROOM		SESSIONS		SESSIONS		Plenary		
Juan Pablo II		● 61. Trauma and young people: Using DNA-V as a framework for growth - L. Hayes* (Workshop) Eng.		● 71. Every Voice Matters: How a Modern Process-Based Approach is Helping us Expand Our Work Beyond Psychotherapy - S. Hayes* (Invited) Eng.		● 83. Towards a science of competency - Gillanders* (Int. McHugh*) (Plenary) Eng.		
Aula 219	Floor 2	☑ 62. Enhancing Care and Well-being Across Specific Medical Conditions: The Role of ACT in Supporting Patients, Survivors, and Caregivers - Atefi, Meyer, Garcia, Merwin* (Symposium) Eng.		☑ 72. Advancing ACT for Underserved Populations (Farmers, Unaccompanied Minors, & People Experiencing Housing Insecurity) - Stapleton, Karekla*, Waters, McHugh* (Symposium) Eng.	C O F F E E			
Aula 218		63. Addressing Righteous Indignation with Forgiveness and Reconciliation - Robb* (Workshop) Eng.		73. Improving therapist's flexibility in suicide and suicide-related issues - Ilkay, Ramakan (Workshop) Eng.				
Aula 217		64. Tired of Counting Sheep? An Experiential ACT Based Approach to Improving Sleep Quality in Chronic Health Conditions - Margolies, S. Martin* (Workshop) Eng.	L U N C H	74. Undermining Pliance: How to Recognize and Intervene on Rule-Governed Behavior - Powell, Palmer (Workshop) Eng.		T E A		
Aula 204		☑ 65. The client and therapist's behaviors in flight through the lens of RFT - Luciano*, Törneke* (Workshop) Eng.		☑ 75. Gender Roles and Stereotypes: Making Biases about "Being Female" or "Being Male" Visible and Flexible - Goldschmidt, Moraco (Workshop) Sp.				
Aula 129	Floor 1	66. Exploring New Frontiers in OCD Treatment: Acceptance and Commitment Therapy in the Brazilian Context - C. Loureiro, Laurito, Twohig, Paulos-Guarnieri, Pogrebinski (Symposium) Eng.		76. Ignite 1 - Alvarenga, Doyle, Eickleberry, El-Ghoroury, Freymann, Guthrie, Holanda, Kohli, Payne, Secchi Silveira, Stevenson (Ignite)	T E A			
Aula 126		☑ 67. Selfing with Parts in ACT - Lasprugato* (Workshop) Eng.		☑ 77. Assessment and Conceptualization of Interpersonal Suffering: The Functional Idiographic Assessment Template-2 - Callaghan, Assaz (Workshop) Eng.				
Aula 124/125		☑ 56. PART 2: ACT Assisted by Psychedelics - Nico, Siqueira (Workshop) Por.	L U N C H	☑ 78. We're all impostors RNT we?! - Larsson, Leão (Workshop) Eng.		C O F F E E		
Aula Magna		☑ 68. Building bridges: Integrating Traditions and Innovations Across Different Areas - Muthukrishna, Pilecki, Ruiz, Brito-Pons, Villanueva (Panel) Eng.		☑ 79. Empowering Recovery: The Role of Acceptance and Commitment Therapy in the Future of Trauma Treatment - Walser*, M. Morris*, Moran*, Bilgen, L. Hayes*, O'Connell* (Panel) Eng.				
Auditorio 2		☑ 69. Working therapeutically with unaccompanied minors using ACT: an adapted Self-Help Plus approach - Karekla*, Presti* (Workshop) Eng.		☑ 80. Expanding Horizons: Digital Frontiers in Enhancing Mental Health and Quality of Life - Gillanders*, Truitt, Allen, Zhang (Symposium) Eng.	T E A			
Auditorio 1	Floor 0	☑ 59. PART 2: ACT in the Crucible: Dealing with Challenging Therapy Interactions - Manzione*, Walser* (Workshop) Eng.		☑ 81. CFT with Adolescents in Crisis - Fraser (Workshop) Eng.				
Cine		☑ 70. Intrapersonal and Interpersonal Processes in Psychotherapy: Integration of Treatment Strategies in ACT, FAP, & DBT - Callaghan, Assaz, Gregg*, Kohlenberg*, Olaz* (Panel) Eng.		☑ 82. Contextual Science and Social Change: Contributions to the Construction of a More Collaborative and Empathetic Society - Principi, Farroni, Estevez, Cano (Panel) Sp.				

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Saturday, 27 July (Morning)

	8:00 - 9:00	9:00 - 10:15	10:15 - 10:45	10:45 - 12:00	12:00 - 12:15	
ROOM		PLENARY		SESSIONS		
Juan Pablo II		<ul style="list-style-type: none"> • 84. Behavioral science and technology to address deficits in symbolic behavior: with an emphasis on reading and writing - das Graças de Souza (<i>Int. Presti*</i>) (Plenary) Eng. 		<ul style="list-style-type: none"> • 85. PART 1: Linking Case Conceptualization to Treatment Kernels: How a Process-Based Approach Can Support Clinical Intuition - S. Hayes*, Jansen (Workshop) Eng. 		
Aula 219			C		☑ 86. Developments in rule-following, relational density, and responding under uncertainty: A basic science symposium - Stapleton, McCloskey, McHugh* (Symposium) Eng.	
Aula 218	Floor 2 Applying ACT to Addictions SIG (H) - Waters		O		87. Expanding the Frontiers of CBS: New Insights from RFT, Perspective Taking, and the IRAP - Pacheco Gomide, Gutierrez Guevara, Perez (Symposium) Eng.	
Aula 217	Sport, Health, and Human Performance SIG (J) - Yoshimoto, Arancibia Levit		F		88. Applications of Acceptance and Commitment Therapy: From Public Health to Individual Challenges - Lofredo, Maller, Farroni, Martinez Munive (Symposium) Sp.	B R E A K
Aula 204			E			
Aula 129					90. How to Stop Worrying and Love the Eco-Apocalypse: An ACT Approach for Embracing Eco-Anxiety - Guthrie, Villanueva (Workshop) Eng.	
Aula 126					☑ 91. I Didn't Mean What I Said: Dealing with Emotions in Interpersonal Relationships - Nalbant, Yavuz (Workshop) Eng.	
Aula 124/125	Floor 1 Women in ACBS SIG (K) - Pegrum, LeJeune				☑ 92. Promoting Inter/Intra-Social Change using ACT and the Prosocial Model - Fung, Kurumiya (Workshop) Eng.	B R E A K
Aula Magna			C		☑ 93. Variation with Vignettes: Cultural Considerations within Contextual Behavioral Approaches - Lasprugato*, Payne, Martinez, L. Loureiro (Panel) Eng.	
Auditorio 2					☑ 94. Discovering Flexibility Strategies for Working with Parents and Caregivers in Child Development - Morandini (Workshop) Sp.	
Auditorio 1	Floor 0 Brasil Chapter (L) - Manzione, Pogrebinschi, Souza		☑ 95. PART 1: Blowing the Doors off Your Life: ACT to Empower Women "of a Certain Age" - Yates, Costello Whooley, T. Morris, M. Morris*, Coyne* (Workshop) Eng.			
Cine			☑ 96. LAMIC Virtual Congress: Experiences, Opportunities, and Challenges to Expand Knowledge to More Countries - Granados-Salazar, Del Águila Vargas, Fernández-Díaz, Bozza* (Panel) Sp.			

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Saturday, 27 July (Afternoon)

	12:15 - 1:45	1:45 - 3:00	3:00 - 4:30	4:30 - 5:00	5:00 - 6:00
ROOM	SESSIONS	2:14 - 2:45	SESSIONS		Plenary
Juan Pablo II	<ul style="list-style-type: none"> ● 85. PART 2: Linking Case Conceptualization to Treatment Kernels: How a Process-Based Approach Can Support Clinical Intuition - S. Hayes*, Jansen (Workshop) Eng. 		<ul style="list-style-type: none"> ● 107. Experiential Role Play: Integrating ACT Processes Flexibly - Walser*, Westrup* (Workshop) Eng. 		<ul style="list-style-type: none"> ● 119. You, Us, Meaningful Change and Other Issues of the Heart - Gloster (Int. Merwin*) (Plenary) Eng.
Aula 219	<ul style="list-style-type: none"> ☑ 97. Improving Clinical Work with Couples from a Functional Contextual Perspective and the Gottman Method - Vazquez, Gelfi, Ingrassia, Martinez Bieule, Mosquera, Azrilevich (Workshop) Sp. 		<ul style="list-style-type: none"> ☑ 108. Addressing Selfing as a Central Process in Psychotherapy. Contributions of Reformulated RFT - Olaz*, Cuarta (Workshop) Sp. 	C O F F E E	
Aula 218	<ul style="list-style-type: none"> 98. Strengthening the therapist's self: Developing essential skills in Functional Analytic Psychotherapy - Albrecht Bornholdt, Villas-Bôas, Martim (Workshop) Eng. 		<ul style="list-style-type: none"> 109. Interventions in Contextual Behavioral Science: Perspectives and Outcomes - Elices, Santamaria Galeano, Ortiz Pérez, Paredes, Gomez, Avila (Symposium) Sp. 		
Aula 217	<ul style="list-style-type: none"> 99. Advancing Cancer Care: Innovations in CBS for Enhancing Quality of Life and Psychological Well-being - Trindade, Li, Zhao (Symposium) Eng. 	L U N C H	<ul style="list-style-type: none"> Climate Justice and Action SIG (M) - Villanueva, Guthrie 	T E A	
Aula 204	<ul style="list-style-type: none"> ☑ 100. A Cooperative Approach to Therapeutic Alliance - Maero (Workshop) Sp. 		<ul style="list-style-type: none"> ☑ 111. Long life to Social Connection: Using FAP principles to build up a meaningful life - Muñoz-Martinez (Invited) Eng. 		
Aula 129	<ul style="list-style-type: none"> 101. Insights and Innovations in CBS: Development of Tools and Measures across Single Sessions, Complex Analyses, and Cross-Cultural Validations - Sundström, Larsson, Svensgård, Ilkay, Mondaca (Symposium) Eng. 		<ul style="list-style-type: none"> 112. CBS and Psychedelics: How Psychological Flexibility Can Explain and Enhance Therapeutic Benefits - Pilecki, Luoma*, T. Morris, M. Morris*, LeJeune*, Lofredo (Symposium) Eng. 		
Aula 126	<ul style="list-style-type: none"> ☑ 102. ACT-Enhanced Behavior Therapy for Trichotillomania - Twohig (Workshop) Eng. 	L U N C H	<ul style="list-style-type: none"> ☑ 113. Applying a Structural Competency Framework to Acceptance Commitment Therapy (ACT) - Siber-Sanderowitz, Gallo (Workshop) Eng. 	C O F F E E	
Aula 124/125	<ul style="list-style-type: none"> ☑ 103. InterACT with Couples: Interpersonal Yearnings and Psychological Flexibility - Lasprugato* (Workshop) Eng. 		<ul style="list-style-type: none"> ☑ 114. Interpersonal Behavior Therapy: Case Conceptualization and Extending Change into Community Relationships - Callaghan, Pereira (Workshop) Eng. 		
Aula Magna	<ul style="list-style-type: none"> ☑ 104. Aspects of metaphor use in contextual therapies - Törneke*, Luciano*, Ruiz, Yavuz (Panel) Eng. 		<ul style="list-style-type: none"> ☑ 115. Should the content of thoughts be relevant for ACT and Process-Based Therapy? - Ruiz, Luciano*, Robb*, Presti*, Gil-Luciano (Panel) Eng. 		
Auditorio 2	<ul style="list-style-type: none"> ☑ 105. Enhancing Substance Use Disorder Treatment with novel Acceptance and Commitment Therapy interventions - Gallo, Stotts, Villarreal, Siber-Sanderowitz, Luoma* (Symposium) Eng. 		<ul style="list-style-type: none"> ☑ 116. Ignite 2 - Guimarães, Niquerito-Bozza*, Santos, Castro, Estevez, Goldschmidt, Moraco, Granados-Salazar, Leite, Porta, Rodríguez, Sanchez, de Araújo, Kaplan, Sáenz-Cavia (Ignite) 	T E A	
Auditorio 1	<ul style="list-style-type: none"> ☑ 95. PART 2: Blowing the Doors off Your Life: ACT to Empower Women "of a Certain Age" - Yates, Costello Whooley, T. Morris, M. Morris*, Coyne* (Workshop) Eng. 		<ul style="list-style-type: none"> ☑ 117. Using ACT and RFT to cultivate healthy selfing among 8- to 12-year-olds: MAGPIES for self-esteem - Stapleton, Cassidy* (Workshop) Eng. 		
Cine	<ul style="list-style-type: none"> ☑ 106. Addressing Trauma in the Context of Political Violence: Perspectives and Practices from Contextual Sciences - Osorio*, Del Águila Vargas, Bravo saavedra, Mendoza Martinez (Panel) Sp. 		<ul style="list-style-type: none"> ☑ 118. Evidence of Effectiveness of Compassion-Focused Therapy in Different Contexts - Souza, Pogrebinschi, Teixeira, Grün, Filho (Panel) Por. 		

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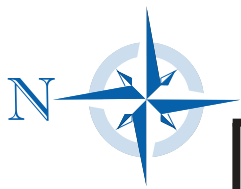
Sunday, 28 July (Morning)

		9:00 - 10:30	10:30 - 11:00	11:00 - 12:30	12:45 - 1:30
ROOM		SESSIONS		SESSIONS	
Aula 219	Floor 2	<input checked="" type="checkbox"/> 120. ACTing with Bipolar Patients: Practical Skills and Training - Khafif, Perez (Workshop) Eng.	C O F F E T E A	<input checked="" type="checkbox"/> 131. The Role of Psychological Flexibility at Work during Times of Change - Rodrigues, Soave, De Oliveira, Silveira (Symposium) Eng.	
Aula 218		121. Consoling Highly Distressed Patients from a Contextual Perspective - Velez (Workshop) Sp.		132. Interventions in Contextual Behavioral Science with Different Target Audiences - Ramos, Kirchner, Bariani (Symposium) Por.	
Aula 217		122. ACT in Action: Cultivating Resilience and Growth in High-Demand and High-Performance Settings - Meyer, Matos, Ramakan (Symposium) Eng.		133. Using ACT to support children and young people on their journey with a chronic illness - Cox, Morgan (Workshop) Eng.	
Aula 204		<input checked="" type="checkbox"/> 123. Working with Hierarchical Self-Contents to Promote Greater Precision in ACT - Ruiz, Gil-Luciano (Workshop) Sp.		<input checked="" type="checkbox"/> 134. ACT-informed Exposure for Therapists Who Don't Use Exposure - Thompson, Pilecki (Workshop) Eng.	
Aula 129	Floor 1	124. climACT: From ecological grief to the capacity to ACT - Villanueva, Guthrie (Workshop) Eng.	C O F F E T E A	135. A Functional Contextual View of Integrating ACT and DBT in Clinical Practice - L. Loureiro, Principi, Piorno (Workshop) Sp.	
Aula 126		<input checked="" type="checkbox"/> 125. Mindfulness and Acceptance and Commitment Therapy in Challenging Contexts: Applications in Education and Parenting - Maller, Langer, Gutierrez Guevara, Mamani Tito (Symposium) Sp.		<input checked="" type="checkbox"/> 136. ACTive Compass Crafting: Aligning Core Values and Navigating with Mindful Presence through Sensations and Emotions - Theau (Workshop) Eng.	
Aula 124/125		<input checked="" type="checkbox"/> 126. PART 1: Let's Talk About Sex - Sisti*, Levinson (Workshop) Eng.		<input checked="" type="checkbox"/> 126. PART 2: Let's Talk About Sex - Sisti*, Levinson (Workshop) Eng.	
Aula Magna		<input checked="" type="checkbox"/> 127. Relevance of Skills Training for Families of Individuals with Emotional Dysregulation in Latin America - José Quintero, Pechon, Rodriguez Rey, Principi (Panel) Sp.		<input checked="" type="checkbox"/> 137. Mindfulness for All: Tailoring Group and Individual Interventions for Individuals with Intellectual Disabilities - Kule, Vinquist, Wise, Van Den Beldt (Panel) Eng.	
Auditorio 2		<input checked="" type="checkbox"/> 128. With a little help from my ACT trainer friends - A-Tjak*, O'Connell* (Workshop) Eng.		<input checked="" type="checkbox"/> 138. A CBS View of Our Spiritual Dimension: Mind/Body/SAC - Robb* (Workshop) Eng.	
Auditorio 1	Floor 0	<input checked="" type="checkbox"/> 129. PART 1: Love in the Room: How to evoke therapeutic love within ethical boundaries & the stigma of therapist attraction - Kuei (Workshop) Eng.	T E A	<input checked="" type="checkbox"/> 129. PART 2: Love in the Room: How to evoke therapeutic love within ethical boundaries & the stigma of therapist attraction - Kuei (Workshop) Eng.	
Cine		<input checked="" type="checkbox"/> 130. ACT in Sport: How utilizing ACT processes and PsychFlex data tracking can help increase performance in athletes - Ryan, Jones, Smith (Panel) Eng.		<input checked="" type="checkbox"/> 139. ADHD in Adults: Contributions of the Science of Behavior and ACT-oriented intervention - Fernandez Diaz, Alberto González (Panel) Sp.	

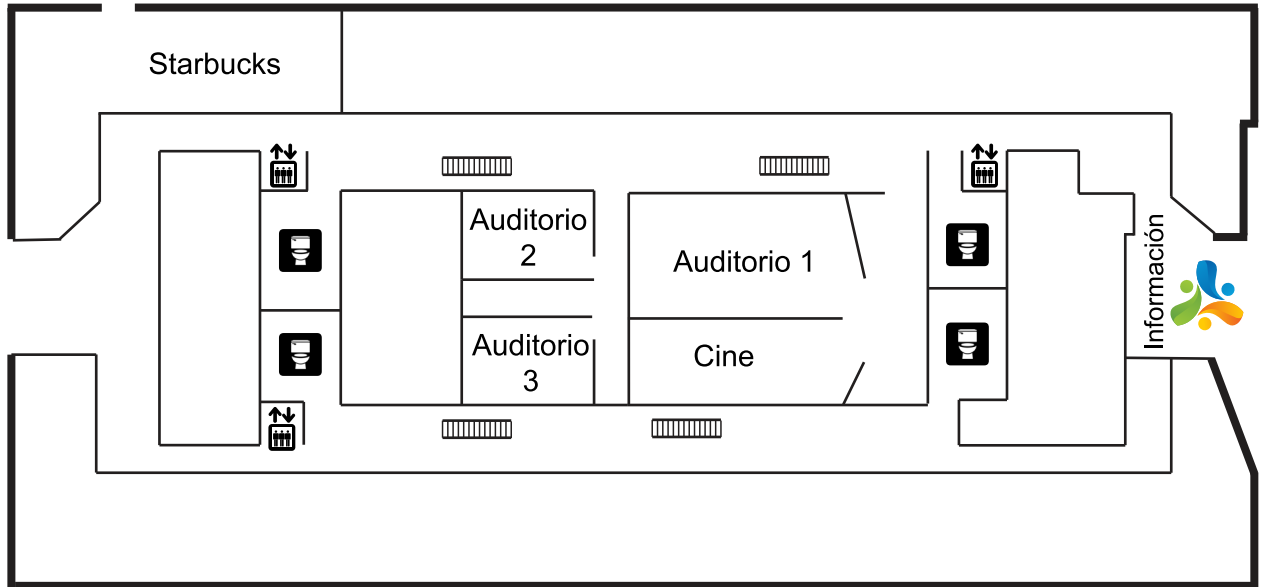
Good-byes... until next year in New Orleans, Louisiana, USA July July 17-20, 2025!

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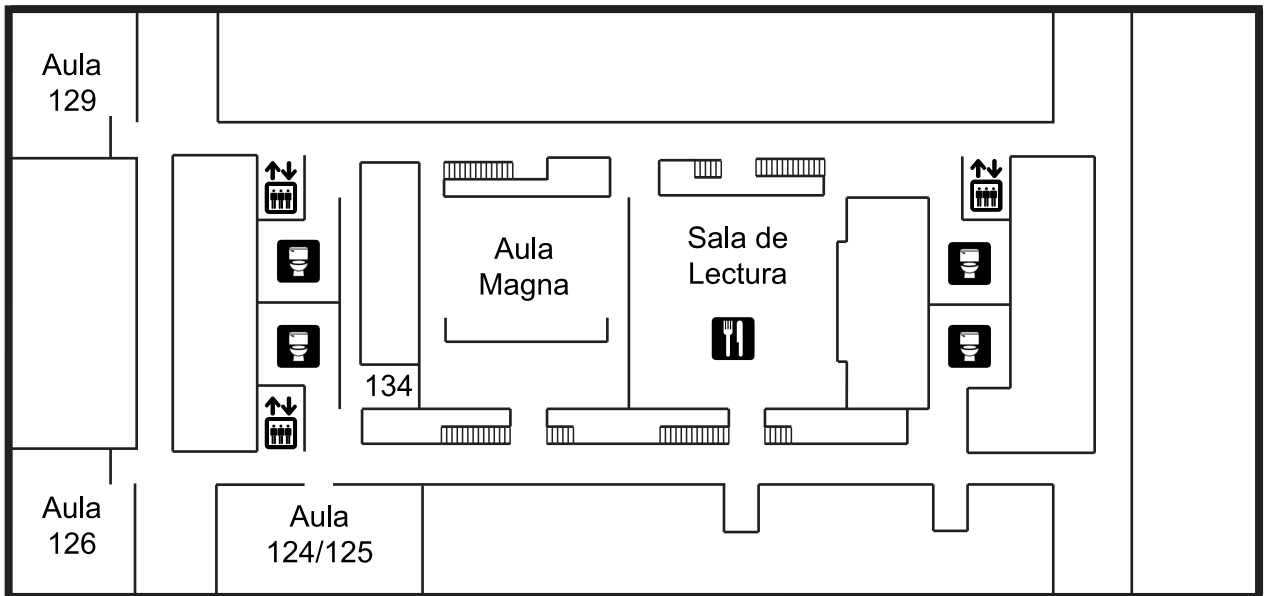
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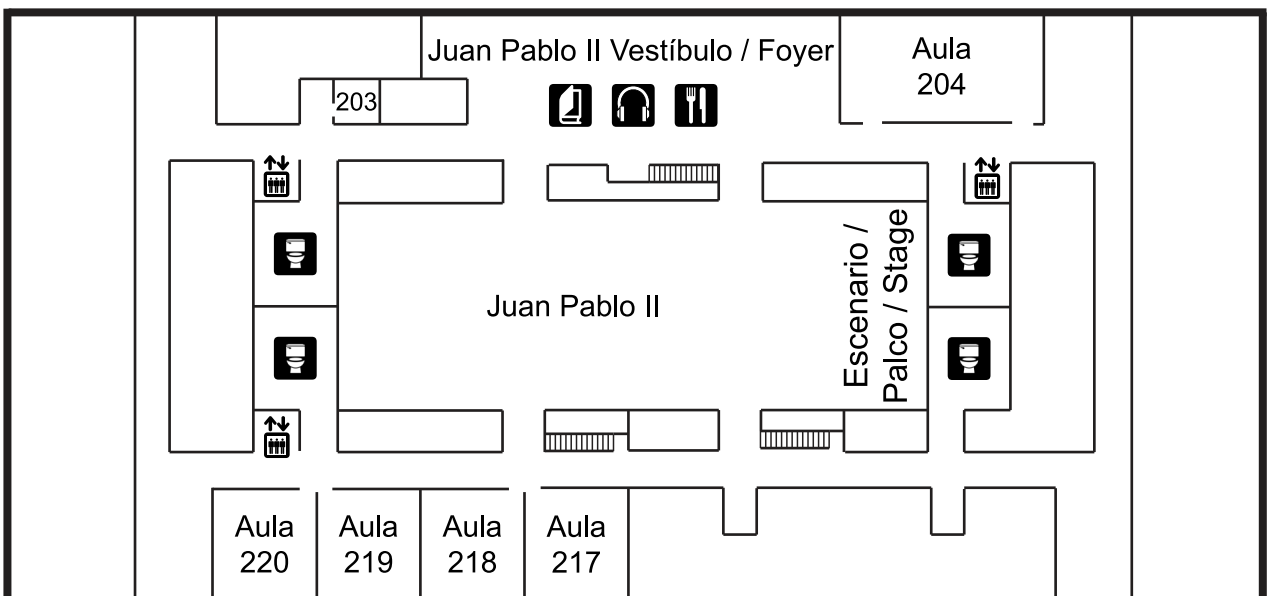
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