

ACT for adolescents: Developing Psychological Flexibility in Groups

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INTRODUCTION

- Interventions based on Acceptance and Commitment Therapy (ACT) demonstrate significant potential in working with adolescents, highlighting the need for further research in this area.
- Objective: Investigate the effects of an ACT based program in the Psychological Flexibility (PF) of a group of adolescents.

METHOD

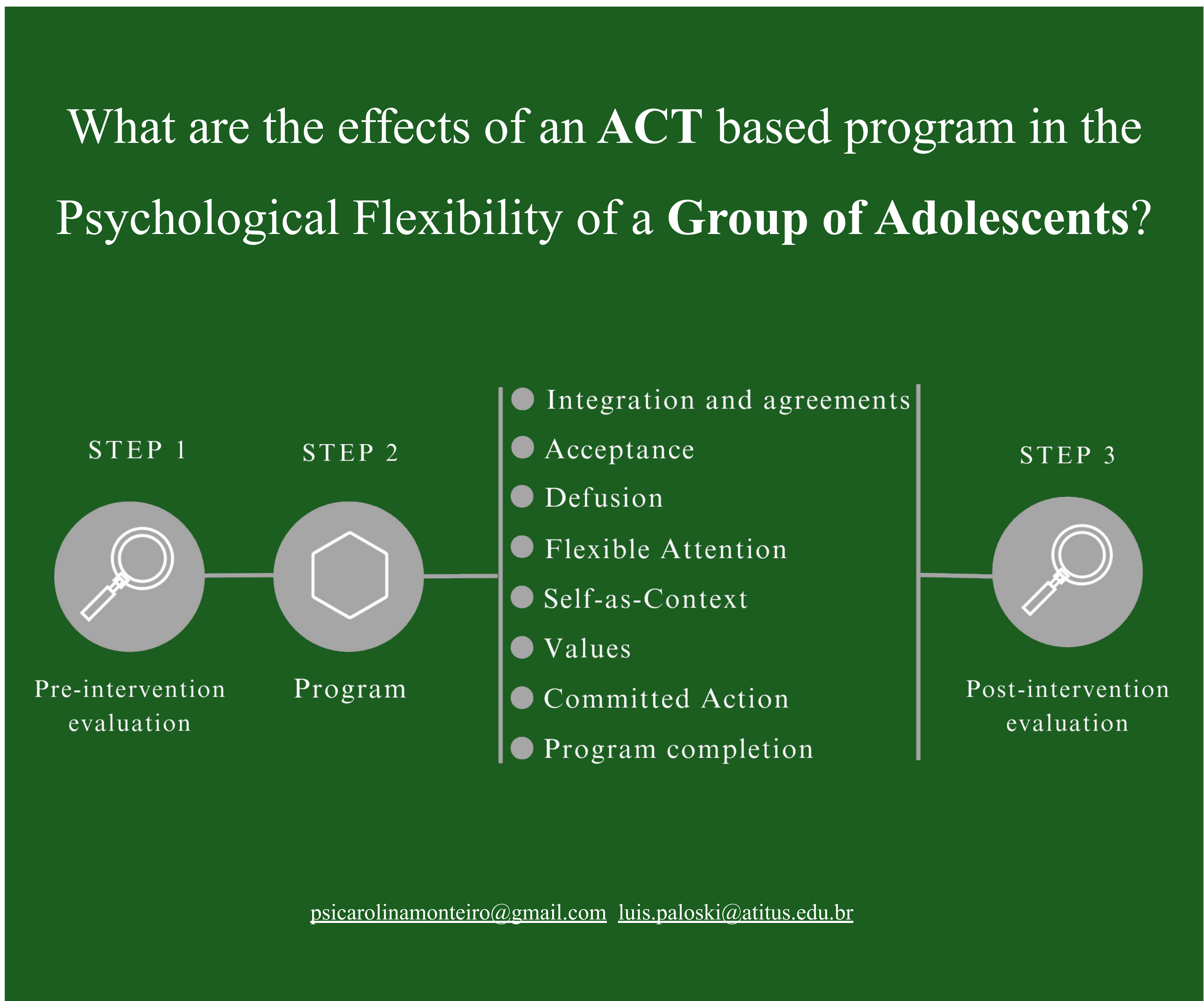
- Pre and post test of a single group.
- Instruments: AAQ-II, CFQ, PHLMS, SIRS, VLQ, CAQ-8Br, SACS and Psy-Flex.
- Program: 8 meetings of 45 minutes each.

RESULTS

- Sample: 72 High School students of a Military School from the North region of Rio Grande do Sul, Brazil.
- It's expected to foster PF development in young individuals by implementing this program.

DISCUSSION

The advance of ACT with adolescents is evident, as the scientific community continues to expand its focus to include school-based interventions. Additionally, the competencies developed through ACT hold great potential for integration into the classroom, promoting PF through practical and accessible methods.



- Ethics Committee (Atitus Educação) approval - CAAE: 83871724.7.0000.5319.
- Pre and post-intervention evaluations are conducted by a fellow psychologist.
- References:

