



ACBS Annual World Conference **13**

**BERLIN, GERMANY**

—14-19 July, 2015 —



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## Welcome from the ACBS President



Welcome to the 13<sup>th</sup> Annual World Conference of the Association for Contextual Behavioral Science (ACBS). Whether you attended before or are new this year, I want to extend a warm welcome to you and wish you safe travels upon your return home. ACBS is a vital and growing community of scientists, clinicians, educators, policy makers, consultants, and stake holders dedicated to developing contextual behavioral science and applying its tenants to a hurting world. By attending this conference, you have become part of this community, even if only for a short time. Communities work best when they are shaped by a rich diversity of views and experiences of their members. Therefore, wherever you come from and whatever your background, we hope you find this a safe place to speak up, to share your view, and to ask questions. ACBS needs your voice and contribution to this ongoing and vibrant dialogue. Only as a community can we rise to the challenges ahead for our global society.

I first joined this community because I wanted to support a science that that could truly be progressive and result in methods for addressing the problem of human suffering that would improve over time. I have come to cherish this organization that continues to strive towards its values of creating a vital, warm, and open culture. The annual World Conference provides a place for the ACBS community to come together and work toward shared goals and hopes for humanity and for this planet. This year's theme, "Global Concerns, Global Community" reflects this focus on the global scope of this community, its diversity, and the worldwide needs that call us to this work. Addressing the problem of human suffering is a big task. I hope that this conference inspires you to think big, to ask yourself what you would really want your work and your life to be in the service of, and finally, that it energizes and supports you in taking concrete steps toward your goals.

*Sincerely, Jason B. Luoma, Ph.D., ACBS President*

### ACBS Board

#### **President**

Jason Luoma, Portland Psychotherapy Clinic,  
Research, & Training Center

#### **Past-President**

Sonja V. Batten, Booz Allen Hamilton

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Michael Twohig, Utah State University

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Daniel J. (D. J.) Moran, Pickslyde Consulting

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#### **Student Representative**

Rosaura E. Orengo-Aguayo, University of  
Iowa

#### **Executive Director (non-voting)**

Emily N. Rodrigues, ACBS

#### *Incoming Board Members (2015):*

#### **President-Elect**

Daniel J. (D. J.) Moran, Pickslyde Consulting

#### **Members at Large**

Niloo Afari, University of California, San  
Diego and Department of Veterans Affairs  
San Diego Healthcare System

Nic Hooper, University of the West of  
England

#### **Student Representative**

Jessica Borushok, Bowling Green State  
University

*The Association for Contextual Behavioral Science (ACBS) is dedicated to the advancement of functional contextual cognitive and behavioral science and practice so as to alleviate human suffering and advance human well being.*

## Book Selling

The bookstore at the World Conference is located in the Lyon room. We're offering New Harbinger Publications and Context Press titles at 30% off the cover price. We'll offer discounts where possible on titles from other publishers. The bookstore accepts all major credit cards and cash (Euros). Shop early for the best selection as quantities are limited. Bookstore hours are:

Tuesday, 14 July	7:30 – 17:45
Wednesday, 15 July	7:30 – 17:45
Thursday, 16 July	7:30 – 18:15
Friday, 17 July	7:30 – 18:15
Saturday, 18 July	7:30 – 16:30

## CE Credits & Certificates (with hours)

### Certificates with hours (fee required):

Please remember to **scan in and out** at the beginning and end of each session, each day, using our scanner system. If there is a problem and the scanners are not working, please make sure to sign in and out on the paper check-in sheet provided. We cannot give credit if you do not scan/sign in and out.

*Please DO NOT SCAN in and out for coffee/tea breaks. Hours are NOT available for Chapter/SIG/Committee meetings or other lunch time sessions.*

### CE Credits (APA and CA BBS types):

Please remember to **scan in and out** at the beginning and end of each session, each day, using our scanner system. If there is a problem and the scanners are not working, please make sure to sign in and out on the paper check-in sheet provided. We cannot give credit if you do not scan/sign in **and** out.

*Please DO NOT SCAN in and out for coffee/tea breaks. CE credits are NOT available for IGNITE sessions or Chapter/SIG/Committee meetings or other lunch time sessions.*

You will need to complete an evaluation for each session you attend, in order to earn CEs. The evaluations will all be done **online**. You can complete your evaluations at <http://contextualscience.org/evals> or follow the QR code below. These online evaluations must be completed by Sunday, 2 August, 2015. We will email you a printable copy of your certificate by 15 September, 2015. This email will come to you from "ACBS". If you do not receive it by 15 September, please email [support@contextualscience.org](mailto:support@contextualscience.org).

### Psychotherapeutenkammer (Psychotherapy Chamber of Germany):

Damit wir die Tage nachvollziehen können, an denen Sie an der Konferenz teilgenommen haben, müssen Sie EINMAL täglich auf einer Liste mit Ihrem Namen unterschreiben. Diese wird sich in der Nähe der ACBS-Anmeldung auf einem Tisch befinden, der mit der Aufschrift „Psychotherapeutenkammer Fortbildungspunkte Sign-In-Counter“ gekennzeichnet ist. Es wird für jeden Tag ein neue Liste geben. Sie können leider keine Credits erhalten, wenn Sie vergessen, sich in die Liste für den jeweiligen Tag einzutragen.

Zudem müssen Sie für die Veranstaltungen, an denen Sie teilgenommen haben, einen allgemeinen Evaluationsbogen ausfüllen (jedoch nicht für jede einzelne Veranstaltung). Wenn Sie sowohl an Workshops vor der Konferenz (14.-15.Juli) und der Konferenz teilnehmen, müssen Sie ebenfalls eine allgemeine Einschätzung zu diesen Workshops und zur Konferenz ausfüllen. Um zu den Evaluationsbögen zu gelangen, verwenden Sie bitte die nachfolgenden

*Allgemeiner Evaluationsbogen für Veranstaltungen vom 14. - 15.Juli:*

[https://contextualscience.org/webform/wc13\\_preconference\\_workshop\\_general\\_eval\\_german](https://contextualscience.org/webform/wc13_preconference_workshop_general_eval_german)

*Allgemeiner Evaluationsbogen für die Konferenz:*

[https://contextualscience.org/webform/wc13\\_general\\_conference\\_evaluation\\_german](https://contextualscience.org/webform/wc13_general_conference_evaluation_german)

*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. CE rules require that we only issue credits to those who attend the entire workshop. Those arriving more than 15 minutes late or leaving before the entire workshop is completed will not receive CE credits.*

*ACBS is an approved provider of continuing education for MFCCs and/or LCSWs by the California Board of Behavioral Sciences, provider #PCE 4653.*

**In order to earn CEs for WC13, evaluations are required to be completed by 2 August, 2015.**

*Refunds & Grievance Policies: Participants may direct any questions or complaints to ACBS Executive Director, Emily Rodrigues, [acbs@contextualscience.org](mailto:acbs@contextualscience.org)*

- **General certificates of attendance** (without hours) will be made available (hard copy) by the registration desk as of Friday morning, 17 July, 2015.

## Evaluations

- The General Conference 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 and contributing to the improvement of future conferences.



**To all CE & General Evaluations**

## Peer Reviewed ACT Trainer Information

**In this program, Peer Reviewed ACT Trainers who are presenting workshops at WC13 are denoted with an asterisk immediately following their last name.**

Peer Reviewed ACT Trainers have committed to help others learn ACT with high fidelity and to work from a shared set of values. They are viewed as able to train ACT accurately, fully conveying the model both didactically and experientially. In the past this was evaluated by a committee of developers of ACT/RFT and now is evaluated by rigorous peer-review based on defined criteria.

Trainers pay no fees to anyone in order to be placed on our list of trainers on the ACBS website (except a nominal fee to cover part of the staff time required to facilitate an application). This list is not meant to be de facto certification: there are other trainers equally qualified who simply choose not to be on such a list (because, for example, they would rarely be available; they are primarily researchers or academics; they are still students; etc.). To learn more about the Peer Review process, please go here: [http://contextualscience.org/training\\_standards](http://contextualscience.org/training_standards)

*Legal Disclaimer: The indication of any party as a "peer reviewed ACT Trainer" is based on independent review by a third party. ACBS makes no express or implied warranty as to any matter including, without limitation, the fitness of any particular trainer and the merchantability or fitness for any particular purpose. We are not responsible for any reliance on any indicator of certification, special credentials or other specialized knowledge.*

## Early AM Events

### **1. Morning Mindfulness Meditation Group**

Workshop (8:00-8:50, Thursday, Friday, Saturday)

For complete information please look at Thursday Morning, Session #1 in your program.

### **2. Movement into Psychological Flexibility – Promoting Direct Experience of the ACT Processes through Movement Improvisation**

Workshop (8:00-8:50, Thursday, Saturday)

For complete information please look at Thursday Morning, Session #2 in your program.

### **3. Aikido introduction classes more than Verbal Aikido, embodying ACT?**

Workshop (7:30-8:50, Friday)

For complete information please look at Friday Morning, Session #43 in your program.

## Awards

### Developing Nations World Conference Scholarships

ACBS is an international society but in many corners of the world it is difficult for professionals to attend ACBS conferences and trainings due simply to cost. The Developing Nations Fund helps disseminate CBS in the developing world and provides scholarships for attendees and presenters from developing nations to attend the world conference. We know that our members from diverse backgrounds contribute depth and richness to the organization and this program will lead to a better ACBS for all of us. The Fund is created by voluntary donations by members. Even if you only can contribute \$5, every little bit helps. [http://contextualscience.org/developing\\_nations\\_fund](http://contextualscience.org/developing_nations_fund)

This year's Scholars are:

Norman Gustavson, Afghanistan  
Roscoe Kasujja, Uganda  
Sook Huey Lee, Malaysia  
Mario Maričić, Bosnia and Herzegovina

### Diversity World Conference Scholarship

The Diversity Committee is aiming to bring increased diversity to our annual conferences by providing funds for individuals who come from diverse backgrounds and who would not be able to attend an ACBS conference without this added financial support. Both trainees and professionals were eligible for this competitive award. The Fund is created by voluntary donations by ACBS members. Please consider contributing today, every little bit helps. [http://contextualscience.org/diversity\\_committee\\_scholarship\\_fund](http://contextualscience.org/diversity_committee_scholarship_fund)

Eduardo Miguel Blasco, Spain  
Farhadi Langroudi Khashayar, USA (originally of Iran)  
Aurembiaix Llobera, Spain  
Scharifi Parichehr, Germany

### Student World Conference Scholarships

The mission of the ACBS Student SIG is to work to support students of contextual behavioral science by advocating for their professional and personal development and facilitating their contribution to ACBS and the larger community. One step in moving towards this mission has been to create a Student World Conference Scholarship that will help subsidize the costs of attending the annual ACBS World Conference.

Fernandez Carreno, Spain  
Connie Chong, Hong Kong  
Naftally Israeli, Israel  
Paolo Lucena Santos, Portugal

### ACBS Fellows

ACBS Fellowship is the highest honor provided to scholars, clinicians, researchers, and advocates who uphold and model the values of ACBS. This year, ACBS would like to honor significant contributions to ACBS and the field of Contextual Behavioral Science by bestowing ACBS Fellowship on the following people. Please join us in providing congratulations to this esteemed group of individuals who comprise the 2015 ACBS Fellows:

Gerhard Andersson	Lisa Coyne	Amy Murrell
Patricia Bach	Denis O'Hora	Mike Twohig
Sonja Batten	Jonathan Kanter	Kevin Vowles
Ernst Bohlmeijer	Todd Kashdan	Rikard Wicksell
Joseph Ciarrochi	Kelly Koerner	

## Message from our WC13 Program Chair • Andrew Gloster, Ph.D.



It is my sincere pleasure to welcome you to the Association of Contextual Behavioral Science's (ACBS) 13<sup>th</sup> annual conference. Whether you are here for clinical training, scientific discourse, or both, the international annual ACBS conference serves to stimulate and challenge our attendees and members. The conference simultaneously serves the purpose of building community – a value of ACBS. We trust these qualities will become palatable to you in various ways during our time together in Berlin and in the future.

A quick glance at the program will reveal the impressive breadth of topics and themes addressed within ACBS. Indeed, our members are literally working across the world on topics ranging from

neuroscience to therapy, from prevention and evolutionary science, education and business, to the analysis of cognition and language and back to global mental health. We view this as the vibrant expression that emerges from the core idea that a coordinated and reticulated science can and should be used for the betterment of humans. En route to this goal, we encourage thorough and critical evaluation of our assumptions – and this process will be exercised in several noteworthy panels and symposia.

I would like to draw your attention to our dynamic line-up of speakers and trainers. Our plenary and invited addresses bring together leading thinkers and practitioners including **Barbara Fredrickson** (Positive Psychology), **Richard Davidson** (Neuroscience and Well-being), **Vikram Patel** (Global Mental Health), as well as **Steven Hayes** (CBS and Evolution), **JoAnne Dahl & Lance McCracken** (ACT & the Treatment of Pain), and **Jason Luoma** (Compassionate Communities). Likewise, our line-up of training opportunities led by international experts will provide you with skills that can be readily applied in your setting. We hope this equal emphasis on science and application serves you (and your clients) well.

It is with gratification that I also draw your attention to a special part of our organization: student members. Their efforts, ideas, and energy can be seen in various forms throughout the conference ranging from volunteer work to innovative posters and presentations. Please join us in celebrating and supporting our students by attending the award ceremony for the Junior Investigator Poster Award recipients and engaging all students as up-and-coming colleagues of tomorrow. Students, you are an important part of our community and we welcome you.

I wish to thank everyone who helped pull the conference together, including all the members who volunteered their time on the Conference Program Committee, Conference Strategy Committee, the German Organizing Committee, and Emily. It has been an honor to work with all of you. This teamwork resulted in the fruits we will enjoy this week – and in the future.

Let me end with an invitation: I invite you to engage in the conference and learn new perspectives and perhaps new colleagues. I then invite you back to a future conference to report on what went right and wrong in the meantime – thereby joining the ACBS community.

Viel Spaß in Berlin! - *Andrew Gloster, Ph.D., University of Basel*

### Special Thanks from ACBS to our WC13 Program Committee:

Colleen Ehrnstrom, Ph.D., ABPP, Department of Veterans Affairs  
Sandra Georgescu, Psy.D., The Chicago School of Professional Psychology  
Andrew Gloster, Ph.D., University of Basel, Switzerland – CHAIR  
Paul M. Guinther, Ph.D., Portland Psychotherapy  
Louise Hayes, Ph.D., Orygen Youth Health Research Centre and Centre for Youth Mental Health, University of Melbourne, Australia  
Maria Karekla, Ph.D., University of Cyprus  
Kelly Koerner, Ph.D., Evidence-Based Practice Institute  
Igor Krnetic, Ph.D., University of Banja Luka  
Tobias Lundgren, Ph.D., Karolinska Institute, Stockholm city council and Psychology department Stockholm University  
Louise McHugh, Ph.D., University College Dublin  
Trym Nordstrand Jacobsen, M.S., ACTbet

Joe Oliver, Ph.D., Camden & Islington NHS Trust, London, UK  
Kevin Polk, Ph.D., The Psychological Flexibility Group, Hallowell, Maine, USA  
Rainer Sonntag, M.D., Private Practice, Olpe, Germany  
Ian Stewart, Ph.D., National University of Ireland, Galway  
Dennis Tirch, Ph.D., The Center for Mindfulness and Compassion Focused Therapy  
*Student Members:*  
Patrizia Hofer, University of Basel  
Barbara Knitter, University of Basel  
L. Jorge Ruiz-Sánchez, University of Almeria

#### German Organizing Committee:

Herbert Assaloni, M.D., psychiatrist and psychotherapist, private practice, Winterthur, Switzerland

Ronald Burian, M.D., Psychiatrist, General Hospital  
"Evangelisches Krankenhaus "Königin Elisabeth  
Herzberge" Berlin", Germany  
Aisling Curtin, MSc., Counselling Psychologist, ACT  
Now Ireland & WTF Psychology  
Beate Ebert, Ph.D., Clinical Psychologist and  
licensed Psychotherapist, Private Practice,  
Aschaffenburg, Germany  
Mathias Funke, Clinical Psychologist, Private  
Practice, Berlin, Germany  
Andrew Gloster, Prof. of Psychology, University of  
Basel  
Maria Kensche, M.D., Consultant Psychiatrist and  
Psychotherapist, EOS Clinic Münster

Valerie Kiel, Ph.D., Clinical psychologist & ACT-  
trainer in private practice (Maastricht, The  
Netherlands) and at Fachklinik Hochsauerland  
(Bad Fredeburg, Germany)  
Jan Martz, M.D., Psychiatrist, Private Practice,  
Winterthur, Switzerland  
Graciela Rovner, Ph.D., Registered  
Physiotherapist, pain specialist, Gothenborg  
Norbert Schneider, Clinical Psychologist & licenced  
Psychotherapist, Private Practice, Fuerth,  
Germany  
Sandro Teuber, Dipl. Psych., "HELIOS Hanse-  
Klinikum Stralsund", Greifswald, Germany

## ACBS World Conference 14 & 15!

*Join us in 2016:*

### **ACBS World Conference 14**

Seattle, Washington, USA (Westin Downtown)  
June 14-19, 2016  
(pre-conference workshops July 14-15)

*Join us in 2017:*

### **ACBS World Conference 15**

(to be revealed during the conference!)  
20-25 June, 2017  
(pre-conference workshops 20-21 June)



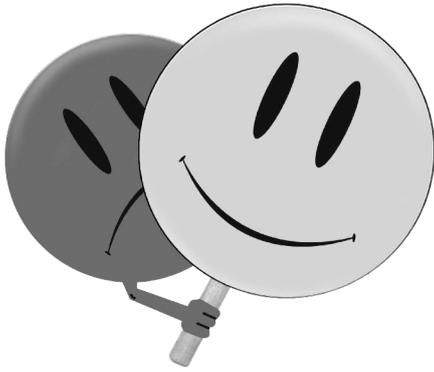
## **Videotaping & Audio recording**

ACBS has official photographers/videographers for this meeting. Photographs/video taken at ACBS's Annual World Conference may be used in future marketing, publicity, promotions, advertising and training activities for ACBS. By registering for this meeting, you agree to allow ACBS to use the photographs/video—which may include you—in all media formats worldwide. If you do not want to be photographed or videotaped, please notify the individuals capturing the information.

## **Antitrust Policy (legal stuff)**

ACBS has a policy of strict compliance with federal and state antitrust laws. ACBS members cannot come to understandings, make agreements, or otherwise concur on positions or activities that in any way tend to raise, lower or stabilize prices or fees. Members can discuss pricing models, methods, systems, and applications, as well as certain cost matters that do not lead to an agreement or consensus on prices or fees to be charged. However, there can be no discussion as to what constitutes a reasonable, fair or appropriate price or fee to charge for any service or product. Information may be presented with regard to historical pricing activities so long as such information is general in nature and does not include data on current prices or fees being charged in any trade area. Any discussion of current or future prices, fees, discounting, and other terms and conditions of sale, which may lead to an agreement or consensus on prices or fees to be charged, is strictly prohibited. A price-fixing violation may be inferred from price-related discussions followed by parallel decisions on pricing by association members — even in the absence of an oral or written agreement.

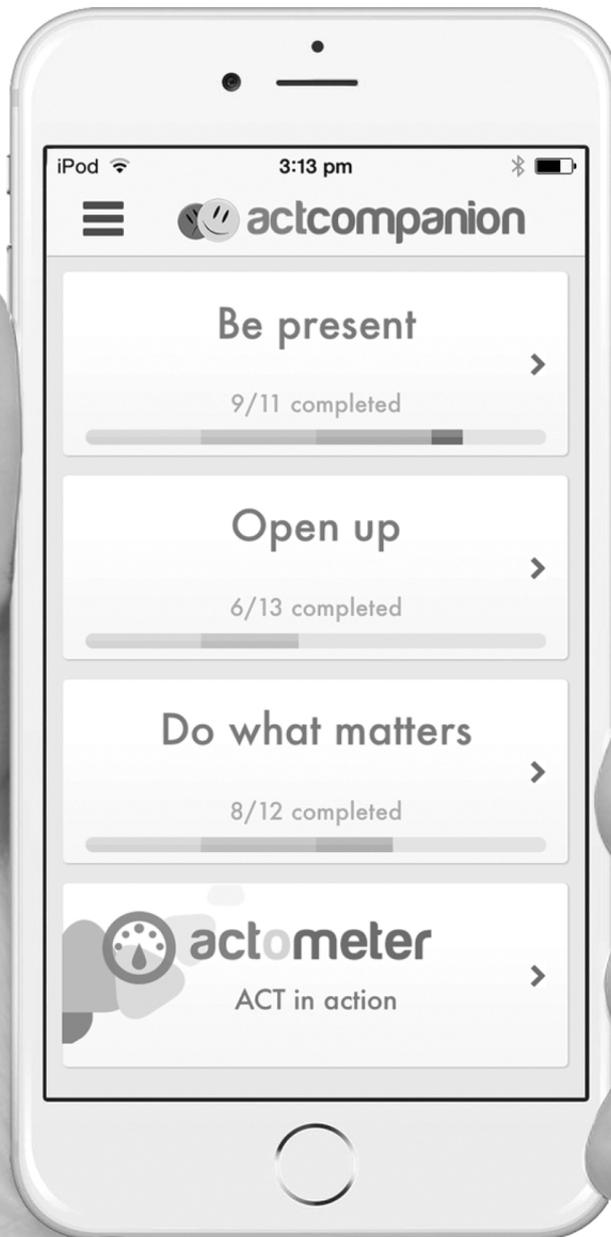




# actcompanion<sup>TM</sup>

## The Happiness Trap App

with Dr Russ Harris



“ I believe we have created the ultimate ACT app.  
An invaluable tool for any coach or clinician  
working with ACT – as well as for all their clients. ”

Dr Russ Harris, internationally acclaimed ACT trainer &  
bestselling author of *The Happiness Trap* and *ACT Made Simple*



[www.actcompanion.com](http://www.actcompanion.com)



## Public Transit, Taxis, Luggage, & Internet

*Public transit (U-Bahn, S-Bahn, Trams, Buses) has the following three different pay zones:*

Zone A: All areas within the S-Bahn circle line (main city center area) (A/B €2,70)

Zone B: Goes out to Berlin's city limits (B/C €3,00)

Zone C: Berlin's nearby surrounding areas (for example: Schönefeld Airport, Potsdam, Oranienburg) (A/B/C €3,30)

The same ticket is valid on ALL U-Bahn, S-Bahn, trams, and buses. (If needed, you can also pay for combined tickets for zones AB, BC and ABC.)

*Method of Payment:*

S- and U-Bahn trains: Cash or credit cards can be used to purchase tickets at machines at all stations. You must validate your ticket before entering the trains.

Trams: Coins are your only method of payment on all tram services.

Buses: Payment is directly to the driver for your ticket.

*Popular ticket options:*

- Short trip ticket (Kurzstrecke): valid for three stops on S- and U-Bahn services, and six stops on buses and trams.

- Small group ticket (Kleingruppenticket): permits up to five people to travel on one calendar day until 03:00 the next morning.

Tickets for adults are at the regular rate, children age 6-14 get a discounted rate, and children under 6 do not need a ticket. More information on fares and other ticket options can be found [here](#).

<https://shop.bvg.de/index.php/tickets>

Operating times for trains, trams, and buses can be found [here](#).

[http://www.visitberlin.de/sites/default/files/nahverkehr-takte\\_0.pdf](http://www.visitberlin.de/sites/default/files/nahverkehr-takte_0.pdf)

You can even put in your starting address and final destination into the [BVG online system](#)

<http://fahrinfo.bvg.de/Fahrinfo/bin/query.bin/en> and find routes for trains, trams, buses, and even ferries.

*Taxis:*

You can wave down a taxi on the street, or you can contact one of these taxi services:

Taxi Berlin: +49 30 – 20 20 20

Würfelfunk: +49 30 – 21 01 01

TaxiFunk Berlin: +49 30 – 44 33 22

Quality Taxi: +49 30 – 26 300 0

City-Funk Berlin: +49 30 – 21 02 02

Funk Taxi Berlin: +49 30 – 26 10 26

Talixo: +49 30 – 346 497 360 or [online https://talixo.de/en/taxi-berlin/](https://talixo.de/en/taxi-berlin/)

A 10% tip is recommended for taxi drivers. Other details about how taxis work in Berlin can be found [here](#). <http://www.visitberlin.de/en/article/taxis-in-berlin>

The address of the hotel is: **Estrel Berlin, Sonnenallee 225, 12057 Berlin**

*Luggage:*

You may leave your luggage with the hotel. Their luggage room is by the hotel registration desk.

*Internet:*

Complimentary internet is available in the restaurant/ lobby area for hotel guests. For those staying at the hotel, in the conference room block, basic speed internet is also included in your room.

**Rookies Retreat: First ACBS Conference**

**19:00 – 19:30/19:45**

**ECC room 3 (Ground Floor, past the Festival Center)**

Jessica Borushok, Bowling Green State University, ACBS Student Representative  
Emily Rodrigues, ACBS

Join your ACBS Board Student Representative, the Executive Director of ACBS, and other ACBS Board Members to welcome you to your first (or one of your first) ACBS World Conference. We'll give you a little info about the conference, and do some icebreakers... because the networking starts now! We promise to be gentle.

**Opening Chapter & SIG Social**

**19:30 – 22:30**

**Estrel Saal A, B, and Foyer**

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

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

Get your drink on. (Cash bar available.)

Conference Attendees, Pre-Conference Attendees, and their guests welcome.

**Poster Session #1**

**19:30 – 20:30**

**Estrel Saal B, Foyer, and Large Gallery**

For complete poster information see the "Poster" section in this program.

Open to conference attendees and guests.

Image



denotes ACBS Junior Investigator Poster Award Recipients

**Registration**

**19:30 – 21:00**

**Estrel Saal Foyer**

Registration available from 19:30-21:00... if you're around earlier in the day, registration is also available from 15:00-16:30 on Wednesday.

**Hofbräu Berlin Dinner**

**18:30 – 22:00**

**Karl-Liebknecht-Straße 30, 10178 Berlin**

Join us for a traditional Bavarian style meal and networking opportunity. We'll have an evening full of food, drinks, and fun with the ACBS community!

\*\*\*Admittance included with ACBS World Conference registration (**NAME BADGE or TICKET REQUIRED**); tickets for guests may still be purchased at the ACBS registration desk until 16:30, 16 July: Adults - €45; Children - €40 (please have exact change).

Coach buses will leave from the front of the Estrel Hotel at 18:30. Return busing will be provided at 21:00, 21:30, and 22:00.

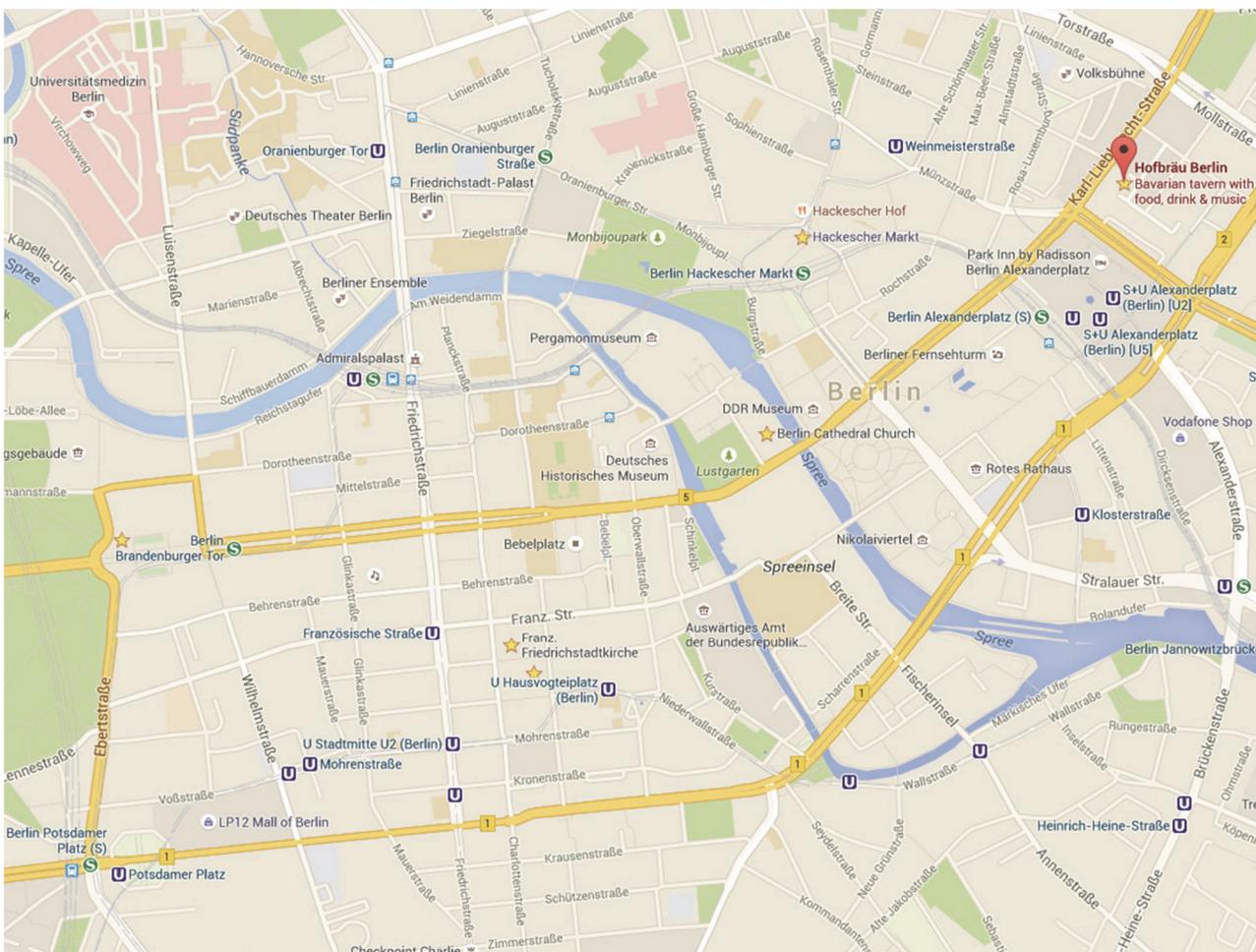
**Drinks:**

Complimentary water will be available at each table. Additional beverages may be purchased onsite.

**In the area:**

If you'd like to stay downtown after dinner, there are a number of things to see within walking distance. Hackescher Markt (*13 min. walk*), Berlin Cathedral Church (*15 min. walk*), Gendarmenmarkt (*25 min. walk*), and the Brandenburg Gate (*33 min. walk*).

You can take the U-Bahn back to the hotel for €2,70 (to the Sonnenallee station on the Southeast part of the Ring), purchased at the U-Bahn station with cash or credit card.



## Open night

**19:00 (if desired)**

### Hotel Lobby

This is an open night. ACBS will have a few volunteers in the hotel lobby (with signs) to collect together anyone looking for a group to go out to eat with.

One volunteer will **walk you to Richardplatz** which is about a 15 minute walk from the hotel. There you can find a number of local restaurants.

Other volunteers will have signs for other locations in the city. You'll want to purchase 2 one-way S-Bahn/U-Bahn tickets from the concierge to speed your trip. The volunteer will walk you to the station, help you validate your ticket as necessary and tell you how to travel to your destination. One group will go to the **Brandenburg Gate area**, another to the **Hackescher Markt area**.

***Please grab a map from the hotel before you go, so that you have no problem returning without the volunteer.***

### After Hours:

Let loose at the Estrel Biergarten at night!  
Open to conference attendees and guests.

**Follies & Dance Party**

**20:00 – 22:30"ish"**

**ECC A**

(Doors open at 20:00, but we expect the Follies "show" to begin around 20:30.)

The Follies began as a manifestation of one of our CBS values -- remembering to hold ourselves and the work lightly -- and what better way to do so than through humor? Today it consists of songs, skits, and funny powerpoint presentations related to the conference, ACT, RFT, and psychology, put together by conference attendees, and coordinated by our own lovely Sonja Batten & D. J. Moran (he's lovely too). If you would like to discuss potential ideas for the Follies or get on the schedule, please contact Sonja at [sonjavbatten@gmail.com](mailto:sonjavbatten@gmail.com) or D. J. at [Daniel.moran@comcast.net](mailto:Daniel.moran@comcast.net). Remember you need to contact Sonja or D. J. by the end of lunch on Saturday to apply to be in the Follies program.



**Sonja Batten**  
(visual approximation)

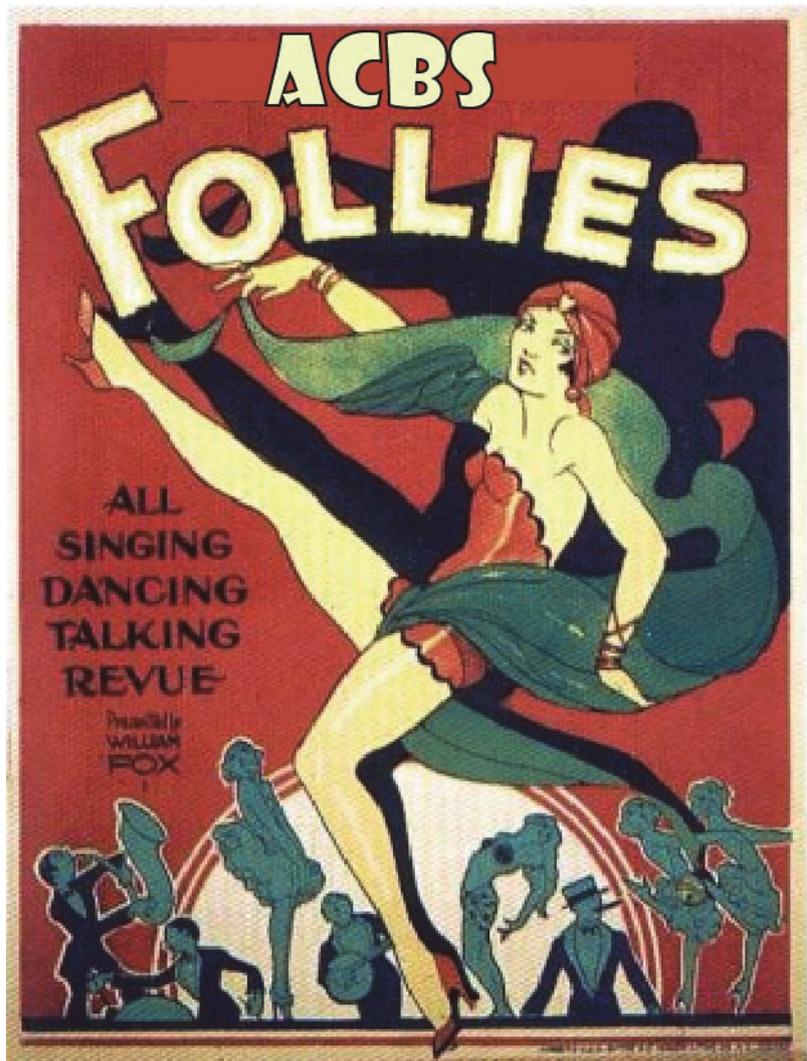


**D. J. Moran**  
(visual approximation)

This event is open to conference attendees and spouses/partners (even though they may not understand all of the psychology humor!); *while children are welcome to attend, please be aware that the event can get a bit bawdy at times.*

A cash bar will be available... of course.

**Dance Music & Live Band to follow,** after the Follies (until 1:00). (Give us just a few minutes to clear some floor space for dancing.) Booty shaking is encouraged.



Behavioral Medicine

**1. Emotion regulation processes in couples with infertility, fertile couples and couples applying for adoption**

*Subtopic: Infertility*

Ana Galhardo, Instituto Superior Miguel Torga; CINEICC - Faculty of Psychology and Educational Sciences of the University of Coimbra

Marina Cunha, ISMT; CINEICC

José Pinto-Gouveia, CINEICC - Faculty of Psychology and Educational Sciences of the University of Coimbra

**2. An examination of psychological flexibility in the context of parental well-being and infant cognitive and social-emotional functioning**

*Subtopic: Children, development*

Anne Brassell, University of Vermont

Jordan Weith, University of Vermont

Karen Fondacaro, University of Vermont

Clinical Interventions and Interests

**3. The role of psychological flexibility in predicting treatment response for a behavioral parenting program**

*Subtopic: Culture*

Anne Brassell, University of Vermont

Justin Parent, University of Vermont

Jessica Clifton, M.A., University of Vermont

Karen Fondacaro, Ph.D., University of Vermont

Behavioral Medicine

**4. Beyond a physical symptom: The importance of psychosocial factors in Multiple Sclerosis pain**

*Subtopic: Chronic pain, Neurological Conditions*

Anthony Harrison MSc., Institute of Psychiatry, Kings College London

Rona Moss-Morris Ph.D., Institute of Psychiatry, Kings College London

**5. Effects of an ACT consistent intervention for insomnia in adults with longstanding pain**

*Subtopic: Chronic pain, insomnia*

Rebecca Andersson, lic. psychologist, Behavioral Medicine Pain Treatment Service, Karolinska University Hospital

Jenny Rickardson, lic. psychologist, Behavioral Medicine Pain Treatment Service, Karolinska University Hospital

Marie Kanstrup, Ph.D. student, psychologist

Lie Åslund, Ph.D. student, psychologist

Rikard K. Wicksell, Ph.D.

**6. A confirmatory factor analysis of facets of psychological flexibility in a sample of people seeking treatment for chronic pain**

*Subtopic: Chronic Pain*

Whitney Scott, Ph.D., King's College London

Lance M. McCracken, Ph.D., King's College London

Sam Norton, Ph.D., King's College London

Clinical Interventions and Interests

**7. ACT & psychosis: Theoretical and practical discussion from psychosocial rehabilitation and recovery experience**

*Subtopic: Psychosis*

Abraham Alvarez, CRPS Hermanas Hospitalarias

Jose Luis Arroyo, CRPS Hermanas Hospitalarias

Elena Soteras, CRPS Hermanas Hospitalarias

Sara De Rivas, Universidad Autonoma de Madrid

**8. Subjective Happiness Scale (SHS): Psychometric Properties on an Italian sample of adolescents**

*Subtopic: Subjective happiness, life satisfaction, wellbeing, adolescents*

Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Martina Romitelli, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**9. Preliminary analysis of motivational reasons in an aversive task**

*Subtopic: Defusion, values*

Ángel Alonso, Universidad de Almería

Carmen Luciano, Universidad de Almería

**10. Effectiveness of acceptance and commitment therapy on parental stress of mothers of children with nocturnal enuresis**

*Subtopic: Acceptance and commitment therapy, nocturnal enuresis, parental stress*

Arezu Kabiri, M.A., Islamic Azad University, Najaf Abad branch, Isfahan, Iran

Leili Nourian, M.A., Islamic Azad University, Najaf Abad branch, Isfahan, Iran

**11. My Body and You: The impact of Body Image on Interpersonal Relationships**

*Subtopic: Body Image Disturbance*

Benjamin Ramos, University of Louisiana at Lafayette

Glenn Callaghan, San Jose State University

Emily Squyres, Louisiana Tech University

Emily Sandoz, University of Louisiana at Lafayette

**12. The relation between executive function and psychological flexibility in adolescents with longstanding pain**

*Subtopic: Psychological flexibility, Executive function*

Camilla Wiwe Lipsker, MSc., Ph.D. cand., Behavioral Medicine Pain Treatment Service, Karolinska;

Department of Clinical Neuroscience, Karolinska Institutet  
Malin Bygård, MSc student, Behavioral Medicine Pain Treatment Service, Karolinska University Hospital  
Marie Bjoernstjerna, MSc student, Behavioral Medicine Pain Treatment Service, Karolinska University Hospital  
Rikard K. Wicksell, Ph.D., Karolinska Institute, Stockholm, Sweden

**13. The effect of body image inflexibility on adolescent restrained eating**

*Subtopic: Eating psychopathology*

Cláudia Ferreira, Ph.D., Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
Inês A. Trindade, MSc., Ph.D. student, Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
Cristiana Duarte, MSc., Ph.D. student, Cognitive Behavioural Centre for Research and Intervention, University of Coimbra

**14. Entanglement with body image and women's psychological well-being**

*Subtopic: Quality of Life*

Cláudia Ferreira, Ph.D., Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
Inês A. Trindade, MSc., Ph.D. student, Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
Cristiana Duarte, MSc., Ph.D. student, Cognitive Behavioural Centre for Research and Intervention, University of Coimbra

**15. Virtual defusion is real defusion? An exploration of a VR-supported defusion exercise**

*Subtopic: Defusion, Virtual Reality*

Concetta Messina, University Kore, Enna (Italy)  
Martina Leuzzi, University Kore, Enna (Italy)  
Daniele Lombardo, Behaviour Labs, Catania (Italy)  
Marco Lombardo, Behaviour Labs, Catania (Italy)  
Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
Paolo Moderato, Ph.D., IULM University (Milan, Italy)

**16. Turning towards adaptive eating behaviours: Examination of the Portuguese version of the Intuitive Eating Scale-2 and its association with decentering and body image flexibility**

*Subtopic: Eating Behaviours*

Cristiana Duarte, MSc., Ph.D. Student, Cognitive and Behavioural Centre for Research and Intervention (CINEICC), University of Coimbra  
José Pinto-Gouveia, M.D., Ph.D., Cognitive and Behavioural Centre for Research and Intervention (CINEICC), University of Coimbra  
Ana Mendes, MSc., Faculty of Psychology and Educational Sciences, University of Coimbra

**17. Should eastern meditation be used in drug treatment facilities?: An examination of psychological and spiritual symptoms of substance use disorder**

*Subtopic: Mindfulness*

Debesh Mallik, University of Louisiana at Lafayette

**18. Self-reference Alters Positive Evaluations in Borderline Personality Disorder**

*Subtopic: Borderline Personality Disorder*

Dorina Winter, Central Institute of Mental Health, Medical Faculty Mannheim, Heidelberg University, Germany  
Cornelia Herbert, Ph.D., Institute of Psychology and Education, Ulm University, Ulm, Germany  
Katrin Koplín, Central Institute of Mental Health, Medical Faculty Mannheim, Heidelberg University, Germany  
Martin Bohus, M.D., Central Institute of Mental Health, Medical Faculty Mannheim, Heidelberg University, Germany  
Christian Schmahl, M.D., Central Institute of Mental Health, Medical Faculty Mannheim, Heidelberg University, Germany  
Stefanie Lis, Ph.D., Central Institute of Mental Health, Medical Faculty Mannheim, Heidelberg University, Germany

**19. Development and Validation of the Flexibility of Responses to Self-Critical Thoughts Scale (FoReST)**

*Subtopic: Assessment measure*

Dr. Peter Larkin, University of Glasgow  
Dr. Ross White, University of Glasgow  
Judith McCluskey, University of Glasgow

**20. ACT-Cardbook/ ACT-Kartenbuch**

*Subtopic: Transfer of ACT in to daily living*

Dr. Hagen Boeser, Private Practice

**21. Work in progress: The Role of Psychological Flexibility in Expecting and Reaching a Behavioral Change**

*Subtopic: Common factors perspective*

Dragan Zuljevic, University of Novi Sad, Serbia

**22. Profiles of Avoidance, Acceptance, Tolerance, and Mindfulness Predict Psychosocial Health**

*Subtopic: Avoidance*

Emily R. Pichler, B.A., University of Vermont  
Justin Parent, B.A., University of Vermont  
Martin Seehuus, M.A., University of Vermont  
Jessica Clifton, M.A., University of Vermont

**23. ACT for Kids and Teens in Italy: Experience and directions of a working group**

*Subtopic: Children, adolescents and parents*

Francesco Dell'Orco, Università IULM, Milan & IESCUM, Italy  
Arianna Ristallo, Università IULM, Milan & IESCUM, Italy  
Marta Schweiger, Università IULM, Milan & IESCUM, Italy  
Giovambattista Presti, Università Kore, Enna (Italy) & IESCUM, Italy  
Francesca Pergolizzi, IESCUM, Italy

**24. ACT, selective mutism, and sociale phobia (I): Case Conceptualization and integration of contingent reinforcement of conversation patterns**

*Subtopic: Selective mutism, social phobia, children*

Giovanna Nardin, Humanitas Clinical School, Milan (Italy) and Iescum (Italy)  
Margherita Gurrieri, IESCUM (Italy)  
Simone Napolitano, ASCoC Clinical School, Lamezia Terme (Italy) and IESCUM (Italy)  
Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
Paolo Moderato, IULM University, Mialn (Italy)

**25. ACT, selective mutism, and sociale phobia (II): Case Conceptualization and intervention in the mother-child interaction**

*Subtopic: Selective mutism, social phobia, children*

Simone Napolitano, ASCoC Clinical School, Lamezia Terme (Italy) and IESCUM (Italy)  
 Margherita Gurrieri, IESCUM (Italy)  
 Giovanna Nardin, Humanitas Clinical School, Milan (Italy) and IESCUM (Italy)  
 Giovambattista Presti, Kore University, Enna (Italy)  
 Paolo Moderato, IULM University, Mialn (Italy)

**26. ACT, selective mutism, and social phobia (III): Case Conceptualization and FAP enhanced intervention**

*Subtopic: Selctive mutism, social phobia, adolescent*

Margherita Gurrieri, IESCUM, Italy  
 Paola Stracquadanio, Kore University, Enna (Italy)  
 Simone Napolitano, ASCoC Clinical School, Lamezia Terme (Italy) and IESCUM (Italy)  
 Giovanna Nardin, Humanitas Clinical School, Milan (Italy) and IESCUM (Italy)  
 Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 Paolo Moderato, Ph.D., IULM Unversity (Milan, Italy)

**27. Psychological flexibility in Middle Earth: metaphors and experiential exercises for an Hobbit lover kid refusing school**

*Subtopic: School refusal, social anxiety, children*

Giulia Mazzei, IESCUM (Italy)  
 Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 Paolo Moderato, Ph.D., Iulm University, Milan (Italy)

**28. Changes of valued behaviors and functioning during an Acceptance and Commitment Therapy Intervention**

*Subtopic: Values, value-directed behaviors, valued-behaviors*

Hanna Wersebe, University of Basel  
 Roselind Lieb, Ph.D., University of Basel  
 Andrea Meyer, Ph.D., University of Basel  
 Andrew Gloster, Ph.D., University of Basel

**29. Simple Living, Valued Living: An international study of Voluntary Simplicity and Psychological Flexibility**

*Subtopic: Values-Based Living*

Hein Zegers, UvH University Utrecht

**30. The Use of Mindful Focusing as Chronic Pain Management Skills**

*Subtopic: Chronic Pain, Mindfulness*

Lee Sook Huey, Hospital Kuala Lumpur

**31. MatheMatrix: an advance contextual behavioral tool for in-vivo modeling of clinical relevant behaviors**

*Subtopic: The Matrix, clinical tools*

Nicola Maffini, Private Practice: Leaves, Applied Psychology - Parma, Italy  
 Roberto Cattivelli, Istituto Auxologico Italiano

**32. AWAY from talk, TOWARD action: Using the Matrix to engage challenging youth**

*Subtopic: Adolescence*

Susie McAfee, Ph.D., IWK Health Centre

**33. Engagement in Mindfulness Practices and the Impact on Trait Mindfulness Ability in a College Sample**

*Subtopic: Mindfulness*

Sarah A. Potts, Utah State University  
 Scott DeBerard, Ph.D., Utah State University

**Prevention and Community-Based Interventions**

**34. Weight Self-Stigma and Problem Eating Behaviors: Multiple Predictors, Unique Associations, and the Centrality of Psychological Flexibility in a College Sample**

*Subtopic: Weight Self-Stigma and Eating Problems*

Sarah A. Potts, Utah State University  
 Jack Haeger, Utah State University  
 Benjamin Pierce, Utah State University  
 Michael M. Levin, Utah State University

**Educational settings**

**35. Individual trajectories of online students' academic emotions, effort regulation, and well-being following a brief academic values exercise: A replicated, case-based time series evaluation**

*Subtopic: Value*

Kelli Howard, M.Ed, University of Minnesota, Twin Cities  
 Patricia Frazier, Ph.D., University of Minnesota, Twin Cities  
 Viann Nguyen, MPH, University of Minnesota, Twin Cities  
 Julia Urban, B.A., University of Minnesota, Twin Cities

**36. Integrating ACT Training into Post-graduate Psychology programs at Makerere University, Uganda**

*Subtopic: Professional Development*

Rosco Kasujja, Makerere University, Uganda

**Organizational Behavior Management**

**37. The role of experiential avoidance in a University setting: Associations between perceived occupational stress, social support, coping, and health problems**

*Subtopic: Workplace stress*

Eleni Karayianni, Psy.D., Department of Psychology, University of Cyprus  
 Georgia Panayiotou, Ph.D., Department of Psychology, University of Cyprus

**38. Outcomes from a 9-hour group workshop for workers experiencing a career transition**

*Subtopic: Work/Career*

Julie Menard, Ph.D., University of Quebec at Montreal

**Other**

**39. Using Implicit Measures to predict known groups: An IRAP v IAT comparison**

*Subtopic: IRAP*

Aidan Hart, D.Clinpsy, University of Lincoln, UK  
Ross Bartels, Ph.D., University of Lincoln, UK

**Prevention and Community-Based Interventions**

**40. Mindful Practice for Air Traffic Controllers: Application of Mindfulness and Contextual Behavioral Science to promote safety in Aviation**

*Subtopic: Mindfulness practice, Aviation, Safety*

Arianna Gatti, Private Practice  
Roberto Cattivelli, Istituto Auxologico Italiano  
Valentina Villa  
Annalisa Caretti  
Alessandro Musetti  
Gianluca Castelnuovo  
Gian Mauro Manzoni  
Emanuele Cappella  
Silvia Ruggiero  
Chiara Spatola

**41. Solutions for the (near) Future: Improve Safety in Aviation with Contextual Behavioral Science Technological Application**

*Subtopic: Safety, Aviation, Multiple exemplar Training*

Arianna Gatti, Private Practice  
Roberto Cattivelli, Istituto Auxologico Italiano  
Alessandro Musetti  
Valentina Villa  
Nicola Maffini  
Gianluca Castelnuovo  
Giada Pietrabissa  
Martina Ceccarini  
Chiara Spatola  
Annalisa Caretti

Gian Mauro Manzoni

**42. Disordered eating and body image flexibility in women with lipoedema**

*Subtopic: Lipoedema, eating disorders, body image dissatisfaction, body image flexibility*

Joanna E. Dudek, University of Social Sciences and Humanities  
Pawel Ostaszewski, Ph.D., University of Social Sciences and Humanities  
Wojciech Bialaszek, Ph.D., University of Social Sciences and Humanities

**43. The Impact of Age, Gender, and BMI on Thought Control, Food Acceptance, and Eating Behavior**

*Subtopic: Obesity, Emotion Regulation*

Kristin D. Whelan, M.A., Alliant International University, San Diego

Kimberly A. Corp, MFT, Alliant International University, San Diego  
Shawnee L. Brew, B.A., Alliant International University, San Diego  
Taryn L. Gammon, M.A., Alliant International University, San Diego  
Jill A. Stoddard, Ph.D., Alliant International University, San Diego

**44. The acceptance and commitment therapy for smoking cessation: A review of the literature**

*Subtopic: Smoking cessation*

Lam Ching Yee, MPhil, MN, BN, RN, The Open University of Hong Kong  
Mak Yim Wah, Ph.D., RN, RM, The Hong Kong Polytechnic University

**45. Psychological inflexibility and anxiety in Greek-Cypriot adolescents**

*Subtopic: Adolescents*

Marios Theodorou, Ph.D. Student, University of Cyprus, Georgia Panayiotou, Ph.D., University of Cyprus, Center of Applied Neuroscience  
Klavdia Neophytou, University of Cyprus, Center of Applied Neuroscience

**46. Training "barefoot counselors" in Afghan displaced persons camps**

*Subtopic: Traumatic stress, domestic violence*

Norman Gustavson, Ph.D., PARSA a US based International NGO  
Sabour Mansouri, M.D., APMO, an National Afghan NGO

**Relational Frame Theory**

**47. Predicting dishonest behaviors in the academic context**

*Subtopic: IRAP, academic dishonesty, Theory of Planned Behavior*

Lidia Baran, M.A., University of Silesia in Katowice

**48. Exploring attitudes towards gender and science using the IRAP & the IAT**

*Subtopic: IRAP*

Lynn Farrell, B.A., University College Dublin  
Andy Cochrane, Ph.D., Maynooth University  
Louise McHugh, Ph.D., University College Dublin

**Theoretical and Philosophical Foundations**

**49. Comparing emotional regulation difficulties in women with premenstrual syndrome and normal women in Tehran city**

*Subtopic: Mindfulness*

Mahboube Ahmadi, M.S. in clinical psychology, Islamic Azad University, Khorasgan branch  
Fatemeh Zargar, Assistant professor in clinical psychology, Kashan University in Medical Sciences

**Behavioral Medicine**

**1. A Systematic review of ACT for Chronic Pain: Outcome measures and delivery from a physical function perspective**

*Subtopic: Physiotherapy, ACT, Interprofessional Pain Rehabilitation, Chronic Pain, Interdisciplinary*

Cleo Barrable, M.A. MSc., University of Brighton  
Guy Canby, University of Brighton  
Graciela Rovner, University of Gothenburg

**2. Investigating the Relationship Between Psychological Flexibility and Health Behaviors Among Dieters**

*Subtopic: Dieting, Psychological Flexibility*

Jessica Borushok, M.A., Bowling Green State University  
Robert Carels, Ph.D., East Carolina University

**3. Study protocol: Group based Acceptance and Commitment Therapy for adolescents with functional somatic syndromes – randomized trial**

*Subtopic: Adolescents, functional disorders*

Karen Hansen Kallesøe, M.D., Ph.D. student, Aarhus University Hospital, Denmark, The Research Clinic for Functional Disorders and Psychosomatics  
Charlotte Ulrikka Rask, M.D., associate professor, Ph.D., Aarhus University Hospital, Denmark, The Research Clinic for Functional Disorders and Psychosomatics  
Andreas Schröder, M.D., Ph.D., Research Clinic for Functional Disorders and Psychosomatics, Aarhus University Hospital, Denmark  
Rikard Wicksell, Ph.D., Karolinska Institute, Stockholm, Sweden  
Per Fink, professor, Ph.D., Dr.med.sc., Research Clinic for Functional Disorders and Psychosomatics, Aarhus University Hospital, Denmark

**Clinical Interventions and Interests**

**4. The role of psychological inflexibility in the relationship between life hassles and depressive symptoms in adolescence**

*Subtopic: Adolescence*

Ana Xavier, Ph.D. Student, Cognitive and Behavioral Center for Research and Intervention, University of Coimbra, Portugal  
José Pinto Gouveia, Ph.D., Cognitive and Behavioral Center for Research and Intervention, University of Coimbra, Portugal  
Marina Cunha, Ph.D., Instituto Superior Miguel Torga, Coimbra, Portugal; Cognitive and Behavioral Center for Research and Intervention

**5. ACT for OCD: A single case study of a 13 years old child with compulsive hoarding**

*Subtopic: ACT, OCD, Child*

Angela Valli, IESCU (Italy)  
Giovambattista Presti, Università Kore, Enna (Italy)

**6. Does contextualizing AAQ make it more sensible to clinical changes? An exploratory analysis of two ways of using it**

*Subtopic: AAQ, Experiential avoidance*

Annalisa Oppo, Sigmund Freud University, IULM University (Milan, Italy)  
Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
Cristina Rizzo, Kore University, Enna (Italy)

Concetta Messina, Kore University, Enna (Italy)

Martina Leuzzi, Kore University, Enna (Italy)  
Paolo Moderato, Ph.D., IULM University (Milan, Italy)

**7. Evaluating the effect of a 3-days Acceptance and Commitment Therapy workshop on therapists' psychological flexibility**

*Subtopic: Psychological Flexibility*

Arianna Ristallo, Università IULM, Milan and IESCU, Italy  
Massimo Cesareo, Università IULM, Milan and IESCU, Italy  
Francesco Dell'Orco, Università IULM, Milan and IESCU, Italy

**8. Is less effective? A preliminary evaluation of the effects of a comprised ACT-treatment for longstanding pain**

*Subtopic: Longstanding pain*

Björn Liliequist, Lic. Psych, MSc., Karolinska University Hospital  
Martin Jonsjö, Ph.D.-Student, Karolinska Institutet  
Mike Kemani, Ph.D., Karolinska Institutet  
Camilla Wiwe-Lipsker, Ph.D.-Student, Karolinska Institutet  
Rikard Wicksell, Ph.D., Karolinska Institutet

**9. Examining the Relations Between Anxiety, Depression, Chronic Traumatic Stress, and Psychological Flexibility in Male Bhutanese Refugees**

*Subtopic: Psychological Flexibility*

Carly Baetz, J.D., M.Phil., The Graduate Center, CUNY  
Jessica Clifton, M.A., University of Vermont  
Victoria Baptiste, B.A., University of Vermont  
Jeff Winer, M.S., University of Massachusetts Amherst  
Sheau-Yan Ho, B.A., University of Vermont  
Emily Pichler, B.A., University of Vermont  
Valerie Harder, M.H.S., Ph.D., University of Vermont  
Karen Fondacaro, Ph.D., University of Vermont

**10. ACT for Depression and Anxiety: Group Therapy with College Students and Community Members**

*Subtopic: Depression and Anxiety*

Cassandra Pentzien, B.A., Bowling Green State University  
Jessica Borushok, M.A., Bowling Green State University  
Jennifer Lackey, M.A., Bowling Green State University

**11. Parent counseling based on Acceptance and Commitment therapy: A pilot study**

*Subtopic: Parents of children with developmental and/or psychological problems*

Denise Bodden, Ph.D., Radboud University Nijmegen, Behavioural Science Institute  
Denise Matthijssen, Altrecht, Division of Youth

**12. A Pilot Study of an Acceptance and Commitment Therapy-Based Intervention addressing emotion regulation in individuals with Substance Use Disorder and Borderline Personality Disorder**

*Subtopic: Emotion regulation, Substance use disorder, Borderline Personality Disorder*

Dr. Kate Hall, DPsych, Deakin University  
 Dr. Angela Simpson, DPsych, Deakin University  
 Ms. Romy Briner, Deakin University  
 Associate Professor Petra Staiger, Deakin University  
 Ms. Jane Morton, Spectrum Personality Disorder Service  
 Professor Dan Lubman, Turning Point Eastern Health & Monash University

**13. ACT versus CBT for children with OCD: A preliminary naturalistic investigation**

*Subtopic: OCD*

Elena Campanini, Psy-D, IESCU Italy, ASCCO Parma  
 Francesca Pergolizzi, Psy-D, IESCU Italy, ASCCO Parma  
 Annalisa Oppo, Psy-D, IESCU Italy, Sigmund Freud University Milano

**14. Diabetes acceptance and personal characteristics: Impact on health and behaviour outcomes in emerging adults with type 1 diabetes (T1D)**

*Subtopic: Acceptance*

Emma Nieminen, MA (Hons), University of Edinburgh  
 Nuno Ferreira, Ph.D., University of Edinburgh

**15. Validation of the Dysfunctional Attitude Scale (DAS) in the Italian Youth Population**

*Subtopic: Dysfunctional attitudes, negative beliefs, depression, adolescent*

Erika Melchiorri Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Martina Romitelli, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Gilda Picchio, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**16. Reliability and Validity of an Italian version of the Perceived Stress Scale (PSS) for Youth**

*Subtopic: Perceived Stress, quality of life, wellbeing, happiness*

Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Nicoletta Ristè, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**17. Post Traumatic Stress Disorder, Experiential Avoidance and ACT: A single case study**

*Subtopic: PTSD*

Francesca Ferretti, Ascco e Iescum  
 Campanini Elena, Ascco e Iescum

**18. Psychological flexibility in chronic pain: An exploratory analysis in an Italian population**

*Subtopic: Chronic pain*

Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 Chiara Vona, Kore University, Enna (Italy)  
 Paolo Moderato, Ph.D., Iulm University, Milan (Italy)

**19. Evaluating psychological flexibility in self-harmers: an exploratory study of Internet bloggers**

*Subtopic: Self-harming*

Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 Martina Algozino, Kore University, Enna (Italy)  
 Paolo Moderato, Ph.D., Iulm University, Milan (Italy)

**20. Teach your children well: Creating homogeneous environment to do ACT with kids**

*Subtopic: ACT for kids, Hexaflex, Metaphor and exercises*

Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 Antonella Beneficio, Kore University, Enna (Italy)  
 Simona Mosca, Kore University, Enna (Italy)  
 Francesca Pergolizzi, IESCU (Italy)  
 Paolo Moderato, IULM University, Mialn (Italy)

**21. Disseminating "ACT for pain" on a national basis: A preliminary overview of "Beyond pain" Italian project**

*Subtopic: ACT for pain, Web app, ACT dissemination*

Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 Francesco Dell'Orco, IULM University, Milan (Italy)  
 Francesco Pozzi, IULM University, Milan (Italy)  
 Michele Pozzi, Ibis Informatica (Milan, Italy)  
 Paolo Moderato, Ph.D., IULM University (Milan, Italy)

**Relational Frame Theory**

**22. Effects of learning new symbolic relations over stereotyped responses: An exploratory analysis of sexual prejudice**

*Subtopic: Sexual prejudice*

Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
 M.G. Adalgisa Guagenti, M.A., Kore University, Enna (Italy)  
 Paolo Moderato, Ph.D., Iulm University, Milan (Italy)

**Clinical Interventions and Interests**

**23. Treating Eating Disorders: Post-Hoc Reflections about past, present and future cognitive-behavioral intervention approaches**

*Subtopic: Eating Disorders*

Giovanna Cristina Campione, Eating Disorder Service of Scientific Institute 'Eugenio Medea' (Child Psychopathology Unit), Bosisio Parini, Italy  
 Katia Manduchi, Fap trainer and supervisor, Iescum trainer and supervisor, Private practice  
 Gianluigi Mansi, Eating Disorder Service of Scientific Institute 'Eugenio Medea' (Child Psychopathology Unit), Bosisio Parini, Italy  
 Alessandra Fumagalli, Eating Disorder Service of Scientific Institute 'Eugenio Medea' (Child Psychopathology Unit), Bosisio Parini, Italy

Robert Allegri, Private Practice, Iescum alumni

**24. Acceptance and Commitment Therapy for the multidisciplinary rehabilitation of fatigue**

*Subtopic: Fatigue*

Henrik Børsting Jacobsen, Ph.D., St Olavs University Hospital; Oslo University Hospital

**25. The Relationship of Self-Compassion, Experiential Avoidance, and Depression among Young Adult Women in Korea**

*Subtopic: Depression*

Hyeun Kim, Ph.D., Seoul Women's University Graduate School of Professional Therapeutic Technology  
 Kyung Park, Ph.D., Seoul Women's University Graduate School of Professional Therapeutic Technology

**26. A Preliminary Investigation of the Use of Acceptance and Commitment Therapeutic Principles in Group Treatment with a Community Sample of Bhutanese Refugee Women**

*Subtopic: Refugee, Group Therapy*

Jessica Clifton, M.A., University of Vermont  
 Sheau-Yan Ho, B.A., University of Vermont  
 Carly Baetz, J.D., University of Vermont  
 Emily Pichler, B.A., University of Vermont  
 Maggie Evans, B.A., University of Vermont  
 Diane Gottlieb, Ph.D., University of Vermont  
 Valerie Harder, Ph.D., University of Vermont  
 Karen Fondacaro, Ph.D., University of Vermont

**27. A Case Series on the Effects of Yoga for Generalized Anxiety Disorder**

*Subtopic: GAD, Yoga, Mindfulness*

Jessica Morgan, M.A., Georgia State University  
 Page Anderson, Ph.D., Georgia State University

**28. Acceptance and Commitment Therapy for Public Speaking Anxiety: A Case Series Study of Effects on Self-reported, Implicit, Imaginal, and In-vivo Performance Outcomes**

*Subtopic: Public Speaking Anxiety, IRAP*

Joe Priestley, University of Lincoln, UK  
 Dr. David Dawson, University of Lincoln  
 Dr. Nima Moghaddam, University of Lincoln

**29. Vitalis – A randomized intervention study aiming at Return To Work for women with long-term sick leave**

*Subtopic: Return To Work*

Linnea Molin, Psychologist, ArbetsRehab, Department of Occupational and Environmental Medicine, Uppsala University Hospital.  
 Ingrid Anderzén, Ph.D., Head of Arbetsrehab, Department of Public Health and Caring Sciences, university of Uppsala  
 Åsa Andersen, Doctoral Student, Department of Public Health and Caring Sciences, university of Uppsala  
 Anna Finnes, Karolinska Institutet, Stockholm  
 Per Lytsy M.D., Ph.D., Department of Public Health and Caring Sciences, University of Uppsala

**30. Acceptance and Commitment Therapy for ME/CFS (Chronic Fatigue Syndrome) – does it work, and for whom?**

*Subtopic: Chronic Fatigue Syndrome (ME/CFS)*

Martin Jonsjö, MSc., Ph.D.-student, Karolinska Institutet  
 Rikard Wicksell, Ph.D., Karolinska Institutet  
 Linda Holmström, Ph.D., Karolinska Institutet

Mike Kemani, Ph.D., Karolinska Institutet  
 Anna Andreasson, Ph.D., Karolinska Institutet  
 Gunnar Olsson, M.D., Ph.D., Karolinska Institutet

**31. The relation between symptoms, psychological flexibility and disability in Chronic Fatigue Syndrome (ME/CFS)**

*Subtopic: Chronic Fatigue Syndrome (ME/CFS)*

Martin Jonsjö, MSc., Ph.D.-student, Karolinska Institutet  
 Rikard Wicksell, Ph.D., Karolinska Institutet  
 Linda Holmström, Ph.D., Karolinska Institutet  
 Anna Andreasson, Ph.D., Karolinska Institutet  
 Mike Kemani, Ph.D., Karolinska Institutet  
 Gunnar Olsson, M.D., Ph.D., Karolinska Institutet

**32. A pilot study of psychological support group for GAP patients with ACT**

*Subtopic: GAP*

Pamela Garofani, ASCCO Academy of Behavioral and Cognitive Sciences Parma Italy; Ser.T DAI-SMDP AUSL PARMA Italy  
 Giovanni Miselli, IESCUM Italy; ACT-Italia Italy  
 Lucia Maria Giustina, Ser.T DAI-SMDP AUSL PARMA Italy  
 Annalisa Pelosi, Università Degli Studi Di Parma, Italy

**33. Disordered eating cognitions, psychological flexibility, and help-seeking attitudes towards professional psychological help in Asian American women**

*Subtopic: Eating Disorders*

Stacey Ng, Georgia State University

**34. A Preliminary Exploration of Values-based Practice to Protect Police and Emergency Responders from Lasting Negative Consequences of Trauma**

*Subtopic: PTSD*

Wanda L. Smith, Private Practice & McMaster University  
 Stephanie Swayne, Private Practice

**Educational settings**

**35. Effects of experiential avoidance and cognitive fusion on psychological stress responses among Japanese adolescents**  
*Subtopic: adolescents, experiential avoidance and fusion, psychological stress*

Kenichro Ishizu, Ph.D., University of Toyama  
 Yoshiyuki Shimoda, Ph.D., Saga university  
 Tomu Ohtsuki, Ph.D., Waeda university

**Organizational Behavior Management**

**36. A Comparison between Islamic Spiritual Therapy (IPS) and Acceptance Commitment Therapy (ACT)**

*Subtopic: Psychotherapy*

Dr. Tahereh Seghatoleslam, University of Malaya, Centre of Addiction Sciences UMCAS, Malaysia, Shahid Beheshti University of Medical Sciences, Tehran Iran  
 Hussain Habil, University of Malaya, Centre of Addiction Sciences UMCAS) Malaysia

**Other**

**37. Developing a new repeatable measure of ACT processes**

*Subtopic: Psychometric development*

Ashley Francis, Universities of Nottingham and Lincoln  
 David Dawson, Universities of Nottingham and Lincoln  
 Nima Moghaddam, Universities of Nottingham and Lincoln

**38. Validation of the short version of the Committed Action Questionnaire (CAQ-8) in a French-Speaking Population**

*Subtopic: Committed Action*

Joel Gagon, Ph.D. (c), Université du Québec à Trois-Rivières  
 Frédérick Dionne, Ph.D., Université du Québec à Trois-Rivières  
 Marie-Eve Martel, D.Psy. (c), Université du Québec à Trois-Rivières  
 Whitney Scott, Ph.D., King's College London  
 Lance M. McCracken, Ph.D., King's College London

**Performance-Enhancing Interventions**

**39. 3rd Wave Sport Psychology Strategies in Optimizing the Performance of Elite Athletes: Effectiveness of a Mindfulness Based Program (MBSR-SP)**

*Subtopic: Mindfulness based interventions/ACT and Elite Sports*

Bruno Carraça, M.D., Ph.D. candidate, FMH-Lisbon University

Catia Magalhães, Ph.D., ESEV- Polytechnic Institute of Viseu-Portugal

Sidónio Serpa, Ph.D., FMH-Lisbon University

Joan Palmi, Ph.D., INEFC-Lleida University

**Prevention and Community-Based Interventions**

**40. The use and feasibility of an ACT-based course for increasing well-being in high school students: Pilot study**

*Subtopic: Adolescents*

Charlotte Ulrikka Rask, Ph.D., Research Clinic for Functional Disorders, Denmark

Louise M Lykke Kronstrand, MSc., research clinic for functional disorders

Lisbeth Frostholt, Research Clinic for Functional Disorders

**41. The value of health in prisons: Giving voice to the detainees**

*Subtopic: Improvement of the health of detainees*

Evelyn Uzunmwangho, psychologist, AUSL of Piacenza; ASCCO of Parma

**42. Implicit Attitudes, Explicit Attitudes or Subliminal Effect: What does actually guide food choice?**

*Subtopic: IRAP*

Francesco Pozzi, Ph.D., Iescum, Parma

Francesco Dell'Orco, Iescum, Parma

Massimo Cesareo, IESCUM, Parma; IULM University, Milan

Paolo Moderato, Ph.D., IESCUM, Parma; IULM University, Milan

**43. Live Balance: A mindfulness based universal mental health promotion program: Conceptualization, implementation, participants' appraisal**

*Subtopic: Primary prevention*

Lisa Lyssenko, Central Institute of Mental Health, Mannheim, Heidelberg University, Germany

Martin Bohus, Central Institute of Mental Health, Mannheim, Heidelberg University, Germany

**44. The relationship between early adverse experiences and social anxiety in adolescence: the mediator role of fears of compassion**

*Subtopic: Adolescence*

Marina Cunha, Ph.D., Instituto Superior Miguel Torga; CINEICC - Faculty of Psychology and Educational Sciences of the University of Coimbra

Ana Xavier, MSc., CINEICC - Faculty of Psychology and Educational Sciences of the University of Coimbra

Ana Galhardo, Instituto Superior Miguel Torga; CINEICC - Faculty of Psychology and Educational Sciences of the University of Coimbra

Cátia Pereira, Instituto Superior Miguel Torga

**45. Increasing Racially Diverse Social Connections through Contextual Behavioral Science**

*Subtopic: Intergroup Anxiety*

Michael J. Thurston-Rattue, M.A. (Hons), University of Washington

Jonathan W. Kanter, Ph.D., University of Washington

Forogh Hakki, University of Washington

Adam Kuczynski, B.S., University of Washington

Maria M. Santos, M.A., University of Washington

Keith Bailey, Milwaukee Matters

Mavis Tsai, Ph.D., University of Washington

Robert J. Kohlenberg, Ph.D., University of Washington

**Relational Frame Theory**

**46. Explicit and implicit naïve concept of talent: Relations with self-esteem Machiavellianism and self-determined motivation**

*Subtopic: IRAP*

Maria Chelkowska, M.A., University of Silesia

Magdalena Hyla, M.A., University of Silesia

Lidia Baran, M.A., University of Silesia

**Theoretical and Philosophical Foundations**

**47. Modifications/widening of the concept of value in RFT (and ACT)/ Modifikationen/Erweiterungen zum Werte-Begriff in RFT (und ACT)**

*Subtopic: RFT*

Gerhard Kugler, Private praxis

**Behavioral Medicine**

**1. The Self Experiences Questionnaire (SEQ): Preliminary analyses of an item pool for a measure of self in people with chronic pain**

*Subtopic: Chronic pain*

Lin Yu, King's College London  
Lance M. McCracken, Ph.D., King's College London INPUT Pain Unit, Guy's & St Thomas' NHS Foundation Trust  
Sam Norton, King's College London

**2. Social relationships and chronic pain: Findings from a Swedish clinical sample**

*Subtopic: Chronic pain, social connection, self-report measure, adults*

Marie Blom, MSc., Ph.D. (c), Linköping Univ., Sweden  
Björn Gerdle, Ph.D., M.D., Linköping Univ., Sweden

**3. The role of pain acceptance on functioning in individuals with disabilities: A longitudinal study**

*Subtopic: Chronic pain*

Mark P. Jensen, Ph.D., University of Washington  
Amanda E. Smith, B.A., University of Washington  
Kevin N. Alschuler, University of Washington  
Dagmar Amtmann, Ph.D., University of Washington  
David T. Gillanders, Ph.D., University of Edinburgh  
Ivan R. Molton, Ph.D., University of Washington

**Clinical Interventions and Interests**

**4. Nonverbal change mechanisms underlying Acceptance and Commitment Therapy**

*Subtopic: Panic disorder and agoraphobia*

Catharina Zazoff, Master Student, University of Basel  
Marie-Noëlle Cottens, Master Student, University of Basel

**5. A Preliminary Study on Validating the Self-Compassion Scale (SCS) in Italian Adolescents**

*Subtopic: Self-compassion, mindfulness, wellbeing, adolescents*

Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Erika Mlechiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Martina Romitelli, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**6. Validation study of the Italian Version of the Mindful Attention Awareness Scale for Adolescents (MAAS-A)**

*Subtopic: Adolescents, Mindfulness, Psychological Flexibility, Acceptance*

Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Nicoletta Ristè, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Martina Romitelli, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**7. The body image psychological inflexibility scale (BIPIS): Toward a functional contextual approach to assessment and treatment planning**

*Subtopic: Assessment*

Glenn M. Callaghan, San Jose State Univ.  
Emily K. Sandoz, Univ. of Louisiana at Lafayette  
Sabrina M. Darrow, Univ. of California, San Francisco  
Timothy K. Feeney, Univ. of Nevada, Reno

**8. Results from a group-based stress management ACT-intervention for workers with long-term work-related stress: A pilot-study**

*Subtopic: Work-related stress*

Greta Lassen Lund, MSc.psych, Aarhus University Hospital, Denmark  
Hanne Knudsen, MSc.psych, Aarhus University Hospital, Denmark  
Morten Vejs Willert, MSc.psych. Ph.D., Aarhus University Hospital, Denmark

**9. Psychological processes in obese or overweight women with and without binge eating: An exploration of their differences**

*Subtopic: Obesity, Binge eating*

Lara Palmeira, MSc., CINEICC, University of Coimbra  
Sérgio Carvalho, MSc., CINEICC, University of Coimbra  
José Pinto-Gouveia, M.D., Ph.D., CINEICC, University of Coimbra

**10. Acceptance and Commitment Therapy for Chronic Fatigue Syndrome: A case series approach**

*Subtopic: IRAP*

Lauren Roche, Universities of Lincoln and Nottingham  
David Dawson, DClinPsyc, University of Lincoln  
Nima Moghaddam, DClinPsyc, University of Lincoln

**11. Stop Thinking, Start ACTing – The Effectiveness of Acceptance and Commitment Therapy in an Inpatient Sample of a Psychiatric Department**

*Subtopic: Effectiveness in a naturalistic setting*

Mareike Pleger, MSc. Psych., Evangelisches Krankenhaus Königin Elisabeth Herzberge (KEH), Berlin  
Karolin Treppner, MSc. Psych, Humboldt University Berlin

**12. Perceived Injustice and its Impact on Physical and Emotional Functioning: The Mediating Role of Chronic Pain Acceptance**

*Subtopic: Acceptance, Chronic Pain, Perceived Injustice*

Marie-Eve Martel, M.A., D. Ps. (c), Université du Québec à Trois-Rivières  
Frédéric Dionne, Ph.D., Université du Québec à Trois-Rivières  
Joel Gagnon, Université du Québec à Trois-Rivières

**13. Psychological Inflexibility for Pain: Translation and Validation for a French-Speaking Population**

*Subtopic: Acceptance and Commitment Therapy (ACT), Chronic Pain, Psychological Inflexibility, Translation*

Marie-Eve Martel, M.A., D. Ps. (c), Université du Québec à Trois-Rivières (Canada)  
Frédéric Dionne, Ph.D., Université du Québec à Trois-Rivières (Canada)  
Aurélien Gauchet, Université de Grenoble, Fra.  
Yamina Zoukri-Roland, Unité-Douleur.  
Clinique Clémentville, Montpellier (France)  
Emmanuelle Decker, Université de Montpellier  
Raphaël Trouillet, Laboratory Epsilon EA4556 (Montpellier)  
Rikard Wicksell, Karolinska Institutet (Sweden)  
Jean-Louis Monestès, Université de Grenoble (France)

#### **14. Processes of change in ACT and AR for longstanding pain: Analyses of weekly assessments**

*Subtopic: Pain*

Mike Kemani, Behavioural Medicine Pain Treatment Services, Karolinska Univ. Hospital  
Hugo Hesser, Dept. of Behavioral Sciences and Learning, Linköping University, Sweden

#### **15. Low-grade inflammation moderates the effect of behavioral treatment for chronic pain in adults**

*Subtopic: Longstanding pain in adults*

Mike Kemani, Behavioural Medicine Pain Treatment Service, Karolinska Univ. Hospital  
Julie Lasselin, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden

#### **16. Acceptance and Commitment Therapy and Pain: A Comprehensive Theory-based Systematic Review**

*Subtopic: Pain*

Mike Kemani, Behavioural Medicine Pain Treatment Services, Karolinska University Hospital  
Marie Kanstrup, Behavioural Medicine Pain Treatment Services, Karolinska University Hospital

#### **17. The Prosociality of Compassion: Relating to self and other**

*Subtopic: Compassion*

Owen Rachal, University of Louisiana at Lafayette  
Jessica Auzenne, University of Louisiana at Lafayette  
Grayson Butcher, University of Louisiana at Lafayette  
Emily Sandoz, Ph.D., University of Louisiana at Lafayette

#### **18. Increasing pro-sociality through a Deictic Frame Training to Decrease Challenge Behaviors for individuals with Intellectual Disabilities**

*Subtopic: Deictic Framing, Perspective Taking, Challenge Behavior, Intellectual Disabilities*

Roberto Cattivelli, Istituto Auxologico Italiano  
Giada Pietrabissa, Istituto Auxologico Italiano  
Martina Ceccarini; Chiara Spatola; Valentina Villa;  
Annalisa Caretti; Alessandro Musetti; Gian Mauro Manzoni; Silvia Ruggiero; Gianluca Castelnovo

#### **19. The Relationship Between Control of Unwanted Thoughts and Perceived Success Implementing Emotion Regulation Strategies**

*Subtopic: Emotion Regulation*

Shawnee L. Brew, B.A., Alliant International University, San Diego

Kimberly A. Corp, MFT, Alliant International University  
Taryn L. Gammon, M.A., Alliant International University  
Kristin D. Whelan, M.A., Alliant International University  
Jill A. Stoddard, Ph.D., Alliant International University

#### **20. ACTraining for the Taiwanese Parents of Children with Disabilities**

*Subtopic: Parents, mental health, group*

Shinji TANI, Ph.D., Ritsumeikan University  
Yuanhong JI, Ph.D., Ritsumeikan University  
Nien-Hwa LAI, Ph.D., National Taipei University of Education

#### **21. Transdiagnostic Occupational Rehabilitation: Patients' Experiences with Acceptance and Commitment Therapy (ACT) in Mixed Groups of Musculoskeletal and Common Mental Disorders**

*Subtopic: Occupational Rehabilitation*

Sigmund Gismervik, Department of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim  
Egil Fors, Department of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim  
Marius Finland, Department of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim  
Roar Johnsen, Department of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim  
Marit B. Rise, Department of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim

#### **23. The Effects of Reason for living in Depression and Suicidal Ideation**

*Subtopic: Depression, Reason for living, Suicidal Ideation*

So-young Park, Ph.D. student, Seoul Women's Univ. Graduate School of Professional Therapeutic Technology in Korea  
Kyung Park, Ph.D., Seoul Women's Univ. Graduate School of Professional Therapeutic Technology in Korea  
Sehee Park, M.A. student, Seoul Women's Univ. Graduate School of Professional Therapeutic Technology in Korea  
Yeongmi Yang, M.A. student, Seoul Women's Univ. Graduate School of Professional Therapeutic Technology in Korea  
Jeongah Lee, M.A. student, Seoul Women's Univ. Graduate School of Professional Therapeutic Technology in Korea

#### **24. Acceptance and Commitment Therapy – do we know enough?: A sequential meta analysis of randomized treatment trials**

*Subtopic: Anxiety, Depression, Adults*

Thomas Hacker, DCLinPsy, Universitätsmedizin Rostock  
Angus MacBeth, Ph.D., DCLinPsy, Edinburgh University  
Paul Stone, BSs, NHS Fife, Edinburgh University

#### **25. Investigating the Effects of a Brief Mindfulness Intervention on the Encoding of Positively and Negatively Valenced Novel Verbal Stimuli Under an Induced Negative Affect**

*Subtopic: Mindfulness*

Varsha Eswara Murthy, B.A., University College Dublin  
Louise McHugh, M.A., Ph.D., University College Dublin

## Relational Frame Theory

### 26. Which comes first?: Emergence of temporal frame responding in an autistic kid *Subtopic: RFT*

Giovambattista Presti, M.D., Ph.D., Università Kore, Enna (Italy) & IESCUM, Italy  
Davide Carnevali, Università IULM, Milan & IESCUM, Italy  
Arianna Ristallo, Università IULM, Milan & IESCUM, Italy  
Paolo Moderato, Università IULM, Milan & IESCUM, Italy

## Educational settings

### 27. Skinner's Verbal Behavior heritage: What are behavior analysts really studying?

*Subtopic: Verbal behavior, Relation Frame Theory, Applied Behavior Analysis*

Giovambattista Presti, M.D., Ph.D., Kore University, Italy  
Siana Saddemi, Kore University, Enna (Italy)  
Maria Josè Sireci, Kore University, Enna (Italy)  
Paolo Moderato, Ph.D., IULM university, Milan (Italy)

### 28. It sounds like Han! Testing the feasibility of a social robot delivered conditional discrimination training

*Subtopic: RFT, Conditional discrimination task, autism, social robots*

Giovambattista Presti, M.D., Ph.D., University Kore, Italy  
Maria Josè Sireci, University Kore, Enna (Italy)  
Daniele Lombardo, Behaviour Labs, Catania (Italy)  
Marco Lombardo, Behaviour Labs, Catania (Italy)  
Paolo Moderato, IULM University, Milan (Italy)

### 29. The invisible trainer: Testing the feasibility of motion tracking technology in conditional discrimination training

*Subtopic: Autism, Relational Frame Theory, Motion tracking, Computer mediated learning*

Giovambattista Presti, M.D., Ph.D., University Kore, Italy  
Maria Josè Sireci, University Kore, Enna, Italy  
Olga Beltramello, CERN (Geneva, Switzerland)  
Matteo Vignoli, University of Modena & Reggio Emilia, Italy  
Lakshmi Prabha Nattamai Sekar, CERN, Geneva  
M Clio Dosi, University of Modena & Reggio Emilia, Italy  
Paolo Moderato, IULM University, Milan, Italy

### 30. Come together!: An exploratory analysis of the complexity of categorization

*Subtopic: RFT, Category, language disorders, autism*

Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
Melissa Scagnelli, IULM University, Milan (Italy)  
Margherita Gurrieri, IESCUM (Italy)  
Claudio Premarini, Department of Child Neuropsychiatry and Neurorehabilitation; "Eugenio Medea" Scientific Institute, Bosisio Parini, Lecco, Italy  
Catia Rigoletto, Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy  
Massimo Molteni, Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy  
Paolo Moderato, IULM University (Milan, Italy)

### 31. Use Your Words: An Examination of Student Writing in Response to Experiential Learning Exercises Targeting Psychological Flexibility

*Subtopic: Academics*

Tracy Protti, Univ. of Louisiana at Lafayette  
Emily Allen, Univ. of Louisiana at Lafayette  
Emmy LeBleu, Univ. of Louisiana at Lafayette  
Ryan Albarado, Univ. of Louisiana at Lafayette  
Bronwyn Frederick, Univ. of Louisiana at Lafayette  
Jada Horton, Univ. of Louisiana at Lafayette  
Alaina Kiefner, Univ. of Louisiana at Lafayette  
Lauren Griffin, Univ. of Louisiana at Lafayette  
Emily K. Sandoz, Univ. of Louisiana at Lafayette

## Organizational Behavior Management

### 32. The Mediating Effect of Experiential Avoidance between Psychological Capital and Work Performance in Chinese Employees

*Subtopic: Positive Organizational Behavior(POB)*

Jing Cao, Key Laboratory of Mental Health, Institute of Psychology, Chinese Academy of Sciences, University of Chinese Academy of Sci.

Sheng Huang, Roechling Automotive Parts(Kunshan), Ltd

Zhuohong Zhu, Key Laboratory of Mental Health, Institute of Psychology, Chinese Academy of Sciences, University of Chinese Academy of Sci.

### 33. Effectiveness of Acceptance and Commitment Therapy on Weight self-efficacy lifestyle and Body Mass Index (BMI) in women afflicted with obesity

*Subtopic: Obesity, adult, acceptance and commitment therapy*

Leili Nourian, M.A., Islamic Azad University, Najaf Abad branch, Isfahan, Iran

Asghar Aghaei, Ph.D., Islamic azad University, isfahan(khorasgan) branch, Isfahan, Iran

## Other

### 34. A Positive Framing Bias Flaw in the Implicit Relational Assessment Procedure (IRAP)

*Subtopic: IRAP*

Brian O'Shea, University of Warwick  
Derrick G. Watson, University of Warwick  
Gordon D. A. Brown, University of Warwick

### 35. Stigmatisation Attitudes and Psychological Flexibility of Mental Health Professionals

*Subtopic: Psychological flexibility in mental health professionals, stigma*

Fatma Betul Esen, M.D., Bakirkoy Research and Training Hospital for Psychiatry and Neurology

Kaasim Fatih Yavuz, M.D., Bakirkoy Research and Training Hospital for Psychiatry and Neurology

Sevinc Ulusoy, Elazig State Hospital for Mental Health and Disorders

Tugba Kara, Nigde Bor State Hospital

### 36. Stigmatisation Attitudes and Psychological Flexibility of Mental Health Nurses

*Subtopic: Stigma*

Merve Terzioglu, Bakirkoy Research and Training Hospital for Psychiatry and Neurology  
K. Fatih Yavuz, Bakirkoy Research and Training Hospital for Psychiatry and Neurology  
Sevinc Ulusoy, Elazig State Hospital for Mental Health Disorders  
Huseyin Sehid Burhan, Bakirkoy Research and Training Hospital for Psychiatry and Neurology

#### Performance-Enhancing Interventions

### 37. Flow in Context: Approaching Positive Psychology's Optimal Experiences

*Subtopic: Positive Psychology*

Grayson Butcher, Univ. of Louisiana at Lafayette  
Emily Sandoz, Ph.D., Univ. of Louisiana at Lafayette

#### Prevention and Community-Based Interventions

### 38. Parental Experiential Avoidance on the Parental Acceptance and Action Questionnaire (PAAQ) Relates to Higher Parental Stress and Higher Child Defiance: Evidence from a community sample of Greek-speaking parents

*Subtopic: Parental Experiential Avoidance*

Anthi Loutsiou, PsyD, University of Cyprus  
Anastasios Matsopoulos, Ph.D., University of Crete  
Andri Anastasiou, M.A., University of Cyprus

### 39. Application and effectiveness of ACT in the satellite office with the support for the employment of persons with disabilities

*Subtopic: Workplace, Schizophrenia, Neurodevelopmental disorder*

Fumiki Haned, Senior vocational counselor, Startline.Co.Ltd

### 40. Successful smoking self-quitting and psychological flexibility

*Subtopic: Smoking behavior*

Jesus Gil Roales-Nieto, Ph.D., University of Almeria, Spain  
Emilio Moreno San Pedro, Ph.D., University of Huelva  
Ana Gil Luciano, M.D., Autonoma University of Madrid  
Rodrigo Córdoba García, M.D., University of Zaragoza, Spain  
Bartolomé Marín Romero, M.A., University of Almeria  
Rosa Jiménez López, Ph.D., Universidad de Almería  
Agustina Silvano Arranz, M.A., Servicio Andaluz de Salud, Spain  
Isabel R. Fernández Lao, Servicio Andaluz de Salud  
Genoveva Granados Gámez, Ph. D., University of Almeria, Spain

### 41. ACT Resilience Building in Schools: A Pilot

*Subtopic: Adolescents*

Julia Kostiuk Warren, DCLinPsy, ProCARE Psychological Services  
Casey Mendiola, DCLinPsy, ProCARE Psychological Services

### 42. Can undergoing an internet: Based ACT intervention change the impact of predictors thought to lead to substance use?

*Subtopic: Substance use predictors*

Leonidou Georgia, B.A., University of Cyprus  
Stella Nicoleta Savvides, Ph.D., University of Cyprus  
Maria Karekla, Ph.D., University of Cyprus

### 43. ACT Research for Kids: How to introduce the Hexaflex at School

*Subtopic: Children, mindfulness, hexaflex, school*

Nicoletta Ristè, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

### 44. The Effectiveness of an ACT Self-help Intervention for Stress, Burnout and Depression: An Exclusively Online Randomized Controlled Trial

*Subtopic: Self-help, Bibliotherapy, Burnout, Job Stress, Depression*

Patrizia Hofer, Ph.D. Candidate, University of Basel, Clinical Psychology and Epidemiology  
Regula Aschwanden, B.Sc., University of Basel  
Marina Milidou, B.Sc., University of Basel  
Michael Waadt, insas Institut für Arbeit und seelische Gesundheit  
Roselind Lieb, Ph.D., University of Basel  
Andrew Gloster, Ph.D., University of Basel

#### Professional Development

### 45. Acceptance and Commitment Therapy (ACT) to Develop Indonesian Teacher's Career Adaptability, Job Satisfaction, and Happiness

*Subtopic: Mindfulness*

Febe Sevтин, M.Pd (Master of Education), Indonesia University of Education

#### Relational Frame Theory

### 46. Investigating Delay of Gratification in Children from the Perspective of Relational Frame Theory

*Subtopic: Children, Self-Control, Rule governed behavior*

Midori Uemura, Waseda University, Research Fellow of Japan Society for the Promotion of Science  
Tomu Ohtsuki, Waseda University  
Hironori Shimada, Waseda University

#### Relational Frame Theory

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Tomu Ohtsuki, Waseda University  
Hironori Shimada, Waseda University

**Behavioral Medicine**

**1. Acceptance of internal experiences in cardiovascular and gastrointestinal disease compared to healthy individuals in Isfahan city**

*Subtopic: Acceptance*

Mina Kavooosi, M.S. in clinical psychology, Azad University, Khorasgan Branch  
Fatemeh Zargar, Assisstant Professor in clinical psychology, Kashan University in Medical Sciences

**2. The Impact of Acceptance, Suppression, and Cognitive Reappraisal of Emotion on Subjective Distress, Food Craving, and Eating Behavior in a Mixed-Weight Sample**

*Subtopic: Obesity*

Taryn L. Gammon, M.A., Alliant International University, San Diego  
Kimberly A. Corp, MFT, Alliant International University, San Diego  
Kristin D. Whelan, M.A., Alliant International University, San Diego  
Shawnee L. Brew, B.A., Alliant International University, San Diego  
Jill A. Stoddard, Ph.D., Alliant International University, San Diego

**3. Web-based ACT in chronic pain: For whom and how does it work?**

*Subtopic: Chronic pain, web-based, online, mediators, moderators*

H. R. Trompetter, Ph.D., University of Twente  
Ernst T. Bohlmeijer, Ph.D., University of Twente  
K. M. G. Schreurs, Ph.D., University of Twente

**4. The Effect of Post Traumatic Growth on Post Traumatic Growth: Moderation effect of Cognitive Fusion**

*Subtopic: PTSD, PTG, fusion*

Xiong Peng-Di, Key Laboratory of Mental Health, Institute of Psychology, Chinese Academy of Sciences

**Clinical Interventions and Interests**

**5. Influence of Patient Expectations on Treatment Outcome**

*Subtopic: CBGT*

Ainhoa Sánchez, Consorci Sanitari de Terrassa (CST)  
Isabel Ramirez, Consorci Sanitari de Terrassa  
Anna Soler-Roca, Consorci Sanitari de Terrassa  
Irene Ramos-Grille, Consorci Sanitari de Terrassa  
Marti Santacana, Consorci Sanitari de Terrassa  
Ana Costas, Consorci Sanitari de Terrassa

**6. The role of uncommitted actions with life values in college students' quality of life**

*Subtopic: Quality of life*

Inês A. Trindade, MSc., Ph.D. student, Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
Cláudia Ferreira, Ph.D., Cognitive Behavioural Centre for Research and Intervention, University of Coimbra

**7. Cognitive fusion exacerbates the impact of IBD symptomatology on patients' depression severity**

*Subtopic: Chronic Diseases*

Inês A. Trindade, MSc., Ph.D. student, Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
Cláudia Ferreira, Ph.D., Cognitive Behavioural Centre for Research and Intervention, University of Coimbra  
José Pinto-Gouveia, M.D., Ph.D., Cognitive Behavioural Centre for Research and Intervention, University of Coimbra

**8. Brief Cognitive-Behavioral Therapy Group in Adjustment Disorder: Locus of control on treatment outcomes**

*Subtopic: Adjustment disorder, Brief CBT Group*

Isabel Ramirez-Gendrau, Consorci Sanitari de Terrassa  
Ainhoa Sánchez, Consorci Sanitari de Terrassa  
Anna Soler-Roca, Consorci Sanitari de Terrassa  
Irene Ramos-Grille, Consorci Sanitari de Terrassa  
Isabel de María, Consorci Sanitari de Terrassa  
Mireia González, Consorci Sanitari de Terrassa  
Anna Garcia-Caballero, Consorci Sanitari de Terrassa

**9. The Impact of Parental Psychological Flexibility on Refugee Infant Development**

*Subtopic: Torture/trauma history, Infants, Secondary Survivors, Refugees*

Jordan Weith, University of Vermont  
Anne Brassell, B.A., University of Vermont  
Karen Fondacaro, University of Vermont  
Susan Crockenberg, University of Vermont

**10. ACT inpatient treatment concept for OCD patients**

*Subtopic: OCD*

Karoline Albrecht, Ph.D., University Medical Center Freiburg  
Katharina Wetterkamp, University Medical Center Freiburg  
Marlene Stecher-Sperlich, University Medical Center Freiburg  
Lothar Bonk, University Medical Center Freiburg  
Tobias Freyer, University Medical Center Freiburg

**11. The moderating effect of psychological flexibility on defeat and suicidality**

*Subtopic: Suicide*

Kevin Hochard, Ph.D., University of Chester  
Nadja Heym, Ph.D., Nottingham Trent University  
Ellen Townsend, Ph.D., University of Nottingham

**12. Psychological Inflexibility as a Transdiagnostic Prospective Mediator**

*Subtopic: Psychological flexibility*

Ljiljana Mihić, Ph.D., University of Novi Sad, Faculty of Philosophy, Department of Psychology, Serbia

**13. The relationship between mindfulness, psychological flexibility, perceived parental control and diabetes-related outcomes in adolescents with type 1 diabetes**

*Subtopic: Adolescent diabetes*

Lorraine Lockhart, University of Edinburgh

Dr. Nuno Ferreira, University of Edinburgh

**14. Efficacy and clinical utility of individual and group treatment with Acceptance and Commitment Therapy for children and youths with longstanding pain**

*Subtopic: Pediatric longstanding pain*

Marie Kanstrup, Behavioural Medicine Pain Treatment Services, Karolinska University Hospital

Mike Kemani, Behavioural Medicine Pain Treatment Services, Karolinska University Hospital

**15. Captains Courageous: An ACT-oriented group training for children with emotional disorders**

*Subtopic: Children*

Marta Schweiger, Università IULM, Milan & IESCUM, Italy

Francesca Pergolizzi, IESCUM, Italy

Paolo Moderato, Università IULM, Milan & IESCUM, Italy

**Prevention and Community-Based Interventions**

**16. Assessing quality of life in young people: the Italian version of the Youth Quality of Life (YQOL-R)**

*Subtopic: Children and adolescents*

Marta Schweiger, Università IULM, Milan & IESCUM, Italy

Arianna Ristallo, Università IULM, Milan & IESCUM, Italy

**Clinical Interventions and Interests**

**17. Student's Life Satisfaction Scale (SLSS): Psychometric Characteristics on an Italian Youth Sample**

*Subtopic: Life satisfaction, quality of life, positive psychology, wellbeing, adolescents*

Martina Romitelli, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Nicoletta Ristè, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**18. Regulating Eating through Acceptance and Commitment Therapy (RE-ACT)**

*Subtopic: Weight management*

Mary Jinks, Trainee Clinical Psychologist, University of Lincoln

Nima Moghaddam, Clinical Psychologist, University of Lincoln

Dave Dawson, Clinical psychologist, University of Lincoln  
Mike Rennoldson, University of Nottingham

**19. Group Acceptance and Commitment Therapy for persistent postural and perceptible dizziness: A clinical study**

*Subtopic: Psychosomatic medicine*

Masaki Kondo, Nagoya City University Graduate School of Medical Sciences

Keiko Ino, Nagoya City University Graduate School of Medical Sciences

Wakako Igarashi, Kikuchi mental clinic

Sei Ogawa, Nagoya City University Graduate School of Medical Sciences

Toshitaka Ii, Nagoya City University Graduate School of Medical Sciences

Meiho Nakayama, Nagoya City University Graduate School of Medical Sciences

Tatsuo Akechi, Nagoya City University Graduate School of Medical Sciences

**20. Validity and Reliability of the Acceptance and Action Diabetes Questionnaire Turkish Version**

*Subtopic: Acceptance and diabetes*

Mehmet Emrah Karadere, Hitit University Corum Education and Research Hospital

Ece Yazla, Hitit University Corum Education and Research Hospital

Ferit Kerim Küçükler, Hitit University Corum Education and Research Hospital

Kasım Fatih Yavuz, Bakirkoy Mazhar Osman Research and Training Hospital for Psychiatry and Neurology

Emre Demir, Hitit University Medical Faculty

**21. ACT for a complex trauma**

*Subtopic: PTSD, depression, ACT, exposure therapy*

Nathalia Vargas, Psy.D., Contextual Science and Therapy Institute; National Institute of Psychiatry Ramón de la Fuente

Michel Reyes Psy.D., Institute of Contextual Science; National institute of Psychiatry Ramón de la Fuente

Edgar Miguel Miranda Terres M.S., Institute of Contextual Science; National institute of Psychiatry Ramón de la Fuente

Elsa Mediana, Private Practice

**22. Bringing support to family members with BPD with ACT and DBT Skills**

*Subtopic: Family interventions, BPD*

Nathalia Vargas, Psy.D., Contextual Science and Therapy Institute; National Institute of Psychiatry Ramón de la Fuente

Michel Reyes, Psy.D., Contextual Science and Therapy Institute; National Institute of Psychiatry Ramón de la Fuente

Edgar Miguel Miranda Terres, Contextual Science and Therapy Institute; National Institute of Psychiatry Ramón de la Fuente

Ivan Arango de Montis, M.D., National Institute of Psychiatry Ramón de la Fuente

Elsa Mediana, Private Practice

**23. The adaptation of an ACT based intervention to a digital intervention as a means to increase adherence and lower attrition rates in chronic pain patients**

*Subtopic: Technology*

Orestis Kasinopoulos, MSc., University of Cyprus

Vasilis Vasiliou, University of Cyprus

Evangelos C. Karademas, Ph.D., University of Crete

Maria Karekla, Ph.D., University of Cyprus

**24. Psychometric properties of the Brazilian version of the Cognitive Fusion Questionnaire (CFQ-7): A study with multigroup analysis of factorial invariance**

*Subtopic: Cognitive fusion, psychometric properties*

Paola Lucena-Santos, Ph.D. Student, University of Coimbra - Portugal

José Pinto-Gouveia, MSc., Ph.D., University of Coimbra - Portugal  
 Renata Klein Zancan, MSc., Pontifical Catholic University of Rio Grande do Sul - Brazil  
 Daniela Franceschi Souza, Pontifical Catholic University of Rio Grande do Sul - Brazil  
 Marina Camargo Barth, Pontifical Catholic University of Rio Grande do Sul - Brazil  
 Margaret Silva Oliveira, MSc., Ph.D., Pontifical Catholic University of Rio Grande do Sul - Brazil

**25. Psychological Flexibility as a Mediator of Depression, Anxiety, and PTSD in Group Therapy with Female Bhutanese Refugees**

*Subtopic: Refugee Mental Health*

Sheau-Yan Ho, B.A., University of Vermont  
 Jessica Clifton, M.A., University of Vermont  
 Emily Pichler, B.A., University of Vermont  
 Maggie Evans, B.A., University of Vermont  
 Diane Gottlieb, Ph.D., University of Vermont  
 Valerie Harder, Ph.D., University of Vermont  
 Karen Fondacaro, Ph.D., University of Vermont

**26. An Acceptance and Commitment Therapy approach to increase well-being in spinal cord injury survivors**

*Subtopic: Spinal Cord Injury, Well-being, ACT*

Sophia Serpa, M.S., Nova Southeastern University  
 Alexia Holovatyk, B.S.  
 Barry Nierenberg, Ph.D., ABPP, Nova Southeastern University

**27. Reducing Aggression One Value at a Time**

*Subtopic: Value-Consistent Living, Aggression*

Teresa Hulseley, B.A., University of North Texas  
 Erin K. M. Hogan, B.A., B.S., University of North Texas  
 Amy R. Murrell, Ph.D., University of North Texas  
 Sarah E. Pepper, Ph.D., VA North Texas Healthcare System

**28. Acceptance and Commitment Therapy for Substance Use Disorder: Qualitative review**

*Subtopic: Substance Use Disorder*

Toshitaka Ii, Dept of Psychiatry and Cognitive-Behavioral Medicine, Nagoya City University Graduate School of Medical Sciences  
 Hirofumi Sato, Dept of Psychiatry and Cognitive-Behavioral Medicine, Nagoya City University Graduate School of Medical Sciences  
 Norio Watanabe, Translational Medical Center, National Center of Neurology and Psychiatry  
 Tatsuo Akechi, Dept of Psychiatry and Cognitive-Behavioral Medicine, Nagoya City University Graduate School of Medical Sciences

**29. The Effect of Group Acceptance and Commitment Therapy for Patients with Severe Health Anxiety**

*Subtopic: Health anxiety*

Trine Eilenberg, Ph.D., Research Clinic for Functional Disorders, Denmark  
 Lisbeth Frostholt, Ph.D., Research clinic for functional disorders

**30. Validation of The Brief Multidimensional Student's Life Satisfaction Scale (BMSLSS) for the Italian youth population**

*Subtopic: Adolescents, life satisfaction, wellbeing*

Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Martina Romitelli, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Gilda Picchio, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)  
 Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive (AISCC)

**31. Irapping the Reality Slap: A pilot trial**

*Subtopic: Defusion, IRAP*

Valeria Squatrito, Kore University, Enna (Italy)  
 Giovambattista Presti, Kore University, Enna (Italy)  
 Paolo Moderato, Iulm University, Milan (Italy)

**32. Ultra-brief defusion and acceptance interventions for chocolate craving taught by an inexperienced facilitator**

*Subtopic: Eating behaviour, brief interventions*

Wendy Nicholls, Ph.D., University of Wolverhampton  
 Nick Hulbert-Williams Ph.D., University of Chester  
 Sian Williamson BSc, University of Chester  
 Jivone Poonia BSc, University of Wolverhampton  
 Lee Hulbert-Williams Ph.D., University of Chester

**33. Potential efficacy of Acceptance and Commitment Therapy for smoking cessation in the primary health care setting: Preliminary findings**

*Subtopic: Smoking cessation*

Yim-wah Mak, School of Nursing, The Hong Kong Polytechnic University  
 Ay Loke, Ph.D., School of Nursing, The Hong Kong Polytechnic University

Educational settings

**34. An Initial Research on the Role of Acceptance and Commitment Therapy in the Explanation of Fear of Failure in a Sample of College Students**

*Subtopic: Fear of failure*

Catherine Ethier, Université du Québec à Trois-Rivières  
 Joel Gagnon, Université du Québec à Trois-Rivières  
 Frédéric Dionne, Ph.D., Université du Québec à Trois-Rivières

**35. An Investigation of Peers, Delinquency, and Psychological Flexibility in Undergraduate Students**

*Subtopic: College Students*

Jennifer Lackey, M.A., Bowling Green State University  
 Sindhia Swaminathan, B.S., Bowling Green State University  
 Carolyn Joyce Tompsett, Ph.D., Bowling Green State University

**Functional Contextual Approaches in Related Disciplines**

**36. Experiential Avoidance, Empathy and Anger Attitudes In Antisocial Personality Disorder**

*Subtopic: Antisocial Personality Disorder, psychological flexibility*

K. Fatih Yavuz, M.D., Bakirkoy Research and Training Hospital for Psychiatry and Neurology, Istanbul, Turkey  
 Sevinc Ulusoy, M.D., Elazig State Hospital for Mental Health and Disorders, Elazig, Turkey  
 Oktay Sahin, M.D., Bakirkoy Research and Training Hospital for Psychiatry and Neurology, Istanbul, Turkey  
 Okan Ufuk Ipek, Bakirkoy Research and Training Hospital for Psychiatry and Neurology, Istanbul, Turkey

**Other**

**37. Coping with somatic symptom disorders: The impact on quality of life and the moderating role of psychological flexibility**

*Subtopic: Somatic Symptom Disorders*

Chrysanthi Leonidou, MSc., University of Cyprus  
 Georgia Panayiotou, Ph.D., University of Cyprus  
 Maria Karekla, Ph.D., University of Cyprus  
 Aspa Bati, B.A., University of Cyprus

**Performance-Enhancing Interventions**

**38. The Impact of Acceptance vs. Suppression During an ROTC Army Physical Fitness Test**

*Subtopic: Performance and Sports*

*Psychology*

Stephen Sheets, M.A., California School of Professional Psychology  
 Jill Stoddard, Ph.D., California School of Professional Psychology

**Prevention and Community-Based Interventions**

**39. Combining mindfulness and ACT to learn how to manage emotions and to engage in valued activities: Assessment of the feasibility of a training group and its efficiency**

*Subtopic: Acceptance and commitment therapy*

Aurélie Wagener, M.A., University of Liège  
 Christophe Dierickx, M.A., University of Liege  
 Sylvie Blairy, Ph.D., University of Liege

**40. Promoting the effectiveness of teachers' group work in Italian Secondary Schools: The assessment of psychological flexibility as preliminary phase for intervention**

*Subtopic: Groups*

Elena Catenacci, IESCU  
 Giovanna Fungi, IESCU  
 Francesca Pergolizzi, IESCU

**41. Mindfulness-based training and ACT in a palliative care setting**

*Subtopic: Palliative Care, Mindfulness, Health Psychology, ACT*

Elisa Rabitti, Ph.D., ACT-Italia, AUSL RE, IESCU  
 Anna MAría Marzi, Hospice Madonna Uliveto (RE)

**42. Radio show: "The Voice of Madness Live on Air"**

*Subtopic: Destigmatisation, social affirmation*  
 Mario Maricic, B.A. of Psychology, NGO "Metanoia"

**Relational Frame Theory**

**43. The Implicit Relational Assessment Procedure: A promising method to measure Implicit Attitudes toward Auditory Verbal Hallucinations**

*Subtopic: IRAP*

Mirte Mellon, MSc., Centre of Excellence for Neuropsychiatry, Vincent van Gogh Institute for Psychiatry, Venray  
 Annemieke Hendriks, MSc., Centre of Excellence for Neuropsychiatry, Vincent van Gogh Institute for Psychiatry, Venray  
 Ciara McEntegart, National University of Ireland, Maynooth  
 Linde van Dongen, MSc., Centre of Excellence for Neuropsychiatry, Vincent van Gogh Institute for Psychiatry, Venray  
 Gwenny Janssen, Ph.D., Centre of Excellence for Neuropsychiatry, Vincent van Gogh Institute for Psychiatry, Venray  
 Yvonne Barnes-Holmes, National University of Ireland, Maynooth  
 Prof. dr. Jos Egger, Centre of Excellence for Neuropsychiatry, Vincent van Gogh Institute for Psychiatry, Venray

**44. Comparison between experimentally and pre-experimentally established attitudes measured with the Implicit Relational Assessment Procedure (IRAP)**

*Subtopic: IRAP, Basic Research*

Pablo J. L. Zaldivar, Universidad de Almeria  
 Magdalena Hyla, Uniwersytet Śląski w Katowicach (University of Silesia)  
 Lidia Budziszewska, Universidad de Almeria

**Theoretical and Philosophical Foundations**

**45. Pragmatism, contextualism and the radical behaviorist perspective about science**

*Subtopic: Radical behaviorism*

Cesar Antonio Alves da Rocha, Federal University of Sao Carlos

**46. Developing a new behavioral task for measuring defusion in depressed people: Comparing performance on the Kanji maze task and IRAP**

*Subtopic: Defusion, rumination, rigidity, IRAP*

Yuki Shigemoto, Graduate school of psychology Doshisha University  
 Muto Takashi, Faculty of psychology Doshisha University

Thursday Morning 8:00

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**1. Morning Mindfulness Meditation Group**

Workshop (8:00-8:50)

Components: *Experiential exercises*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Prevention & Comm.-Based, Beh. med., Edu. settings, Prof. Dev., Mindfulness

Target Audience: *Beg., Interm., Adv.*

**Location: ECC Room 5**

Jan Martz, M.D., Private Practice

In this daily early morning mindfulness group, I will be offering a guided meditation (sitting on chairs or on the floor), followed by a short walking meditation and a period of sitting in silence. The function will be to foster present moment awareness, self as context experience, acceptance and defusion processes as well as contacting personal values and preparing ourselves mindfully for a full conference day.

Educational Objectives:

1. To use awareness of body sensations to become more present, open and focused.
2. To recognize thoughts as they happen and come back to present moment awareness.
3. To practice sitting in silence before a busy day.

**2. Movement into Psychological Flexibility - Promoting Direct Experience of the ACT Processes through Movement Improvisation**

Workshop (8:00-8:50)

Components: *Experiential exercises*

Categories: Professional Development, Performance-enhancing interventions, Embodied practice

Target Audience: *Beg.*

**Location: Estrel Saal C5**

Jaya Hartlein, Freelance

Cerdic Hall, Camden and Islington NHS Foundation Trust

For proponents of ACT, staying congruent to your own process as you work with others is an essential component of providing a quality service. These two workshops provide an opportunity to engage in an embodied way with core processes of ACT.

In Movement Improvisation physical and vocal exercises and games are used to promote creativity, mindfulness and a greater in the moment awareness of body and mind. The spirit of improvisation encourages us to listen to ourselves, research how we respond to each other and learn how we can live more sane and value led lives. We discover what choices we make and where our interest and fascination lie. We learn to engage and play with the texture and rhythm of our own and others' expressions. Attention is light, yet focused in a playful way, allowing for direct engagement with the present moment.

One of the most powerful elements of Movement Improvisation is that people have the chance to pay close attention to themselves and others within movement and have a lot of laughs along the way. In the movement itself it becomes clear how the mind gets attached to concepts, especially ideas of who we are and how we are seen by the world. Staying with the exercises it also becomes apparent how those ideas, after only a few moments are replaced by different ones, seeming equally compelling. We can explore and observe how we hold onto these concepts, while actually they are ephemeral, and do not hold onto us.

Presence is the attention to what is happening now in order to shape this moment and the next; Openness allows whatever occurs to become a part of the creation as opposed to holding onto ideas of what should be happening. Presence and openness are essential to the practice of improvisation and powerful allies to foster within professional and personal experiences. When we stop maintaining and reinforcing the view of who we are, we stop getting entangled in the stories we tell about ourselves and others. We can relax. The improvisation exercises offered within this workshop will allow us to discover that so much more is possible than the small story of 'I', the box to which we so often restrict ourselves, and interact more freely with what occurs around us, and with other people.

Session 1: Present moment awareness: exercises in pairs or on one's own, that allow for an embodied experience of breath, sensations, touch and our physical nature.

Session 2: Self as context rather than content: Games that allow us to experience the shifting of our idea of who we are, the momentary nature of strong impulses and attachments to identity.

The sessions will also include opportunities to practice defusion and acceptance.

Educational Objectives:

1. Participants will have experienced a movement based approach to accessing elements of the ACT Hexaflex.
2. Participants will gain knowledge about movement based options for contacting key elements of the ACT Hexaflex.

**A. ACT Peer Reviewed Trainers Community Meeting**

Chapter/SIG Meeting (8:00-8:50)

**Location: Paris**

David Gillanders, University of Edinburgh

This meeting is for members of the peer reviewed ACT trainers community.

Issues to be discussed are:

# THURSDAY

- The training and support needs of trainers
- Self evaluation and continuing development
- The criteria for peer review - basic science and philosophy aspects
- The balance between skills teaching, conceptual and theoretical learning and experiential work
- Training research
- Anything else of interest and importance to the trainers community

## **B. Student SIG: Looking Forward** Chapter/SIG Meeting (8:00-8:50)

### **Location: Nizza**

Jessica Borushok, M.A., Bowling Green State University

Join the Student SIG for a great opportunity to connect with other

students and learn about the Student SIG. We plan to discuss plans/projects for moving forward (e.g. webinars, podcasts, online resources), concerns students have about ACBS and the larger community, and informal social events. All are welcome!

## Thursday Morning Plenary 9:00

### **3. CBS as Evolution Science: Why it Matters to the Long Term Global Impact of our Work: Evolution Science SIG Sponsored** Invited (9:00-10:15)

Components: *Conceptual analysis, Didactic presentation*

Categories: Evolution, Clin. Interven. & Interests, Prevention & Comm.-Based, Beh. med., Edu. settings, Evo., Org. Beh. Management, Theory & Philo., RFT, Global impact of CBS

*Target Audience: Beg., Interm., Adv.*

### **Location: ECC A**

Steven C. Hayes, University of Nevada  
Introduction by Kirk Strosahl, Ph.D., Central Washington Family Medicine



Contextual behavioral science is increasingly becoming involved in evolution science. This talk helps explain both why that is and why it is important to the long term value of RFT, ACT, and of CBS itself to the global amelioration of

human problems and the promotion of human prosperity. Evolution science ideas and principles reposition RFT and help explain the nature of relational framing itself; they simplify and empower the central role of psychological flexibility and the impact of ACT; they help us find our intellectual friends; and they explain how and why we can combine current work in CBS with the work of others to increase our global impact. It is time for contextual behavioral scientists and practitioners to think of themselves as part of

evolution science writ large, and to actively explore the conceptual, empirical, and practical implications of doing so.

### Educational Objectives:

1. Describe how the principles of evolution science apply to ACT and RFT.
2. Use evolution science concepts in designing programs and studies in CBS.
3. Show how these ideas link CBS research to other important areas of human development.

### **Easy to understand introduction to Acceptance and Commitment Therapy for Partners, Spouses and Kids of any age** (9:00-9:30)

### **Location: Estrel Saal C8**

Thorsten Kienast, Hamburg/Berlin  
Klaus Ackermann, Oppenweiler-Wilhelmsheim  
Tom Pinkall, Mannheim/Berlin

Have you accompanied your partner to the ACBS conference in Berlin? Do you have an idea why your partner prefers spending a major time span at the conference place instead of exploring this exciting city? In this 30 minute session we will give you a short introduction to Acceptance and Commitment Therapy (ACT). After this session you will be able to understand the concept of ACT and maybe will be able to share your partners fascination. You will get into contact with the major aim of ACT which is to enhance mental and emotional flexibility when you have to deal with difficult events and experiences. All of the knowledge will be presented in a playful, entertaining, didactic way strongly avoiding dry lecture style. No previous knowledge in the field of psychology will be needed. Please feel more than welcome to bring your children of any age with you. Children usually are a wonderful assistance for adults to practice acceptance in a loving manner. An added benefit of attendance is that you will meet fellow explorers of Berlin and playmates for your kids.

## Thursday Morning 10:30

### **4. Promoting Psychological Flexibility in Primary Care: A Dissemination Platform and A Therapeutic Approach for Global Health: Contextual Medicine SIG Sponsored**

Workshop (10:30-12:00)

Components: *Conceptual analysis, Literature review, Original data, Experiential exercises, Didactic presentation, Case presentation, Role play*  
Categories: Clinical Interventions and Interests,

Related FC approaches, Medical settings

*Target Audience: Beg., Interm., Adv.*

### **Location: ECC A**

Patricia Robinson\*, Ph.D., Mountainview Consulting Group, Inc. Zillah, WA, USA  
Kirk Strosahl\*, Ph.D., Community Health of Central Washington, Zillah, WA

This workshop introduces a model for development of a dissemination platform and a therapeutic approach for that platform. The Primary Care Behavioral Health (PCBH) model is a group of

strategies for integrating behavioral health services into primary care. Evidence for this approach is growing and competency tools are now available for behavioral health providers, nurses, and primary care providers working together in medical homes around the globe. Focused Acceptance and Commitment Therapy (FACT) conceptualizes psychological problems as the result of maladaptive cognitive-behavioral processes. FACT provides clinicians with assessment and conceptualization methods linking to specific interventions relevant to the broad range of medical and/or behavioral problems presented by primary care patients. FACT views patient problems as the result of deficits in one or more of the Three Pillars of Psychological Flexibility (Openness, Awareness, Engagement). This workshop introduces a competency assessment tool (the FACT-CAT) for clinicians to use in mastering skills to help child, adolescent and adult patients make changes that promote more meaningful lives. Presenters will (1) introduce PCBH and FACT competency tools, (2) illustrate selected assessment and intervention competencies with video clips, (3) describe research supporting the recommended approaches, and (4) offer guidance and data concerning use of these competency-based approaches in training programs.

**Educational Objectives:**

1. Describe and use PCBH and FACT competency tools.
2. Identify assessment and intervention competencies in video clips and discuss ways to teach use a competency approach in training others.
3. Demonstrate skills for using recommended assessment and intervention strategies.

**5. Let's Talk about Sex ACBS!**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., Related FC approaches, RFT, Sexuality, Sexual Learning History

*Target Audience: Beg., Interm., Adv.*

**Location: ECC Room 1**

Aisling Curtin, MSc., ACT Now Ireland & WTF Psychology

Our sexual learning histories and the relations we derive from these experiences can affect the ways in which we relate to others and ourselves. This workshop will look at how we can combine Acceptance and Commitment Therapy (ACT), Functional Analytical Psychotherapy (FAP) and Relational Frame Theory (RFT) to develop interventions that can help us both personally and professionally in working with issues of a sexual nature. There will be a strong emphasis on engaging in experiential exercises to increase our willingness to sit with both our own sexual histories and those of others in a way that fosters kindness, respect, and compassion and allows for flexible perspective taking. There will also be an

opportunity to observe and engage in both role-plays and real-plays where ACT and FAP can be applied flexibly and functionally.

We are aware that secrecy, silence and judgment lead to and maintain shame. RFT stipulates that we cannot delete an element of a relational network. However, we can expand relational networks. Through combining awareness, courage, therapeutic love, present moment contact, defusion, acceptance, flexible perspective taking, values and committed action, participants will be much better prepared to expand relational networks in relation to sex.

**Educational Objectives:**

1. Experience functional contextually-based experiential exercises in the area of sexual learning histories.
2. Learn how to flexibly apply functional contextual principles through the observation and use of personal and professional role-plays and/or real-plays in the area of sexual learning histories.
3. Increase your appreciation for and ability to apply an integration of the FAP processes of awareness, courage and therapeutic love in conjunction with the ACT processes of present moment contact, defusion, acceptance, flexible perspective taking, values and committed action.

**6. Hexa-shift: From the Left to the Right and From the Right to the Left**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., Integration of ACT components, hexaflex applications

*Target Audience: Interm., Adv.*

**Location: ECC Room 4**

Matthew McKay, Ph.D., The Wright Institute  
Patricia E. Zurita Ona, Psy.D., east Bay Behavior Therapy Center

Acceptance and Commitment Therapy (ACT) is based in core acceptance and change processes to address human suffering across multiple psychological struggles. Nevertheless, clinicians struggle figuring out when to shift from the left to the right side of the hexaflex or viceversa based on the client's narratives in session.

In this workshop a full 60-minute therapy session will be presented to demonstrate participants how to move from moment-to-moment in session in an organic and fluid manner based on the hexaflex and the client's in-session behavior. Every shift that occurs in session will be explained to clients so they can fully understand what's going on and why the therapist is making that particular move towards a particular process in the hexaflex.

Specific "shifting" interventions will be demonstrated such as "looking at the workability &

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function of a particular behavior, creative hopelessness, and other shift moves. There will also be an opportunity for discussion of other alternative interventions in order to exercise "flexibility and fluidity" when working within the ACT model.

Educational Objectives:

1. Identify from moment-to-moment problematic client's in-session and outside of session behavior.
2. Apply specific "shift moves" from the left to the right side of the hexaflex and vice-versa based on client's narratives in session.
3. Navigate throughout all core processes from the hexaflex in a natural and organic manner in session from moment-to-moment.

## 7. Schnelleinstieg in die ACT

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests,

Performance-enhancing interventions,

Introductory workshop into ACT in German

Target Audience: *Beg.*

Location: **ECC Room 5**

Valerie Kiel, MSc., Fachklinik Hochsauerland, Germany  
Barbara Annen, Ph.D., Behandlungszentrum für  
Psychosomatik Olten, Schweiz

Sind Sie noch (relativ) unerfahren in ACT und hätten Sie gerne eine kompakte Übersicht über das ACT-Modell, bevor Sie gänzlich in die Konferenz eintauchen? Oder Sie haben vielleicht bereits etwas Erfahrung mit der ACT sammeln können, wünschen sich aber einen kleinen Refresher-Kurs? Dann sind Sie in unserem ACT-Turbo-Workshop genau richtig.

Gestartet wird mit einer kurzen theoretischen Übersicht über das ACT-Modell. Danach lernen Sie das Hexaflex „am eigenen Leib“ mittels experientieller Übungen kennen. Wir schließen den Workshop ab, indem wir häufige Störungsbilder durch die „ACT-Brille“ hinsichtlich der Hexaflexprozesse betrachten.

Am Ende erhalten Sie von uns ein ACT-Glossar, in dem die wichtigsten Begriffe Englisch-Deutsch übersetzt und noch einmal kurz erklärt sind, sodass Sie sich auch als ACT-Neuling gut vorbereitet Ihren Weg durch den englischsprachigen Teil der Weltkonferenz bahnen können.

Educational Objectives:

1. Sie kennen das ACT zugrundeliegende Modell und können daraus mindestens 3 Konsequenzen für die therapeutische Arbeit als auch die Beziehungsgestaltung nennen.
2. Sie können das Hexaflex beschreiben und die 6 Kernprozesse in einem erfahrungsorientierten Zugang auch nach dem Workshop abrufen.
3. Sie können einige häufige psychiatrische Störungsbilder (Angst, Depression, Sucht) auf

dem Hintergrund des Hexaflex einordnen und wissen, welche therapeutischen Zielsetzungen sich daraus ableiten lassen.

## 8. When it takes two for ACTing Mindfully: Embodied ACT Experiential Exercises for Couples Work

Workshop (10:30-12:00)

Components: *Experiential exercises*

Categories: Clinical Interventions and Interests,

Prof. Dev., Couples, ACT consistent experiential exercises

Target Audience: *Beg., Interm., Adv.*

Location: **Estrel Saal A**

Manuela O'Connell, Lic., Private Practice

Working with couples can be a big challenge. How many times do we get couples in our office just repeating that same old story again and again? Language can enrich the experience of love and intimacy but can also create problems. Couples frequently get entangled with language; they stop really seeing each other and become disconnected by a verbal fog. In this workshop we attempt to bypass the language trap by offering experiential exercises and embodied metaphors that can lead couples deeply into their experience and learn new behaviors from it. On the other hand, a positive aspect of the challenge of couples work is that it provides the opportunity of implementing experiential interventions in real time as the actual interactions take place right there in the therapy room. Intimate relationships require people to be present, open, connected and vulnerable. This workshop looks at how we can simply and effectively apply embodied metaphors and experiential exercises in order to foster these in relationship issues. The workshop is both didactic and experiential and is designed to provide clinicians exercises they can use immediately. We will demonstrate several ACT consistent embodied metaphors to develop relationship flexibility. Furthermore, we will discuss how to develop your own versions to adjust them to your clinical work.

Educational Objectives:

1. Describe the role and importance of contextual change in couples problems.
2. Implement and learn embodied ACT experiential exercises and metaphors to foster flexibility in relationships and to broaden and deepen the possibilities for working experientially with couples.
3. Design and adapt to your own clients experiential exercise to undermine verbal rule behaviors and to build connection and intimacy in their relationship.

## 9. RFT and Therapy Relationships: Basic Principles and Applications

Panel (10:30-12:00)

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

Categories: Clinical Interventions and Interests,

Superv., Train. & Dissem., Theory & Philo., RFT, FAP, ACT

Target Audience: *Beg., Interm.*

Location: **Estrel Saal C5**

Chair: Gareth Holman, Ph.D., Private Practice  
 Kelly Wilson, Ph.D., University of Mississippi  
 Daniel Maitland, M.S., Western Michigan University  
 Louise McHugh, Ph.D., University College Dublin

This panel discusses the intersection between Relational Frame Theory (RFT), a theory of human language and cognition that is a core component of CBS and a crucial basis of ACT treatment, and the 'therapy relationship', a construct that is often poorly defined (certainly from a functional contextual perspective, despite some writings in this area), while converging lines of evidence indicate that it - whatever it is - is important to therapy outcomes. The implications of RFT for understanding and working in the therapy relationship have not been widely explored in CBS. For instance, Functional Analytic Psychotherapy, a functional contextual approach to therapy relationships, has not to date substantially integrated RFT concepts. And - while there are exceptions - ACT trainings do not typically bring RFT to bear on relationship processes. To keep the discussion practical and clinical, we will focus on the following questions: 1) What is the therapy relationship from a CBS perspective? 2) What are the most important implications of RFT and related constructs for understanding how therapy relationships work? 3) How might RFT be put into practice in therapy relationships?

Educational Objectives:

1. Describe a functional contextual perspective on the therapy relationship.
2. Identify and explain implications of RFT for understanding therapy relationships.
3. Discuss how RFT principles might be implemented in a therapy relationship.

### 10. Fix My Kid: Involving Parents in an Integrative ACT Approach for Adolescents and Families

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests,

Functional contextual neuroscience and pharmacology, Other, Adolescents, Family, Integrative ACT, Attachment, Therapeutic Contracting, Pro Social Adolescents

*Target Audience: Interm., Adv.*

**Location: Estrel Saal C6**

Sheri Turrell, Ph.D., Trillium Health Partners, Mississauga, Ontario

Timothy Gordon, M.S.W., R.S.W., Independent Practice

Mary Bell, M.S.W., R.S.W., Trillium Health Partners; The Hospital for Sick Children

Benjamin Schoendorff\*, Contextual Psychology Institute

Parents often contact mental health professionals with an eliminative agenda, seeking the 'fix my kid' solution to issues such as anxiety, depression, and eating disorders. Using ACT has proven to be both effective and engaging with adolescents. However, negotiating 'buy in' from parents and facilitating a treatment justification can be challenging when parents are asked to engage in treatment and are challenged with a non-eliminative agenda. Issues that arise include

parents' fusion with their own judgments about themselves as parents and their adolescents behavior; as well as parents' avoidance of difficult emotions such as guilt and shame. ACT can be augmented with approaches such as attachment science, collaborative problem-solving, and FAP. The ACT matrix is also a useful sorting exercise used to create a shared understanding of functional behaviour between parents and their adolescents. Parent involvement will be outlined in terms of both parent groups and single family therapy.

Educational Objectives:

1. Analyze how attachment science relates to affect regulation and a developing sense of self in the family context.
2. Assess how to use the ACT model flexibly to assist parents in conceptualizing their child's problems from a functional perspective.
3. Apply and sustain an ACT consistent approach in creating a therapeutic contract with adolescents and parents.

### 11. Applying CBS to Disadvantaged Groups in the Global Community: Data, Action Research and Implications.

Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data*

Categories: Clinical Interventions and Interests,

Prevention & Comm.-Based, Diversity

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Chair: Beate Ebert, Clinical Psychologist, Private Practice  
 Discussant: Ross White, Ph.D., University Lecturer

The mission of CBS is to "create a behavioral science more adequate to the challenges of the human condition". One possible challenge the global community faces is the need to increase levels of engagement and involvement in pro-social behaviour towards disadvantaged groups. We would like to introduce 4 diverse areas in which contextual behavioral tools and thinking have been applied and evaluated: a Vietnamese population in Berlin, a West African population in Sierra Leone, and a group of lesbian, gay, bisexual and transgender (LGBT) employees in UK and the US. The last presentation looks at "well-served" populations and their likelihood to engage in pro-social behaviour towards under-served groups.

Questions we address are:

1. How can we provide culturally adequate services in diverse Contexts?
  2. Do CBS treatments and attitudes apply to these kind of services?
  3. What can we learn from diverse body and mind concepts, values systems etc.?
- Implementing Acceptance and Commitment Therapy (ACT) for Vietnamese outpatients in Berlin: Symptom Presentation, Clinical

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Experiences and the Role of Culture in Shaping Personal Values.

Thi-Minh-Tam Ta, Ph.D., Consultant and clinical head of out-patient-Department University Hospital Charité Berlin

- Investigating the Role of Contextual Behavioural Science in Sub-Saharan Africa

Hannah Bockarie, Social Worker, Director of commit and act psychosocial center in Bo, Sierra Leone

Corinna Stewart, B.A., Ph.D. Candidate, NUI, Galway

- The Role of Psychological Flexibility in Understanding Coping in Lesbian, Gay, Bisexual and Transgender (LGBT) Employees

Jo Lloyd, Ph.D., Lecturer and Programme Director, Goldsmiths' Institute of Management Studies (IMS), London

- The Empathy, altruism and psychological inflexibility: the promise, the pitfalls and the data

Miles Thompson, Goldsmiths, University of London; University of the West of England (UWE)

Educational Objectives:

1. Understand difficulties faced by diverse and disadvantaged cultures, within our Western countries or in low income countries.
2. Apply the potential of Contextual Behavioral Science and possible challenges or pitfalls to provide skills and perspectives to empower people in diverse cultural settings.
3. Think creatively about methods for researching and evaluating the efficacy of CBS interventions within diverse populations.

## 12. ACT in Practice: Navigating Tricky Currents in Building a Business

Workshop (10:30-12:00)

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

Categories: Professional Development, Prevention & Comm.-Based, Org. Beh. Management, Clinical Practice

*Target Audience: Beg., Interm.*

**Location: Estrel Saal C8**

Sacha Rombouts, Happy Minds, Australia  
Chris Fraser, Positive Path Counseling, LLC, Ohio, USA  
Lisa Coyne\*, Harvard Medical School/McLean; New England ACT Institute (Tentative)

For new clinicians, building a practice can be difficult. Creating community connections, developing name recognition, and disseminating ACT are key issues that must be addressed in order to effectively build a thriving practice consistent with the values of ACBS. This workshop will be led by three seasoned clinicians and entrepreneurs who will share their experiences and innovations in building successful clinical practice. Our discussion will address how clinicians may build a private practice – we will discuss balancing business and practice in working with children and families; marketing strategies in domains of interest (primary care, schools, community mental health); creating accessibility through destigmatization; building in service components;

and staying true to ACBS values of doing what you say and saying what you do.

Educational Objectives:

1. Assist practitioners in developing a private practice consistent with CBS values.
2. Address specific skill areas needed for professional development, including increasing connections within communities, self-marketing, ethical practice, and working within organizations such as schools.
3. Discuss the role of destigmatization of mental health issues, and how to balance this working within the mental health system.

## 13. Prevention from a Contextual Behavioral Science Perspective

Panel (10:30-12:00)

Components: *Conceptual analysis, Original data*

Categories: Prevention and Community-Based Interventions, Other, Prevention, Environment

*Target Audience: Beg., Interm., Adv.*

**Location: Paris**

Chair: Stanislaw Malicki, MSc., Akershus University Hospital, Norway / University of Social Sciences and Humanities (SWPS), Poland

Anthony Biglan, Ph.D., Oregon Research Institute, USA

Robyn D. Walser, Ph.D., National Center for PTSD / University of California, Berkeley, USA

Raimo Lappalainen, Ph.D., Department of Psychology, University of Jyväskylä, Finland

Daniel J. Moran, Ph. D., Quality Safety Edge / MidAmerican Psychological Institute, USA

Kevin Polk, Ph.D., The Psychological Flexibility Group

Contextual Behavioral Science (CBS) seeks to predict and influence events with precision, scope, and depth, viewing human beings as whole organisms within their historical and situational context.

The purpose of this panel is to explore how the core principles of contextual behavioral science may be applied to (1) prevent social, physical and mental health problems across settings and populations, (2) address global health-related concerns and (3) promote human wellbeing on a large scale.

The topic of prevention may be approached from different angles and at different levels of analysis, from organizations, communities and at-risk populations to whole ecosystems. Prevention may also be viewed as top-down environmental interventions or as bottom-up values based human activity aimed at environmental change. Experts representing different areas of applied behavioral science will discuss current status and future perspectives of CBS-based prevention science, with its full scope, depth and diversity of applications.

Educational Objectives:

1. Describe general features of prevention as applied behavioral science.
2. Compare non-contextual and contextual behavioral approaches to prevention.
3. Discuss practical applications of contextual behavioral science of prevention across settings.

**14. New methods of assessment on Self-Compassion: Implicit and Explicit Measures**

Symposium (10:30-12:00)

Components: *Original data*

Categories: Clinical Interventions and Interests, Performance-enhancing interventions, Superv., Train. & Dissem., RFT, IRAP, Self-Compassion

Target Audience: *Beg., Interm.*

**Location: Strassburg**

Chair: Giovambattista Presti, M.D., Ph.D., University Kore Enna (Italy)

Discussant: Martin Brock, University of Derby

There are several models of self-compassion emerging based on distinct theories and research lines. The object of this symposium is to bring some different methodological issues related to the investigation of self-compassion and discuss about methodological alternatives (e.g. implicit measures, interviews). In the first section, cross-sectional data will be presented looking at relationships across depression, anxiety, self-compassion, psych flex and the components of self-compassion. From these data, the compassionate flexibility model and a new assessment measure/interview will be presented. In the second section, a series of papers that employ the Implicit Relational Assessment Procedure (IRAP) in the context of self-compassion will be presented. In the third section, data will be presented about a study employing the IRAP of self-acceptance of minor failures that every ACT therapist could commit in their work or day-to-day life and the results will be discussed in terms of self-compassion.

- The Development of Implicit Relational Assessment Procedure as a Measure of Acceptance of Failing and Succeeding Behaviors  
Diana Bast, Maynooth University  
Dermot Barnes Holmes, Maynooth University
- ACT Practitioner Implicit and Explicit Response to Failure and Success. Does Self-Compassion Matter?  
Francesco Dell'Orco, IESCUM, Parma (Italia)  
Davide Carnevali, University IULM, Milan (Parma)  
Annalisa Oppo, Sigmund Freud Privat Universität, Milan (Italy) - IESCUM, Parma (Italy)  
Giovambattista Presti, M.D., Ph.D., University Kore Enna (Italy)
- The Compassionate Mind Interview and Compassionate Flexibility  
Dennis Tirch, Ph.D., Center for Mindfulness and CFT

Educational Objectives:

1. Measure self-compassion in clinical and non clinical/setting.
2. Apply the IRAP in assessing self compassion.
3. Utilize ACT Therapists skills.

**15. ACT in Sports: Enhancing Performance and Measuring Sport-Related Psychological Flexibility**

Symposium (10:30-12:00)

Components: *Original data*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Sport performance enhancement, chess, hockey, AAO, psychological flexibility

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30241**

Chair: Bruno Carraça, Lisbon University

Discussant: Joseph Ciarrochi, Austrian Catholic University

Protocols based on acceptance and commitment therapy (ACT) are beginning to be applied to enhance sport performance. This symposium presents cutting-edge research concerning the efficacy of ACT protocols in improving performance of hockey and chess players and the measure of sport-related psychological flexibility. The first paper shows a randomized controlled study that analyzed the effect of a brief 4-session ACT protocol in improving hockey players' performance compared to a waitlist control group. The second paper presents the psychometric properties of the Acceptance, Defusion and Action Questionnaire (ADAQ), which measures psychological flexibility in sport contexts. Lastly, the third paper presents an extension of previous evidence of the efficacy of ACT protocols in improving chess players' performance.

- ACT for Athletes: A Randomized Controlled Trial  
Tobias Lundgren, Stockholm University & Karolinska Institutet
- Acceptance, Defusion and Action Questionnaire: Evaluation of a Measure of Psychological Flexibility in Sport Settings  
Stefan Holmström, Umeå University  
Tobias Lundgren, Stockholm University & Karolinska Institutet
- Improving Performance of Chess Players with and without Clinical Problems with Acceptance and Commitment Therapy: A Case Series Study  
Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz  
Carmen Luciano, Universidad de Almería  
Juan C. Suárez-Falcón, Universidad Nacional de Educación a Distancia

Educational Objectives:

1. Describe how ACT can improve hockey players' performance.
2. Describe how psychological flexibility could be measured in the sport context.
3. Describe how ACT can improve chess players' performance with clinical and no clinical problems.

**16. The role of Defusion in brief ACT Interventions: Finland Chapter Sponsored Symposium (10:30-12:00)**

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Behavioral medicine, Depression, cognitive defusion, FACT obesity, social anxiety disorder

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Giuseppe Deledda, Psy.D., Service Clinical Psychology, at "SacroCuore - Don Calabria" Hospital, Verona, Italy

Discussant: Ole Taggaard Nielsen, Psy.D.

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There is substantial evidence of the benefits of brief interventions for a range of mental health problems. In this symposium the implementation and results of different brief interventions for depression, distress and coping with negative thoughts will be presented. The role of cognitive defusion as a mechanism of change and key factor for explaining early sudden gains will be discussed.

- Understanding Fast Improvement in a Brief ACT Intervention for Depression  
Katariina Keinonen, Graduate Student, University of Jyväskylä  
Raimo Lappalainen, Professor of Psychology, University of Jyväskylä  
Heidi Kyllönen, MSc., University of Jyväskylä  
Piia Astikainen, Ph.D., University of Jyväskylä

- Targeting Psychological Distress with a Brief Defusion Intervention.  
John T. Blackledge, Morehead State University  
Richard Ward, Morehead State University  
Gabriela Alshafie, Morehead State University  
Kellen Crager, Morehead State University

- **FACT\***: Focused Acceptance and Commitment Therapy A Pilot Study to test two brief interventions in clinical populations  
Roberto Cattivelli, Istituto Auxologico Italiano  
Giada Pietrabissa, Istituto Auxologico Italiano IRCCS, Psychology Research Laboratory, Italy; Department of Psychology, Catholic University of Milan, Italy  
Martina Ceccarini, Istituto Auxologico Italiano IRCCS, Psychology Research Laboratory, Italy; Department of Psychology, University of Bergamo, Italy  
Valentina Villa, Istituto Auxologico Italiano IRCCS, Psychology Research Laboratory, Italy  
Annalisa Caretti, Istituto Auxologico Italiano IRCCS, Psychology Research Laboratory, Italy  
Arianna Gatti, Private Practice, Italy  
Gian Mauro Manzoni, Istituto Auxologico Italiano IRCCS, Psychology Research Laboratory, Italy; Faculty of Psychology, eCampus University, Italy  
Gianluca Castelnuovo, Istituto Auxologico Italiano IRCCS, Psychology Research Laboratory, Italy; Department of Psychology, Catholic University of Milan, Italy

Educational Objectives:

1. Describe a brief analogue component cognitive defusion intervention and its control intervention.
2. Teach the role of defusion and hope at early phases of ACT interventions.
3. Conduct a pilot study for a subsequent RCT.

## 17. Online ACT for Chronic Pain: Content, Novel Methods of Delivery, Feasibility, and Efficacy Across three Cultural Contexts

Symposium (10:30-12:00)

Components: *Original data*

Categories: Behavioral medicine, Clin. Interven. & Interests, Chronic Pain

*Target Audience: Beg., Interm., Adv.*

**Location: Nizza**

Chair: Lance McCracken, Ph.D., King's College London & INPUT Pain Management, Guy's and St Thomas' NHS Foundation Trust, London, UK

Discussant: Lance McCracken, Ph.D., King's College London & INPUT Pain Management, Guy's and St Thomas' NHS Foundation Trust, London, UK

Acceptance and Commitment Therapy (ACT) is associated with clinically meaningful improvements in daily functioning and quality of life in people with chronic pain. Most studies of ACT for chronic pain have occurred in the setting of highly specialized treatment centres, which are typically visited by a small proportion of people with chronic pain whose problems are relatively more complex. There is a need, therefore, to develop and evaluate forms of ACT-based treatment that are easier to access, more widely applicable, and more affordable. With the development of better, faster, and more widely available internet communication technologies, this is a natural resource to incorporate into such treatment developments. This symposium will identify key opportunities and challenges in the provision of ACT for chronic pain online. The speakers will discuss the development of three novel internet-based administrations of ACT for pain across three different cultural contexts: England, Germany, and Singapore. Emerging data describing the efficacy of these interventions will be presented. Opportunities for future treatment refinements and research will be discussed.

- Online Acceptance and Commitment Therapy for Individuals with Chronic Pain in the United Kingdom: Treatment Development, Research Protocol, and Preliminary Data  
Whitney Scott, Ph.D., King's College London
- Efficacy and Cost-Effectiveness of a Guided and Unguided Online-Based Acceptance and Commitment Therapy for Chronic Pain: a Three-Armed Randomized Controlled Trial  
Jiaxi Lin, MSc., Department of Rehabilitation Psychology and Psychotherapy, Institute of Psychology, University of Freiburg, Germany  
Marianne Lüking, Interdisciplinary Pain Center, University Medical Center Freiburg, Germany
- Development and Feasibility of a Culturally Adapted Version of Internet-Delivered ACT for Chronic Pain in Singapore  
Su-Ying Yang, MSc., King's College London; Pain Management Clinic at Tan Tock Seng Hospital, Singapore

Educational Objectives:

1. Understand key issues in the design and delivery of internet-based administrations of ACT.
2. Describe the state of the evidence regarding the efficacy of ACT online for pain.
3. Identify future opportunities for refining online ACT for pain and for extending the research in this area.

## 18. A path from psychological inflexibility to psychological flexibility: Analyses of the components involved

Symposium (10:30-12:00)

Components: *Original data*

Categories: Relational Frame Theory, Inflexibility, flexibility, rumination, acceptance, defusion

*Target Audience: Interm., Adv.*

**Location: Cannes**

Chair: Juan Carlos López López, University of Almería  
Discussant: Michael E. Levin, Utah State University

The Acceptance and Commitment Therapy (ACT) model is oriented to disrupt destructive experiential avoidance and to increase psychological flexibility. Experiential avoidance refers to a pattern of verbal regulation based on deliberate attempts to avoid and/or escape from private events experienced as aversive. This is problematic when it is maintained as an inflexible pattern that prevents the person from doing valued actions. Numerous studies have analyzed the role of experiential avoidance in experimental tasks or the impact of acceptance versus control strategies in experimental procedures that involved discomfort. However, the RFT experimental analyses of the avoidance-based regulation strategies involved in psychological inflexibility (1) and of the methods involved in its weakening as metaphors in the ACT model (2) as well as the role the key processes as acceptance or defusion in the flexibility when the discomfort plays (3) are still very scarce. The first study aims the point 1, the second study aims the points 1 and 2, and the third study covers the point 3.

- An Alternative Method to Induce Rumination  
Nikolett Eisenbeck, M.A., University of Almería, Spain  
Carmen Luciano, Ph.D., University of Almería, Spain
- Experimental Analogue of Conditions that Enhance and Weaken the Psychological Inflexibility.  
Adrian Barbero-Rubio, M.A., University of Almería, Spain  
Carmen Luciano, Ph.D., University of Almería, Spain
- Examining the "Open" Responsive Style of Acceptance and Defusion Processes in Mediating Pain Interference and Psychosocial Adjustments to Pain Management  
Vasilis Vasileiou, Department of Psychology, University of Cyprus, Cyprus  
Maria Karekla, Ph.D., Department of Psychology, University of Cyprus, Cyprus  
Orestis Kasinopoulos, Department of Psychology, University of Cyprus, Cyprus

Educational Objectives:

1. Analyze the components involved in the pattern of psychological inflexibility.
2. Generate inflexible patterns.
3. Describe the role of ACT processes in the pain interference.

Thursday Lunch 12:00-13:15

Thursday Lunch Events 12:30

**C. Mitgliederversammlung der DGKV -  
Deutschsprachige Gesellschaft für  
Kontextuelle Verhaltenswissenschaften**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal A**

Jan Martz, M.D., Private Practice  
Beate Ebert, Private Practice

Annual Meeting of the German speaking ACBS Chapter. All are welcome.

Herzliche Einladung an alle Mitglieder und Nichtmitglieder (gerne gleich Mitglied werden!), um sich zu vernetzen und die Zukunft der CBS im deutschsprachigen Raum aktiv mitzugestalten. Die Tagesordnung wird auf der Homepage ([www.kontextundverhalten.org](http://www.kontextundverhalten.org)) bekannt gegeben.

**D. Spanish Chapter**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C5**

Lidia Budziszewska, MS, University of Almería & Sinews MTI Multilingual Therapy Institute

Barbara Gil Luciano, University of Almería

The Spanish Chapter would like to invite Spanish speaking members from other countries as well to participate, but all are welcome.

**AI. First meeting ACT for Health: Values and shared actions**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C6**

Giuseppe Deledda, MSe, Psy.D, Director Service of Clinical Psychology, Hospital Trust "Sacro Cuore-Don Calabria", Negrar (Verona); University of Verona, Italy

Elisa Rabitti, Ph.D., Psychologist, Psychoterapist, AUSL, Reggio Emilia, Italy

Massimo Ronchei, MSe, Psy.D, President - Elect ACT Italia, Director Service of Psychology-Psychiatry-Psichoterapy, Reggio Emilia, Italy

Daniel J. Moran, Ph.D., President - Elect ACBS, MidAmerican Psychological Institute/ Pickslyde Consulting (US)

The first meeting of the SIG "ACT for Health" to be held during the thirteenth ACBS World Conference in Berlin, aims to share the values of each and find a way forward that allows to increase knowledge. The Special Interest Group (SIG) "ACT for Health" promotes the development of scientific evidence based protocols in the health context, in the oncological and in the palliative context, in the neurological setting (e.g. headache disorders, Alzheimer's diseases), in the bariatric treatment, cardiac treatment, and in the surgical context. Moreover this approach has been successfully used for the training of the health workers.

We hope to find more and new idea through a vision that highlights any critical areas in order to overcome them together, each with their own skills, peculiarities and worldview.

**E. College/University Student Mental Health SIG Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C7**

Jacqueline Pistorello, Ph.D., University of Nevada, Reno Counseling Services

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Aaron Armelie, Ph.D., Tulane University, USA

This will be the annual meeting for this SIG. The agenda will be to review progress on last year's goals and to establish goals for the SIG for the upcoming year. Those already belonging to the SIG as well as those interested in becoming part of the SIG are invited to attend. This luncheon will provide an opportunity for ACBS members to network with other individuals interested in university student mental health.

**F. LGBTQA SIG Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C8**

Aisling Curtin, M.Sc., ACT Now Ireland & WTF Psychology  
Matthew Skinta, Ph.D., ABPP, Palo Alto University

This SIG Meeting is open to all those who have an interest in the application of Mindfulness and Acceptance to gender and sexual minorities.

**G. Svenska ACBS/Swedish chapter meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Paris**

Andreas Larsson, (president), Private practice  
Tobias Lundgren, (secretary/treasurer), Centre for psychotherapy excellence, Stockholm county / Karolinska institute

This is a chance for members of the Swedish chapter to meet and discuss.

**H. Turkey Chapter Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Strassburg**

Sevinç Ulusoy, Elazığ State Hospital for Mental Health

All members of ACBS are welcome to this meeting. We have been an affiliated chapter since 2013 and this meeting will provide an opportunity for interested members to meet and get to know one another. You will learn about our current activities and future plans and also you will be able to share your ideas about future directions for our chapter.

**I. Prevention SIG Organizational Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Nizza**

Stanislaw Malicki, MSc., Akershus University Hospital, Norway  
Anthony Biglan, Ph.D., Oregon Research Institute, USA

This is intended to be the first Prevention SIG meeting with the purpose to discuss the scope, mission and basic goals of our group. The aim of this process is a formal registration of the Prevention SIG within ACBS.

The primary goal of prevention science is to improve public health and human wellbeing by (1) identifying malleable risk and protective factors and (2) developing preventive interventions that target the reduction of risk and the enhancement of protective factors. Contextual behavioral science (CBS) with its aim to predict and influence events

with precision, depth and scope, can make a substantial contribution to the advancement of prevention science and to the improvement of health outcomes at individual, familial, community, and environmental levels.

The meeting is open to everyone interested in the topic of prevention, in the development of contextual behavioral prevention science and in application of CBS-based preventive interventions across populations, settings, areas and levels.

**J. Israeli and Hebrew speaking chapter**

Chapter/SIG Meeting (12:30-13:15)

**Location: Cannes**

Ran Almog, Bar Ilan university & Private practice

The purpose of the meeting is to discuss the development of the Israeli chapter. All are welcome.

**Thursday Afternoon Plenary 13:15**

**19. Well-being is a skill: Perspectives from affective and contemplative neuroscience**

Invited (13:15-14:30)

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

Categories: Functional contextual neuroscience and pharmacology, Clin. Interven. & Interests, Prevention & Comm.-Based, Edu. settings, Theory & Philo., none

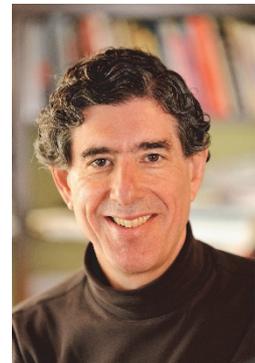
Target Audience: *Beg., Interm., Adv.*

**Location: ECC A**

Richard J. Davidson, Ph.D., University of Wisconsin-Madison

Introduction by Jason Luoma, Ph.D., Portland Psychotherapy Clinic

This talk will present an overview of work in our Center that focuses on some of the fundamental constituents of well-being, their neural bases and biobehavioral correlates, and how they can be cultivated through mental training. In addition, disorders that may arise from abnormalities in some of these constituents will be considered. Emphasis will be placed on prefrontal, ventral striatal and amygdala circuitry and connectivity that may play a role in aspects of well-being. Both basic and translational neuroscientific and behavioral research on the impact of specific contemplative practices will also be featured. One of the key conclusions of this body of research is that well-being is best conceptualized as a skill that can be enhanced through training.



**Educational Objectives:**

1. Identify 3 important constituents of well-being.
2. Identify the brain circuits that underlie these constituents.
3. Identify different forms of meditation practice that impact well-being and its neural bases.

**20. Compassion Focused ACT in the Treatment of Trauma Related Problems: Compassion Focused SIG Sponsored**  
Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Theory & Philo., compassion, PTSD

Target Audience: *Beg., Interm., Adv.*

**Location: ECC A**

Dennis Tirsch, Ph.D., Weill Cornell Medical College  
Victoria Follette\*, Ph.D., University of Nevada - Reno

During this workshop participants will explore how the science of compassion can be used to enhance and expand our ACT-based treatment of trauma related problems. Recent advances in psychological research, theory and practice have suggested that compassion may be a significant, active process in the effective treatment of trauma related problems. Training in mindful compassion can affect the way we experience and accept threat based emotions and the re-experiencing of difficult emotional memories. With greater compassionate flexibility, we may learn to be able to move forward towards lives of engagement, meaning and vitality, even in the presence of psychological suffering. This clinical/experiential workshop is specifically designed to help ACT practitioners deepen their understanding and practice of compassion and self-compassion, as applied to the treatment of trauma. Participants will learn a new evolutionary model of compassion and psychological flexibility that is grounded in ACT and Compassion Focused Therapy (CFT) Direct, experiential exercises, including compassion focused imagery practices, will invite participants into contact with their compassionate minds. Rather than being a soft option, the deliberate activation of our compassion system can generate the emotional strength we need to face life's challenges.

Human beings have evolved to have a fast acting, automatically triggered threat detection system that can fire up at a moment's notice to help us survive. However, the power and efficiency of our threat detection leads to trouble, when a struggle with our experiences of past trauma dominates the ways that we approach our lives, here and now. Fortunately, we have also evolved to have powerful allies in facing life's challenges – our capacity for mindfulness, wisdom and compassionate courage. This workshop will take an experiential journey into compassionate imagery, meditation practices, and training our minds in self-compassion and mindful bravery. These methods can compliment and strengthen ACT for a wide range of clinical problems, including trauma. Participants will learn how cultivating compassion can undermine fusion with shame based self-criticism, help address the narrowing influence of threat based behavioral patterns, and how the experience of compassionate courage can help to mobilize us to move towards lives of greater meaning and vitality.

Educational Objectives:

1. Help clients to better regulate and tolerate trauma related problems and challenging emotions; through the activation of their evolved capacity for mindful compassion.
2. Utilize the fundamentals of Compassionate Flexibility, including a contextual and evolutionary theory of emotion regulation, attachment, and cognition.
3. Integrate compassion focused methods into ACT-based practice in the treatment of trauma.

**21. Sticky Thoughts & Other Unwanted Experiences**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., Defusion, Compassion, Mindfulness, OCD, PTSD

Target Audience: *Interm., Adv.*

**Location: ECC Room 1**

Robyn D. Walser\*, National Center for PTSD, United States Department of Veterans Affairs, USA  
Martin J. Brock\*, University of Derby, UK

Acceptance and Commitment Therapy (ACT) is a promising treatment that is progressing contemporary psychological approaches more appropriate to the human condition. Within the ACT model the context for change is underpinned by a focus on the role of experiential avoidance and the associated control agenda. The current data for ACT is promising and the ACT model suggests that developing willingness to be present to currently avoided thoughts and other unwanted experiences is helpful. However it is apparent that, particularly within presentations such as Obsessional Compulsive Disorder (OCD) and Post Traumatic Stress Disorder, some thoughts and experiences seem more "sticky" than others. Thoughts related to compulsions or "being damaged" as a result of trauma can be particularly challenging to address with defusion alone, or other acceptance techniques. Bringing self-compassion into therapy as a way to booster ACT when treating sticky thoughts may be helpful. This workshop will offer an experiential setting in which to explore these issues and will give the opportunity to practise relevant techniques with each other. As well, the presenters will review the data related to defusion/mindfulness work with OCD and PTSD.

Educational Objectives:

1. Explore typical "sticking points" in developing willingness to be present to unwanted thoughts and experiences.
2. Explore how one's own fusion and non-acceptance may be an obstacle.
3. Develop enhanced skills in recognising and responding to experiential avoidance.

**22. The Self in Practice**

Workshop (14:45-17:45)

Components: *Experiential exercises, Didactic presentation*

Categories: Relational Frame Theory, Clin. Interven. & Interests, Perspective Taking

Target Audience: *Interm.*

Location: **ECC Room 4**

Louise McHugh, University College Dublin  
 Ian Stewart, National University of Ireland Galway  
 Emily Sandoz\*, University of Louisiana Laffayette

The Self in Practice workshop is designed for ACT practitioners at all levels of experience, once they have been introduced to the basic model. Arguably, nothing in human psychology is as important as the abilities to understand

oneself and to take the perspective of others. The current workshop will help clinicians with clients who: Struggle with a negative self-image. Have an underdeveloped sense of self. Lack self-awareness and self-knowledge. Lack the ability to take the perspective of others, or to understand how others think and feel. Lack empathy. Exhibit narcissism. This workshop will cover both ACT and RFT (Relational Frame Theory - the theory of language and cognition that underlies ACT). It will provide a basic, easy-to-grasp introduction to RFT, and an understanding, in RFT terms, of how our sense of self develops, from infancy to adulthood. It will then look at when and how this process 'goes wrong' to create common problems of self. After that, the workshop will show participants how RFT links with ACT, and how you can use your RFT knowledge to enhance your clinical work, and to design ACT interventions that specifically target the unique self-related problems of your clients.

Educational Objectives:

1. Utilize step-by-step tools and techniques linking RFT to ACT.
2. Understand how RFT is clinically relevant and easy to apply for ACT Practitioners.
3. Construct a comprehensive guide to the main problems with self.

**23. Defusion and Self-as-Context as Hierarchical-Deictic Framing: Applications at Different Moments in ACT**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., RFT, Defusion, self-as-context, RFT

Target Audience: *Beg., Interm., Adv.*

Location: **ECC Room 5**

Carmen Luciano\*, Universidad de Almería  
 Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz  
 Bárbara Gil-Luciano, Universidad de Almería

Defusion and self-based interactions are central components of Acceptance and Commitment Therapy (ACT). The current workshop aims to

provide specific guidelines based on a Relational Frame Theory account of psychological flexibility to improve the efficacy of defusion and self-based exercises. Specifically, these interactions will be conceptualized as discriminating ongoing behavior by framing it through deictic and hierarchical relations. Empirical research with regard to the relational processes involved in defusion and self-based exercises will be briefly presented. The application of these interactions will be demonstrated in different ACT moments: (1) when helping the client to contact examples of the problematic behavior and respective consequences, (2) when helping to establish values direction, and (3) when helping to frame the own behavior in valued acting. Examples of cases, experiential exercises and role-playing will all be part of the workshop.

Educational Objectives:

1. Describe the relational processes involved in defusion and self-based interactions from an RFT perspective.
2. Improve defusion and self-based interactions based on the RFT account of the relational processes involved.
3. Use defusion and self-based interactions with flexibility across ACT moments.

**24. ACT gegen Burnout**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, workplace stress

Target Audience: *Interm.*

Location: **Estrel Saal A**

Michael Waadt, insas Institut für Arbeit und seelische Gesundheit, Munich

Im ersten Teil des Workshops werde ich zunächst eine Konzeptionalisierung von Burnout einführen, die auf dem Stressmodell von Lazarus aufbaut. Wir haben damit eine tragfähige Basis, auf der wir diskutieren können, wo die verschiedenen ACT-Kernprozesse wirkungsvoll ansetzen.

Im zweiten Schritt möchte ich das Konzept der „Überlebensregel“ vorstellen. Mit diesem Modell lassen sich schnell und punktgenau zentrale dysfunktionale Verhaltensmuster identifizieren, die bei der Entwicklung eines Erschöpfungssyndroms oft eine wichtige Rolle spielen. Ich werde das Vorgehen mit einem

Workshopteilnehmer demonstrieren. Anschließend erhalten alle die Möglichkeit, einmal als Therapeut, einmal als Klient eigene Erfahrungen mit dem Konzept zu machen und dabei auch die eigene Überlebensregel zu erarbeiten.

Der dritte Teil ist dem Thema Werte gewidmet. Es gibt wenig, was dem subjektiven Empfinden des Autonomieverlustes so machtvoll entgegenwirkt, wie die souveräne Orientierung des Handelns an den eigenen Werten. Die persönlichen Werte sind deshalb gerade im Zusammenhang mit Burnout besonders wichtig. Im Workshop werden wir eine Übung durchführen, durch die die motivationale Kraft der eigenen Werte unmittelbar erlebbar wird.

Educational Objectives:

1. Die Teilnehmer erfahren, wie die verschiedenen ACT-Kernprozesse bei der Behandlung von Menschen mit Burnout wirkungsvoll eingesetzt werden.
2. Die Teilnehmer lernen ein spezifisches Behandlungsprotokoll kennen, mit dem sie ihre Therapien strukturieren können.
3. Die Teilnehmer haben die Möglichkeit, verschiedene Interventionen selbst auszuprobieren und so unmittelbare Erfahrung zu sammeln.

**25. How to implement ACT in a psychiatric setting: 5 experiences**

Panel (14:45-16:15)

Components: *Case presentation*

Categories: Organizational behavior management, Related FC approaches, ACT with inpatients

*Target Audience: Interm., Adv.*

**Location: Estrel Saal C5**

Chair: Eric Morris, Ph.D., La Trobe University, Melbourne, Australia

Charles Benoy, MSc., ACT-based Behavior Therapy Inpatient Unit Universitäre Psychiatrische Kliniken Basel, Switzerland

Trym Nordstrand Jacobsen, M.S., Hysnes Helsefort Rehabilitionsenter, St. Olavs Hospital, Norway

Tobias Lundgren, Ph.D., Clinical Neuroscience & Centre for Psychiatry Research and Education, Stockholm, Sweden

Mareike Pleger, MSc., Krankenhaus Königin Elisabeth Herzberge, Germany

Joris Corthouts, M, Psychosis Section, St Hiëronymus, St Niklaas, Belgium

To apply ACT in a clinical setting, different delivery strategies have been developed, such as individual, group and partner-formats. Most frequent, these are delivered by a solo care professional.

In residential care, teams frequently work multidisciplinary. Each team member takes a different perspective to guide clients supported by one's specialization. Still, when every team member starts from the same therapeutic angle, clients' recovery can be facilitated. A widespread environment is created that facilitates the spread of a different approach to clients' suffering. Achieving this, each part of the organization has a role to play.

In this panel discussion multidisciplinary teams from Sweden, Norway, Switzerland, Germany and Belgium will share their experiences. They will discuss the role of each team member, and they will identify (un)workable elements for this process at the different organizational levels.

Educational Objectives:

1. Demonstrate how to implement ACT-based interventions in multidisciplinary teams (MDT's).
2. Prepare ACT-implementation in MDT's on different organizational levels.
3. Describe how to use ACT in MD.

**26. ACT and Culture: Flexibility in Diversity**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Theory & Philo., Diversity, Cultural Competence, Cultural Safety

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C6**

Kenneth Fung, M.D., MSc., University of Toronto

Aki Masuda, Ph.D., Georgia State University

Culture, like language, is the invisible context in which we operate. In a globalizing world, the awareness of culture is increasingly important. In this workshop, interactive exercises will be used to facilitate reflection on culture and core concepts of cultural competence and cultural safety. This will include an examination of issues at the micro, meso, and macro level, and some of the clinical tools such as the Cultural Formulation. Secondly, we will examine how cultural competence and cultural safety may influence or modify the application of ACT, including implications on the core processes of ACT, such as values and self-as-context, as well as ACT techniques and metaphors. Examples will be drawn from various ethnocultural populations, including Asians and First Nations, as well as other cultural groupings. Finally, we will explore the use of ACT-consistent interventions to address challenging diversity issues, including cultural scripts, stigma and exclusion, and social inequity.

Educational Objectives:

1. Reflect on and describe core concepts of culture, cultural competence, and cultural safety.
2. Explore and develop adaptations of ACT to enhance cultural applicability to diverse groups.
3. Utilize the principles and techniques ACT to address cultural and diversity issues.

**27. To Start Learning RFT**

Workshop (14:45-17:45)

Components: *Conceptual analysis, Didactic presentation*

Categories: Relational Frame Theory, Clin. Interven. & Interests, Theory & Philo., Clinical applications of RFT

*Target Audience: Beg., Interm.*

**Location: Estrel Saal C7**

Niklas Törneke\*, M.D., NT Psykiatri, private practice

Relational frame theory (RFT) is the theory and research program about human language and cognition that is at the base of acceptance and commitment therapy. At the same time RFT is much more than just ACT. As it concerns human language it concerns all human activity that involves language, which of course makes it relevant to all human experience. In a very

profound way RFT speaks to so diverse topics as our experience of ourselves, the so called future, our battle with the meaning of life and everyday problem solving.

This workshop will present the basic conceptual tools used in RFT and explain basic terminology. It will not focus on research but on conceptual understanding needed for applying RFT to the human experience. A special focus will be given to clinical application of RFT for psychotherapy in general and ACT in particular.

Educational Objectives:

1. Describe the meaning of basic terminology used in RFT.
2. Analyze areas such as problem-solving, the ability to follow instructions and the experience of self using concepts of RFT.
3. Apply basic principles of RFT to clinical practice.

**28. Unveiling the Invisible: Boost therapeutic precision by tracking primary emotional systems in Functional Analytic Psychotherapy**

Workshop (14:45-16:15)

Components: *Experiential exercises, Role play*  
 Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Functional Analytic Psychotherapy

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C8**

Tien Mandell, MSc., Private Practice  
 Gareth Holman, Ph.D., Private Practice

This workshop integrates research on attachment and primary emotions with concepts of Functional Analytic Psychotherapy (FAP) to address how bonding relationships may shape emotional process to foster client change. Participants will learn to increase precision in identification of clients' clinically relevant behaviors (daily life problems and target behaviors that manifest within the therapist-client relationship) by identifying in-the-moment presentations and underlying functions of emotions and correlated behaviors, based on Panksepp's seven primary emotional systems (care seeking, caretaking, lust and sex, fear and anxiety, anger, play, grief and separation). Through experiential exercises, participants will practice describing their own primary-process emotional systems as they are activated; attune to the emotional rather than content level of their workshop partners' communications; identify and describe hidden messages, avoidance, or indirect communications of needs; and increase awareness of how their own responses may foster or impede more emotionally connected and impactful interactions.

Educational Objectives:

1. Describe clinical presentations - including 'body language' and visceral sensations - and the primary interpersonal functions

corresponding to Panksepp's seven primary process emotional systems.

2. Understand a functional model of emotional processing by reporting clinically relevant behaviours such as intensity, range and flexibility.
3. Move beyond overt verbal content and practice assessing deeper meaning and function during therapeutic interactions to shape up flexibility of responses to meet contextual needs.

**29. Positive psychology and contextual behavior science across levels of analysis**

Panel (14:45-16:15)

Components: *Conceptual analysis*

Categories: Theoretical and philosophical foundations, Clin. Interven. & Interests, Positive psychology, CBS

Target Audience: *Interm., Adv.*

**Location: Paris**

Chair: Andrew Gloster, Ph.D., Ph.D., University of Basel, Department of Psychology, Division of Clinical Psychology and Epidemiology  
 Barbara Fredrickson, Ph.D., University of North Carolina at Chapel Hill  
 Steven C. Hayes, Ph.D., University of Nevada  
 Richard Davidson, Ph.D., University of Wisconsin-Madison

Joseph Ciarrochi, Institute of Positive Psychology and Education, Australian Catholic University

The central focus of this panel is discussing topics from positive psychology and contextual behavioral science with an eye toward theory that has both "breadth and depth." Panelists will explore concepts such as health, wellness, strengths, values, meaning, and positive affect. Panelists will explore links across levels of analysis including the microscopic (e.g., genetic/epigenetic changes inside cells), brain structure/function, psychological/behavioral, environment, and cultural. Topics of discussion include: what are the conditions that lead to useful/harmful effects of contextual science and positive psychology concepts? What is the role of environmental factors? and How can these concepts be best disseminated?

Educational Objectives:

1. Identify how ACBS and Positive Psychology approaches are similar and unique across various levels of analysis.
2. Augment ACT approaches with positive psychology concepts and vice versa.
3. Identify when combinations are indicated and contraindicated.

**30. ACTing for Global Smoking Cessation**

Symposium (14:45-16:15)

Components: *Original data*

Categories: Behavioral medicine, Clin. Interven. & Interests, Prevention & Comm.-Based, Smoking cessation

Target Audience: *Beg., Interm., Adv.*

**Location: Strassburg**

Chair: Megan M. Kelly, Edith Nourse Rogers Memorial Veterans Hospital  
 Discussant: Maria Karekla, University of Cyprus

Despite decades of effort at smoking cessation, smoking continues to be a significant problem worldwide, with millions of smoking related deaths every year. Smoking cessation methods to date (nicotine replacement, medication, CBT) have been moderately successful in achieving cessation goals. The ACT approach offers advantages over previous treatments as it includes elements for motivating individuals to make a quit attempt and deals with internal cues and reasons for smoking (and relapse). The present symposium will present advances in the area of smoking cessation utilizing the ACT technology. First a study examining the role of cognitive defusion vs. avoidance on smoking behavior will be presented. The second talk will present the feasibility and acceptability of ACT for U.S. Veterans with Posttraumatic Stress Disorder and Tobacco Addiction (ACT-PT). The final presentation will discuss the acceptability of an innovative technologically program (avatar led internet based intervention) based on ACT principles for smoking cessation among youth.

- The Effect of Cognitive on Smoking Behavior  
Nic Hooper, University of the West of England  
Charlotte Dack, University of Bath  
Maria Karekla, University of Cyprus  
Asli Niyazi, Middle East Technical University  
Louise McHugh, University College Dublin
- The Feasibility and Acceptability of an Acceptance and Commitment Therapy Smoking Cessation Treatment for U.S. Veterans with PTSD  
Megan M. Kelly, Edith Nourse Rogers Memorial Veterans Hospital, Bedford, MA
- Evaluating an Avatar led ACT Internet-Based Intervention for Smoking Cessation in Youth  
Stella Nicoleta Savvides, University of Cyprus  
Maria Karekla, University of Cyprus  
Georgia Leonidou, University of Cyprus

**Educational Objectives:**

1. Compare the effectiveness of cognitive defusion over avoidance strategies in smoking behaviors.
2. Examine the feasibility and acceptability of an ACT smoking cessation intervention for veterans with PTSD.
3. To present and examine the acceptability of an avatar led internet based intervention for smoking cessation targeting adolescent and young adult smokers not interested in quitting.

**31. Living well with Illness: The Contribution of Psychological Flexibility to Identifying Transdiagnostic Treatment Targets.**

Symposium (14:45-16:15)

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

Categories: Behavioral medicine, Clin. Interven. & Interests, Psychological flexibility, Adults, Chronic Health Conditions

*Target Audience: Beg.*

**Location: Room 30241**

Chair: David Gillanders, University of Edinburgh  
Discussant: David Gillanders, University of Edinburgh

Chronic illness is a global health concern and is increasing in the industrialised world due to

population aging. In this data driven symposium we will outline our approach to investigating the problem of living with long term and life limiting illness. We will outline the search for transdiagnostic treatment targets, derived from the psychological flexibility model. We have used cross sectional, longitudinal and intervention designs to investigate the relationships between traditional constructs and 'third wave' constructs in predicting important outcomes such as distress, disability and quality of life across a wide range of chronic health conditions. You will hear about this strategy applied to people living with chronic pain, cancer and a transdiagnostic group with a wide range of health conditions. You will hear about the comparative importance of constructs such as acceptance, illness beliefs and appraisals, coping strategies, cognitive fusion and self-compassion. We will also present the results of a novel intervention study, taking a transdiagnostic, group-based approach to people with diverse chronic health conditions.

- The Relationship between Acceptance, Catastrophising and Illness Representations in Chronic Pain  
Nuno B. Ferreira, University of Edinburgh  
Sujata Bose, NHS Tayside  
Tammy Esrich, Worcestershire Health & Care NHS Trust  
David Gillanders, University of Edinburgh
- Self-Compassion, Cognitive Fusion, Mental Adjustment and Avoidance as Predictors of Distress and Quality of Life in Adults with Cancer  
Ashleigh Sinclair, NHS Tayside  
Margaret McLean, NHS Grampian  
Kirsten Jardine, NHS Grampian  
David Gillanders, University of Edinburgh
- Better Living with Illness: A Transdiagnostic Acceptance and Commitment Therapy Group for People with Chronic Illness  
Lindsay Brassington, NHS Fife / University of Edinburgh  
Nuno B Ferreira, University of Edinburgh  
Shona Yates, NHS Fife  
David Gillanders, University of Edinburgh

**Educational Objectives:**

1. Compare traditional and third wave constructs in their relationship to outcomes for people with chronic illness.
2. Appreciate functional commonalities across diverse health conditions.
3. Understand the contribution of cross sectional research to treatment development.

**32. Toward a Coherent Model of Scientific Progress: Translational Research in Contextual Behavioral Science**

Symposium (14:45-16:15)

Components: *Original data*

Categories: Clinical Interventions and Interests, RFT, Translational research

*Target Audience: Interm.*

**Location: Room 30341**

# THURSDAY

Chair: Brooke M. Smith, Utah State University  
Discussant: Michael E. Levin, Utah State University

One of the main aims of Contextual Behavioral Science is to create a reticulated, coherent model of scientific progress (Hayes, Barnes-Holmes, & Wilson, 2012). To this end, and for the benefit of science more generally, it is essential that our applied technologies be based on well-articulated theory supported by empirical evidence. It is also essential that issues encountered in applied practice help to guide the research questions asked in basic science laboratories. In order to achieve this level of coherence, we must bridge the gap between basic and applied science. This can only be achieved through ongoing communication and a specific focus on

the translation of findings in one domain to that of the other. The papers in this symposium highlight ongoing work aimed at bridging the basic and applied domains through the application of translational research methods.

- Effects of Differential Rates of Alternative Reinforcement on Resurgence of Human Avoidance Behavior: A Translational Model of Relapse in the Anxiety Disorders  
Brooke M. Smith, Utah State University  
Michael P. Twohig, Ph.D., Utah State University
- Transformation of Extinction Functions Through Derived Relational Networks  
Nolan Williams, University of Louisiana, Lafayette  
Emily Sandoz, Ph.D., University of Louisiana, Lafayette
- Examining Paranoia in a Non-Clinical Population Using the Implicit Relational Assessment Procedure (IRAP)  
Corinna Stewart, M.A., National University of Ireland, Galway  
Ian Stewart, Ph.D., National University of Ireland, Galway  
Yvonne-Barnes Holmes, Ph.D., National University of Ireland, Maynooth

Educational Objectives:

1. Explain the importance of bridging basic and applied scientific domains.
2. Describe specific examples of findings from basic science that inform applied science and practice.
3. Describe current approaches to translational research methodology.

### 33. Mindfulness & Acceptance with Children and Parents: *Italy Chapter Sponsored* Symposium (14:45-16:15)

Components: *Conceptual analysis*

Categories: Educational settings, Prevention & Comm.-Based, ADHD, mindfulness, defusion, parent training, stress

Target Audience: *Beg., Interm.*

**Location: Nizza**

Chair: Francesca Pergolizzi, IESCUM, Parma,  
Discussant: Lisa Coyne, Harvard Medical School, USA  
(Tentative)

The symposium ACT4KIDS includes three papers illustrating recent and innovative developments in the field of act ad applied to children's and parent's sufferance. The first research paper will discuss the validation process of CMM and AFQ-Y with a sample of Italian adolescents as they are representative of the Northern and Southern regions of Italy. The second paper presents an innovative ACT oriented group training to promote psychological adjustment and flexibility in children with cognitive and behavioral disorders. In the last paper the data of a new protocol of an act oriented parent training for young children with ADHD vs CBT traditional parent training will be discussed. All the contributes are the product of SIG ACT for kids and teens, which since 2010 is committed to studying and disseminating ACT in clinical and non clinical contexts.

- ACT Assessment with Children and Adolescents: The Italian Version of AFQ-Y and CMM  
Arianna Ristallo, Università IULM, Milano  
Marta Schweiger, Università IULM, Milano  
Sara Della Morte, Università IULM, Milano  
Giovambattista Presti, Ph.D., M.D., Università Kore, Enna  
Francesca Pergolizzi, Ph.D., ESCUM, Parma
- The Next Generation of ADHD Child Training: From Impulsive Behavior to Mindfulness for Value-Based Choices  
Laura Vanzin, Psy. D., Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy  
Valentina Mauri, Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy  
Maria Enrica Sali, Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy  
Arianna Bonfanti, Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy  
Giovambattista Presti, Ph.D., M.D., KORE University, IESCUM, Italy  
Massimo Molteni, M.D., Child Psychopathology Unit, Scientific Institute, IRCCS Eugenio Medea, Bosisio Parini, Lecco, Italy
- ACT - Enhanced Behavioral Parent Training for Parents of ADHD Children  
Anna Prevedini, Ph.D., IULM University Milan; IESCUM Italy  
Francesca Pergolizzi, Ph.D., Iescum, Parma  
Laura Vanzin, Psy.D., Istituto Scientifico Eugenio Medea IRCCS - Bosisio Parini -Italy  
Giovambattista Presti, Ph.D., M.D., KORE University Enna; IESCUM Italy  
Annalisa Oppo, Psy.D., IESCUM, ITALY  
PAOLO MODERATO, Ph.D., IULM University, IESCUM ITALY

Educational Objectives:

1. Highlight the peculiar features of ACT application with young people, particularly the need of balancing ecological value and creativity, and experimental control.
2. Describe different perspectives and outcomes between traditional CBT parent training and ACT training to cope with complex interactions with problematic sons.
3. Extend the international validity and applicability of CMM and AFQ-Y and share these new tools with scientific community.

**34. Programs for Children and Parents: Implementation and Effectiveness**

Symposium (14:45-16:15)

Components: *Original data, Didactic presentation*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, ACT for childhood anxiety, Mindfulness, pregnancy, psychological flexibility, anxiety, depression

Target Audience: *Beg., Interm.*

**Location: Cannes**

Chair: Helen Bolderston, Ph.D., Bournemouth University, UK

Discussant: Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)

To date, applications of ACT have concentrated predominantly on adult problems and populations. However, there is growing empirical support for ACT interventions for children and parents. This symposium presents three studies that evaluate intervention for young people with anxiety, pregnant women and parents in Uganda. The first study describes and evaluates an ACT treatment for children and adolescents with anxiety. The second study explores the effectiveness of a brief mindfulness-based intervention for pregnant women in terms of awareness and perceived stress. Finally, the third study presents a parenting program to improve child nutrition and stimulation in Uganda. Program dissemination and evaluation will be discussed.

- The “ProACTIVE” program for children with anxiety disorders – longitudinal data and community dissemination  
 Angela Dixon, Ph.D., Children's Hospital Westmead, Sydney, Australia  
 Jessica Swain, MPsych, University of Newcastle, Newcastle, Australia  
 Karen Hancock, Ph.D., Children's Hospital Westmead, Sydney, Australia  
 Siew Koo, M.Psych, Children's Hospital Westmead, Sydney, Australia  
 Cassandra Hainsworth, M.Psych, Children's Hospital Westmead, Sydney, Australia  
 Karen Munro, M.Psych, Children's Hospital Westmead, Sydney, Australia
- Being a mindful mother: Application and efficacy of a brief mindfulness-based intervention on a pregnant women sample  
 Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
 Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
 Valentina Carloni, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
 Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC
- Integrating contextually-relevant behavioural science across maternal mental health and child stimulation practices in rural Uganda  
 Daisy Singla, Ph.D., McGill University

Educational Objectives:

1. Explain the ProACTIVE treatment program for children and adolescents with anxiety disorders, including utilization in a variety of contexts.
2. Conduct a brief mindfulness-based intervention on pregnant women

3. Describe the use of evidence-based psychological techniques within a theory-informed parenting framework in low-resource, global context.

Thursday Afternoon 16:30

**35. CBS Approach to Furthering Weight-Related Treatment: What's On Our Research Agenda?**

Panel (16:30-17:45)

Components: *Conceptual analysis, Literature review*

Categories: Clinical Interventions and Interests, Beh. med., Psychological Flexibility

Target Audience: *Interm.*

**Location: Estrel Saal C5**

Chair: Sarah Potts, Utah State University  
 Jonathan Bricker, Ph.D., Fred Hutchinson Cancer Research Center & University of Washington

Joseph Ciarrochi, Institute of Positive Psychology and Education, Australian Catholic University  
 JoAnne Dahl, Ph.D., University of Uppsala, Sweden  
 Raimo Lappalainen, Ph.D., University of Jyväskylä

Obesity is a prevalent and costly public health problem and is related to a number of health concerns. Existing psychosocial interventions designed to promote weight loss are not sufficient and usually regard BMI as the main treatment outcome. Research has found that weight self-stigma contributes to psychological distress and is a greater predictor of health-related quality of life than BMI. In this panel discussion, 5 experts in clinical intervention, research, dissemination, and training will discuss the following: 1) how an ACT approach affects our current focus of main outcomes and whether weight-loss should remain as one, 2) how we further understanding of weight-stigma and its role in weight-targeted interventions, 3) how ACT intervention and assessment can be modified to better fit this population, and 4) a summary of the research directions in this area.

Educational Objectives:

1. Discuss the impact of weight-related stigma and its role in intervention.
2. Identify possible modifications of ACT in terms of intervention and assessment.
3. Summarize research needs in this area.

**36. ACT for People with Severe Personality Problems**

Workshop (16:30-17:45)

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

Categories: Clinical Interventions and Interests, Personality disorders

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C8**

Lucas Goessens, M.D., GGNet  
 Annika Cornelissen, MSc., GGNet

We have been providing ACT for people with severe personality problems in a community based day clinic group setting for the past 5 years.

# THURSDAY

Rather than labeling them with personality disorders, we would say that these are people with a history of traumatization and neglect and/or a very sensitive temperament. Learning to step back from extreme experiential avoidance and fusion with massive self-defeating thoughts, and leaving the 'comfort zone' of 'I don't care' for value based living is a very challenging process, as any therapist and patient with these problems would acknowledge. We would like to share and discuss the pitfalls, challenges, and successes we encountered. We found that it is essential to tailor experiential exercises to the level of defusion, willingness and perspective taking in the present moment.

In this pragmatic workshop, participants will get an outline of experiential exercises that we have adapted and developed in working with our clients. Also we discuss timing and tailoring ACT to the specific needs of our population in a group setting. Participants will have the opportunity to observe demonstrations and practice through role plays and experiential exercises.

#### Educational Objectives:

1. Conceptualize common concerns for clients with severe personality problems in terms of the ACT model.
2. Discuss specific ACT techniques applied to a group based treatment for clients with personality problems.
3. Engage in experiential exercises and role-play, and discuss timing and tailoring ACT for highly sensitive and traumatized people that struggle with most areas of life.

### **37. The Matrix, Functional Contextualism, RFT and Basic Processes : A Match Made in Heaven or Middle-level terms hell?**

Panel (16:30-17:45)

Components: *Conceptual analysis*

Categories: Theoretical and philosophical foundations, Clin. Interven. & Interests, RFT, ACT matrix, RFT, basic processes, functional contextualism

*Target Audience: Beg., Interm., Adv.*

**Location: Paris**

Chair: Benjamin Schoendorff, Contextual Psychology Institute, Canada

Yvonne Barnes-Holmes, National Univeristy of Ireland, Maynooth

Louise McHugh, University College Dublin, Ireland

Kevin Polk, Polk & Burkhart, Hallywell, ME,USA

Mark Webster, Windrose, Southampton, UK

The ACT matrix - two lines on a piece of paper cuing two discrimination tasks - originated as a way to present functional contextualism. Since then it has spread to be used in many contexts and populations. Though the focus of matrix work has thus far been largely applied, how strong are its links to theory and basic processes ? The creators of the matrix (Kevin Polk, Mark Webster, and Jerold Hambricht) based its development on

basic relational learning procedures. The panel will discuss how the matrix links back to Relational frame theory, perspective-taking and basic behavioral processes and whether it may serve as a tool well-suited to linking clinical work to RFT and basic functional analytic processes.

#### Educational Objectives:

1. Describe the links between the matrix and the functional contextual worldview.
2. Describe how use of the matrix is based on training derived relational responses by multiple exemplar training.
3. Discuss how the matrix can serve as a tool for functional analysis.

### **38. Moving Forward on a Contextual Approach to Public Health**

Symposium (16:30-17:45)

Components: *Conceptual analysis, Original data*

Categories: Prevention and Community-Based Interventions, Related FC approaches, Public Health and Prevention

*Target Audience: Interm.*

**Location: Strassburg**

Chair: Anthony Biglan, Oregon Research Institute  
Discussant: Michael Twohig, Utah State University

This symposium will describe how contextual behavioral science can contribute to fulfilling its mission of creating a science that is "more adequate to the challenge of the human condition" (Hayes, Barnes-Holmes, & Wilson, 2013) by incorporating key elements of the public health framework. The symposium will present a public health framework for conceptualizing human wellbeing and sketch its implications for affecting wellbeing in entire populations. It will then present three examples of functional contextual research on three different aspects of wellbeing in populations. The symposium will begin with an introduction to the public health framework. Public health evolved out of often desperate efforts to control infectious diseases. However, the principles of tracking the incidence and prevalence of a disease, testing interventions to affect incidence and prevalence, and widely implementing programs, policies, and practices that affect the problem are relevant to virtually any problem of human wellbeing. We will then introduce the three papers to be presented and mention how they fit with the public health framework.

- A Public Health Approach to Increasing Psychological Flexibility  
Andrew Gloster, Ph.D., University of Basel, Department of Psychology, Division of Clinical Psychology and Epidemiology
- Targeting Prejudice/Stigma at a Public Health Level  
Michael Levin, Utah State University  
Jason Lillis, Weight Control and Diabetes Research Center, The Miriam Hospital/Brown Medical School  
Jack Haeger, Utah State University
- Internet-Delivered ACT in the Treatment of Sleeping Problems – Acceptability and Participant Experiences  
Päivi Lappalainen, University of Jyväskylä, Finland  
Raimo Lappalainen,, University of Jyväskylä, Finland

Sitwat Langrial, University of Oulu, Finland  
Harri Oinas-Kukkonen,, University of Oulu, Finland

Educational Objectives:

1. Understand how ACBS principles can fit into a public health framework and identify examples.
2. Learn potential ways psychological flexibility could be applied to target prejudice and stigma at a large scale.
3. Describe and understand how Internet-based interventions targeting psychological flexibility could be applied for larger populations.

**39. Brief ACT Interventions: Understanding their benefit and processes of change: Mexico Chapter Sponsored**

Symposium (16:30-17:45)

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

Categories: Prevention and Community-Based Interventions, Clin. Interven. & Interests, Performance-enhancing interventions, Superv., Train. & Dissem., Other, Self-help and subclinical measures, Borderline Personality Disorder, depression

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30241**

Chair: Lucia Engeli, Ph.D., Kantonsspital Aarau  
Discussant: Kirk Strosahl, Ph.D., Central Washington Family Medicine

This symposium presents three studies that evaluate brief interventions in individual and group settings, based on ACT, DBT and FAP, using diverse populations. The first study tests the effect of a 6 hour protocol for social anxiety disorder. The second study compares DBT, ACT and ACT/FAP interventions for Borderline personality disorder against each other. Finally, the third study aims to examine the long-term benefits of a 4-session ACT-based intervention for depressive symptoms. Emerging data suggest the efficacy of these brief interventions. Study contributions, limitations and future directions will be discussed.

- Testing delivery modes for brief self-help for negative thinking.  
Andreas Larsson, Ph.D., Private Practice  
Nic Hooper, University of West England
- Comparison of 4 Brief Contextual Behavioral Interventions for Borderline Personality Disorder, the process of building an empirically supported treatment as usual.  
Michel Reyes Ortega Psy.D., Contextual Science and Therapy Institute (Mexico City), National Institute of Psychiatry Ramon de la Fuente  
Nathalia Vargas Psy.D., Contextual Science and Therapy Institute (Mexico City), National Institute of Psychiatry Ramon de la Fuente  
Edgar Miranda M.Ps., Instituto de Terapias Contextuales (Mexico D.F.), Instituto Nacional de Psiquiatría Ramón de la Fuente
- What happens after five years? - The long-term effects of a 4-session ACT-based intervention for depressive symptoms  
Aino Kohtala, M.A., University of Jyväskylä; Kuopio Psychiatric Center  
Raimo Lappalainen, Ph.D., University of Jyväskylä

Educational Objectives:

1. Describe the relative effectiveness of defusion in guided and online self-help for negative thoughts.
2. Explain the different benefits and limitations of group, individual and combined intervention for BPD.
3. Discuss the future implications of client experiences and treatment outcomes.

**40. Experimental analysis of brief Mindfulness and Defusion-based interventions**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Beh. med., RFT, Mindfulness, Defusion, Online, Component Analysis

Target Audience: *Interm.*

**Location: Room 30341**

Chair: Luis Jorge Ruiz-Sánchez, Universidad de Almería  
Discussant: Steven C. Hayes, University of Nevada

This symposium aims to present studies in the area of clinical protocol analysis. All three experiments analyze the key characteristics of their interventions and explain their results from a Relational Frame Theory (RFT) perspective. The first study examined the necessary amount of interactions in an online Acceptance and Defusion protocol in order to affect the participant's behavior. The second study analyzed whether the use of first person and second person to refer to the participants' thoughts during a Defusion interaction would change its efficacy. And the third study realized a detailed analysis of a mindfulness exercise, the Focused Breathing Exercise (FB) and suggested two key elements that may be responsible of its efficacy in controlled laboratory settings. Overall, these studies show that a detailed, RFT-based analysis of clinical protocols may enable to understand basic processes that operate in them and generate more efficient practices in the future.

- Analysis of Brief Online Acceptance and Defusion-Based Interventions  
Karoly Kornel Schlosser, M.A., Goldsmith University of London  
Nikolett Eisenbeck, M.A., Universidad de Almería
- Effects of Using the First and Second Person in Defusion Interactions  
Víctor Callejón Ruiz, M.A., Universidad de Almería  
Carmen Luciano, Ph.D., Universidad de Almería
- Component Analysis of the Focused Breathing Mindfulness Exercise  
Nikolett Eisenbeck, M.A., Universidad de Almería  
Carmen Luciano, Ph.D., Universidad de Almería  
Sonsoles Valdivia-Salas, Ph.D., Universidad de Zaragoza  
Juan Carlos López López, Universidad de Almería

Educational Objectives:

1. Understand a Relational Frame Theory-based analysis of clinical protocols.
2. Explain the basic processes in clinical interventions.

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3. Enhance the efficacy of defusion and mindfulness-based techniques in the therapy room.

**41. Advances in ACT for Psychosis: Adaptations, Expansions, Adherence and Mechanisms**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, Psychosis, PTSD, therapy adherence, mechanisms of change

Target Audience: *Beg., Interm.*

**Location: Nizza**

Chair: Eric Morris, Ph.D., La Trobe University

Discussant: Louise Johns, King's College

London

Recovering from psychosis can be a huge challenge. Along with unusual

experiences (such as paranoia, hearing voices and delusional beliefs) and negative symptoms (motivation, diminished affect), people can struggle with changes in emotional wellbeing and sense of identity. Due to stigma, people can feel shame and alienation from their communities. Contextual behavioural science may have much to offer in tackling these challenges, for individuals, families, and communities. ACT as a psychological therapy for psychosis is being refined through empirical study. This symposium will present advances in adapting ACT across the stages of psychosis and helping with key problems (trauma, positive symptoms, depression). Evaluations of ACT in early intervention, acute inpatient and community settings will be presented. We will discuss how to assess that therapists are delivering ACT for psychosis with fidelity, and describe an evaluation of the mechanisms of change in brief ACT groups for people recovering from psychosis.

- Acceptance and Commitment Therapy in the Treatment of Comorbid PTSD and Psychosis: A Case-Series Analysis  
Jens Einar Jansen, Ph.D., Psychiatric Research Unit & Early Psychosis Intervention Center Roskilde, Denmark
- Assessing Therapist Fidelity in the ADAPT trial: A Pilot Trial of ACT for Depression after Psychosis  
Ross White, Ph.D. DCLinPsy, University of Glasgow
- Mechanisms of change in group ACT for psychosis: the ACT for Recovery trial  
Eric Morris, Ph.D., La Trobe University  
Emma O'Donoghue, DCLinPsy, South London & Maudsley NHS Foundation Trust  
Dr Joseph Oliver, Camden & Islington NHS Trust, London, UK  
Louise Johns, King's College London  
Suzanne Jolley, Ph.D., King's College London /South London & Maudsley NHS Foundation Trust

Educational Objectives:

1. Describe how ACT can be delivered in inpatient and community settings.
2. Explain several ways that treatment fidelity can be measured in ACT for psychosis studies.

3. Describe the adaptations of ACT as a potential intervention for trauma in first episode psychosis.

**42. The Assessment of the six core processes: Development, Optimization and Validation of new Instruments**

Symposium (16:30-17:45)

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

Categories: Theoretical and philosophical foundations, Clin. Interven. & Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Theory & Philo., Other, Measurement, Measurement & Practical Applications, Measurement of core ACT processes

Target Audience: *Beg., Interm.*

**Location: Cannes**

Chair: Nuno Ferreira, Ph.D., University of Edinburgh

Discussant: Maria Karekla, Ph.D., University of Cyprus

Acceptance and Commitment Therapy (ACT) emphasizes change across six core processes with the goal of promoting psychological flexibility (Hayes et al., 2006). Measures exist and are well-studied for some core processes, most notably mindfulness and values. However, these measures are often wordy, confusing, lengthy, or otherwise impractical for community settings. Moreover, processes such as committed action and self-as-context have few or no existing published measures. This presents a significant clinical research problem, with no way to fully assess process change in community, clinical, or global settings.

This symposium presents three studies that developed and evaluated new instruments designed to assess ACT core processes or reviewed differences and their origins of existing measures. Implications for understanding the fundamental components of ACT and relation between measures and psychopathology and clinical interventions will be discussed.

- Experiential Avoidance: How Long Can We Keep Calm and Carry On?  
Tamara Loverich, Ph.D., Eastern Michigan University
- Initial Validation of the Hexaflex Process Assessment Scale  
John T Blackledg, Morehead State University  
Aaron Ellis, Morehead State University  
Kellen Crager, Morehead State University
- Conceptual framework and design of a daily hexaflex measure: Development and results from a patient sample  
Theresa Morgan, Ph.D., Brown University & Rhode Island Hospital  
Kristy Dalrymple, Ph.D., Brown University & Rhode Island Hospital  
Brian Pilecki, Ph.D., Brown University & Rhode Island Hospital  
Catherine D'Avanzato, Ph.D., Brown University & Rhode Island Hospital  
William Ellison, Ph.D., Brown University & Rhode Island Hospital  
Mark Zimmerman, M.D., Brown University & Rhode Island Hospital

Educational Objectives:

1. Critique the construct validation and measurement of experiential avoidance.
2. Describe the development of a new, comprehensive ACT process measure.
3. Identify and describe common issues in measurement design for community settings, including psychometric, practical, and conceptual concerns.
4. Assess the implications of construct validation for both the basic and applied science around experiential avoidance.

Thursday 18:30-22:00  
Hofbräuhaus Berlin Dinner  
Namebadges Required

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# Journal of Contextual Behavioral Science

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Friday Morning 7:30

**43. Aikido introduction classes more than Verbal Aikido, embodying ACT?**

Workshop (7:30-8:50)

Components: *Experiential exercises*

Categories: Other, Performance-enhancing interventions, Evo., Prof. Dev., Mindfulness, Physical exercise, Martial Art

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C5**

Jack Engels, psychiatrist, Atrium-Orbis medical centre, Adelante chronic pain Clinic, University of Maastricht

In one or two morning classes we will give regular Aikido classes for beginners, given by experienced Aikido teacher(s), one of the teachers is psychiatrist and psychotherapist with extensive experience with ACT and the exercises have been chosen to demonstrate those aspects of Aikido that will be advantage for the main ACT principles . For example acceptance, difficult situations (physical conflict) getting into contact with your own and your opponents struggle, mindful moving towards committed action- to harmonize - in a valued direction: the ultimate goal of Aikido is harmonization and not control.

There are several initiatives in progress initiated from our Aikido community to work on global harmonization. ( for example Training Across Borders (TAB), Aikido Without Borders , iEvolve Gobal Practice Community and the Middle East Aikido Project.)

Educational Objectives:

1. Experience the relationship between Aikido as a martial Art and its relationship to ACT principles.
2. Compare ACT principles to those embodied in Aikido.
3. Apply relevant techniques in our practice as therapists and for our clients.

Friday Morning 8:00

**Morning Mindfulness Meditation Group**

Workshop (8:00-8:50)

Components: *Experiential exercises*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Prevention & Comm.-Based, Beh. med., Edu. settings, Prof. Dev., Mindfulness

Target Audience: *Beg., Interm., Adv.*

**Location: ECC Room 5**

Jan Martz, M.D., Private Practice

For complete information please look at Thursday Morning, Session #1 in your program.

**K. Committed ACBS members: Come and meet the new membership committee and inspire us with your ideas and thoughts! We want to develop ACBS!!**

Chapter/SIG Meeting (8:00-8:50)

**Location: Estrel Saal C8**

Graciela Rovner, University of Gothenburg, SWEDEN

The committee is 'commetted' to contribute to our 'commuunnittee' to become the best arena to learn, develop, grow and be a better human being/therapist. We need to know what you think about ACBS, what is the best of being part of our community and what can be better!! Come and interACT with us in this creative meeting!!

**L. Chapter, SIG & Affiliate Yearly Summit**

Chapter/SIG Meeting (8:00-8:50)

**Location: Paris**

Mark Sisti, Ph.D., NYC-ACBS

Brian Pilecki, Ph.D., NYC-ACBS

Emily Rodrigues, M.A., CAE, ACBS

Yearly Chapter & SIG comittee summary, review and planning session for all local Chapters, Affiliates & SIGs, both international & national. Representation & attendance encouraged preferably for presidents, chairs, and/or president elects & VP's, however attendance if anyone on a chapter, SIG or affiliate board can act as representative. Also open to individuals who are in the process of applying create a new chapter, SIG or affiliate. The summit is the primary face to face opportunity to meet your fellow leaders, welcome new chapters & SIG's, generate, review & share old and new ideas and resources for chapter & SIG creation maintenance & growth.

Friday Morning Plenary 9:00

**44. Positivity Resonates**

Invited (9:00-10:15)

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

Categories: Evolution, Beh. med., Positive Psychology

Target Audience: *Beg., Interm., Adv.*

**Location: ECC A**

Barbara L. Fredrickson, Ph.D., University of North Carolina at Chapel Hill

Introduction by Steven C. Hayes, University of Nevada



Author of Positivity and Love 2.0, Professor Barbara Fredrickson's most recent research offers an innovative approach to understanding the multiple ways by which positive emotions promote physical health. Most known for her broaden-and-build theory of positive emotions, which identifies positive emotions as key drivers of individual and collective resource

building, Dr. Fredrickson's research reveals how positive emotions alter heart health and molecular physiology. Stepping off from this work, she has more recently developed what she has called the upward spiral theory of lifestyle change. This new

# FRIDAY

integrative model positions positive emotions as creating nonconscious and increasing motives for wellness behavior, rooted in enduring biological changes. In this presentation, Dr. Fredrickson will describe the origins of and evidence for this new perspective on how positive emotions promote physical health. Implications for how best to promote positive lifestyle changes are illuminated.

Educational Objectives:

1. Describe the biological benefits of learning to self-generate positive emotions.
2. Describe the role of positive emotions in healthy lifestyle change
3. Apply the insights of the new "upward spiral theory of lifestyle change" to help you and your clients meet important life goals.

## Friday Morning 10:30

### **45. Inside this Moment: Mastering the use of Present Moment Awareness Interventions to Promote Radical Change (Part 1)**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests,

Functional contextual neuroscience and pharmacology, Mindfulness

*Target Audience: Interm.*

**Location: ECC A**

Kirk Strosahl\*, Ph.D., Central Washington Family Medicine

Patricia Robinson\*, Ph.D., Mountainview Consulting Group

A defining feature of ACT is the use of present moment/mindfulness based interventions to counteract the corrosive effects of emotional avoidance, fusion and rule following. Despite the central importance attached to present moment interventions in ACT, the defining features of such interventions are elusive and poorly understood by most clinicians. Part 1 of this workshop will provide a global overview of a five-phase model of present moment awareness interventions that is strongly supported by both mindfulness and neuroscience research. The bulk of this initial workshop will be devoted to self-discovery exercises. Participants will have a chance to examine their own unique strategies for escaping the present moment, what we call "escape macros", and then conduct a self-assessment of their mindfulness and self-compassion skills. The self-discovery aspect of this workshop is premised on the belief that it is only by acknowledging and accepting one's own escape tendencies that it is possible to work effectively to help another person who is doing the same thing.

Educational Objectives:

1. Demonstrate the neuroscience and mindfulness foundations of attention as a dynamic, finite brain resource and how deficits in present moment processing at the neural level directly contribute to common clinical problems.

2. Understand the defining clinical features of the five phase model of present moment awareness interventions.
3. Apply the principles and strategies appropriate for focusing attention on and naming what is in awareness during a present moment intervention.

### **46. A New ACT Protocol for Treating Couples**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests,

Prof. Dev., couples therapy, relationships, communication, interpersonal problems

*Target Audience: Beg., Interm., Adv.*

**Location: ECC Room 1**

Avigail Lev, Psy.D., Bay Area CBT Center  
Matthew McKay, Ph.D., The Wright Institute

This workshop will provide a complete ACT protocol for a new and innovative approach to treating couples. It is based on research from a randomized control trial that tested a defusion-based treatment for couples who struggle with interpersonal schemas and stories (primary pain) in relationships that create a self-fulfilling prophecy (secondary pain).

It is common for couples to develop rigid behavioral coping responses (experiential avoidance) and patterns, which are driven by old stories, predictions and expectations in relationships. These coping responses provide short-term relief for interpersonal distress, but result in long-term relationship damage. These include experiential avoidant behaviors such as clinging, withdrawing, attacking, reassurance seeking, defending, explaining, controlling, or demanding.

The new ACT protocol is designed to treat couples in troubled relationships by identifying common relationship schemas/stories (primary pain) that trigger particular avoidance strategies (experiential avoidance) and result in interpersonal dysfunction and damaged relationships (secondary pain). The workshop will demonstrate a method for developing an ACT formulation for couples and identifying the way each partner's experiential avoidant strategies contributes to maintaining secondary pain in the relationship. Treatment process drawn from the hexaflex will be applied and adapted to treat unworkable behaviors in relationships.

Materials covered will include a conceptual framework, experiential exercises, role-plays, utilizing creative hopelessness, building willingness to experience the unavoidable pain in relationship, cultivating mindfulness, exposure to affect, identifying values-based intentions in relationships, and working with barriers to values-based actions.

Educational Objectives:

1. Identify 10 maladaptive "stories" that create couple distress and 10 avoidance strategies that damage relationships.

2. Utilize mindfulness skills to identify each moment of withdrawal/avoidance as it occurs in session.
3. Utilize exposure and values-based behavioral options to change response patterns of distressed couples.

**47. The Power of Peer Intersession:  
Experience the Value First-Hand of  
Learning from and with your Peers**

Workshop (10:30-12:00)

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

Categories: Supervision, Training and Dissemination, Prof. Dev., Peer-based intersession (online and face-to-face)

Target Audience: *Beg.*

**Location: ECC Room 4**

Valerie Kiel, MSc., ACT Peer Network

Chris McConnell, MSc., ACT Peer Network

Timothy Gordon, Contextual Psychology Institute, Canada

Christophe P. Cazauvieilh, Clinical Psychologist, Health Psychologist, Bordeaux, France

Although ACT has become widely recognized as an effective therapeutic model, it is often challenging for individual therapists to grow their ACT skills due to the lack of ACT-colleagues around them. This does not need to be. Peer-based learning can be a great way to hone your ACT skills and has many advantages: it's effective, flexible, and inexpensive.

Drawing from our experience of four years of facilitating peer-based online intersession ([www.actpeernetwork.com](http://www.actpeernetwork.com)) and inspired by the Portland Model - a peer-led ACT consultation group format -, this workshop is all about how you can create powerful learning spaces with your peers locally and around the globe.

During our workshop, we will create an experiential peer intersession learning environment. Breaking into groups of four, you and your group will be guided step by step through our peer-based intersession format. We will build a practice skills space where you can freely experiment and get genuine and encouraging feedback from your peers.

We will end our workshop by reflecting on our experiences and looking at the challenge of setting up your own peer intersession group (either online or face-to-face). Or maybe you just might meet that one person you feel that you can really connect with and learn from beyond this conference.

In other words, let's grow the grassroots to strengthen ACT locally and globally through peer-based intersession, vitalizing your evolution as an ACT therapist at the same time.

Educational Objectives:

1. Reflect (based on the workshop experience) on the benefits and challenges of peer intersession.
2. Discriminate and articulate when the peer intersession group behaviour is more, or less in line with the ACT-therapist's stance.

3. Use the exercises from the workshop as a basic learning format for setting up your own face-to-face or online peer-based intersession meetings.

**48. Selbst als Kontext erfahren:  
Techniken für wirkungsvollen  
Perspektivenwechsel**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Beh. med., psychological flexibility, therapeutic relationship

Target Audience: *Beg., Interm.*

**Location: ECC Room 5**

Thorsten Kienast, M.D., Private Professor and Researcher, Department of Psychiatry and Psychotherapy, Charité Campus Mitte, University Medicine Berlin

Maria Kensch, M.D., EOS Clinic for Psychotherapy, Alexianer Muenster GmbH

Ronald Burian, M.D., Department of Psychiatry, Evangelisches Krankenhaus „Königin Elisabeth Herzberge“, University-Affiliated Hospital of the Charite

Selbst als Kontext“ ist ein zentraler Prozess in der Arbeit mit ACT. Er erklärt sich aus folgenden Komponenten:

1. Selbst als Erzählung“ ist die Beschreibung, die eine Person von sich gibt, wenn sie auf die Frage „wer bist Du?“ antwortet. Diese Erzählung stiftet Identität reduziert aber psychische Flexibilität.
2. Selbst als Prozess“ führt die „Erzählung“ in das Hier und Jetzt fort. Ungünstige Bewertungen des Erlebten schränken Flexibilität ein.
3. Selbst als Kontext“ ist die mentale Position, von der ein distanzierter Blick auf die beiden oben genannten Prozesse und somit ein Perspektivenwechsel möglich wird. Neue Lösungswege werden sichtbar. Psychische Flexibilität wächst.

Educational Objectives:

1. Das Modell „Selbst als Kontext“ verstehen und in die konzeptuelle Arbeit der ACT einordnen können.
2. Das Modell „Selbst als Kontext“ Klienten vermitteln können.
3. Die Position des Beobachters mit Hilfe von erlebnisorientierten Übungen einnehmen können.

**49. Accelerating Performance in the  
Workplace... Including the Clinic!**

Workshop (10:30-12:00)

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

Categories: Organizational behavior management, Performance-enhancing interventions, Organizational Behavior Management

Target Audience: *Beg., Interm.*

**Location: Estrel Saal A**

Sonja Batten\*, Booz Allen Hamilton

D.J. Moran\*, Pickslyde Consulting

ACT helps clients seeking treatment in the clinic, and the approach can help therapists working in that clinic as well. ACTraining is the application of Acceptance and Commitment Therapy in the workplace, and this workshop will focus on applying the concepts of mindfulness, acceptance, and value-directed action toward accelerating performance on the job... including the clinic.

From reducing stress to enhancing leadership skills, research has shown ACT to be very powerful in promoting

performance, productivity and well-being in the workplace. This workshop will show participants how to tailor ACT strategies and techniques in order to serve a diverse range of workers in very different types of organizations and industries. It will also describe how improving psychological flexibility opens up new avenues for enhancing leadership skills, improving performance, increasing safety participation, and even refining the design of work. Participants will learn how to use ACT techniques to boost different types of leadership skills, from day-to-day performance management to those that are transformational in nature.

Very importantly, this workshop will also include helping ACT practitioners perform more effectively at their job, and will include a review of the Mindful Action Plan which can be used to improve job performance for mental health practitioners endeavoring to reduce suffering and improve quality of living for their clients.

**Educational Objectives:**

1. Review the literature of non-clinical applications of Acceptance and Commitment Training.
2. Discuss the definition of commitment.
3. Examine the application of acceptance, defusion, self-as-context, mindfulness, and values in the context of non-clinical applications.

**50. Advice on publishing in the Journal of Contextual Behavioral Science**

Panel (10:30-12:00)

Components: *Didactic presentation*

Categories: Theoretical and philosophical foundations, Theory & Philo., JCBS

Target Audience: *Interm.*

**Location: Estrel Saal C5**

Chair: Michael Twohig, Utah State University  
Joseph Ciarrochi, Australian Catholic University  
Akihiko Masuda, Georgia State University  
Emily Sandoz, UL Lafayette

In this panel discussion, the editor and a sample of associate editors of JCBS will present on the current state of the journal as well as were we see the journal going. We will discuss the types and topics of papers that JCBS is looking for as well as tips on how to write papers that are more likely to be published. Finally, there will be some discussion

on the future of the journal. A panel like this in MSP went really well and actually seemed to help attract good papers as well as seemed to orient the journal to be more successful. We feel this panel would help JCBS.

**Educational Objectives:**

1. Discern appropriate, publishable material for JCBS.
2. Understand that scholarly paper evaluation process.
3. Gleen the future of JCBS and psychological research trends.

**51. ACT, Willingness and the Ethics of Informed Consent**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., ethics

Target Audience: *Beg., Interm.*

**Location: Estrel Saal C6**

Rich Niolon, Ph.D., The Chicago School of Professional Psychology

Sandra Georgescu\*, Psy.D., The Chicago School of Professional Psychology

Acceptance and Commitment Therapy (ACT) is a unique evidence-based therapy that combines acceptance and mindfulness strategies with behavior change in order to increase psychological flexibility and valued living. Given the experiential nature of ACT, repeated inquiry into clients' willingness to engage throughout treatment reflects the heart of informed consent, respect for autonomy and self-determination. This workshop will include an overview of informed consent from an ethics perspective; will identify context dependent clinician requirements that, when embedded throughout the ACT therapeutic relationship serves to create an empowering environment for those we serve. Didactic and role-plays will help participant solidify some of the acquired knowledge.

**Educational Objectives:**

1. Explain the ethical basis of informed consent within the ACT therapeutic relationship.
2. Identify information required to give informed consent.
3. Describe culturally relevant ways to provide informed consent information.

**52. A Systematic RFT Analysis of Typical Defusion Exercises in ACT**

Symposium (10:30-12:00)

Components: *Original data*

Categories: Clinical Interventions and Interests, RFT, Defusion, Relational Frame Theory, Acceptance and Commitment Therapy, Experimental tasks

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Chair: Carmen Luciano, Universidad de Almería  
Discussant: Niklas Törneke, Private practice

Defusion exercises are a very important part of Acceptance and Commitment Therapy (ACT).

During the last few years, some studies have investigated the types of relational frames involved in typical defusion exercises (Luciano et al., 2011; Foody et al., 2013). The current symposium presents cutting-edge research that advances over previous studies by testing the effect of different relational components of defusion exercises. The first paper compares the effect of a control condition and two defusion protocols in dealing with cognitive tasks. Similarly, the second paper compares the differential effect of the two defusion protocols in tolerance tasks. Lastly, the third paper presents a further dismantling of the relational processes involved in defusion exercises and compared them in a single-case experimental design. Overall, the results of these studies are of great relevance to improve the defusion exercises typically used in ACT.

- **Analysis of the Relational Frames Involved in Defusion Exercises and their Role on the Performance on Experimental Tasks**  
 Juan C. López, Universidad de Almería  
 Carmen Luciano, Universidad de Almería
- **The Differential Effect of Defusion Exercises Based on Deictic and Hierarchical Framing on Tolerance Experimental Tasks**  
 Bárbara Gil-Luciano, Universidad de Almería  
 Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz  
 Sonsoles Valdivia-Salas, Universidad de Zaragoza  
 Juan C. Suárez-Falcón, Universidad Nacional de Educación a Distancia
- **Dismantling Relational Processes Involved in Defusion Exercises**  
 Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz  
 Carmen Luciano, Universidad de Almería  
 Juan C. Suárez-Falcón, Universidad Nacional de Educación a Distancia  
 Diana Riaño-Hernández, Fundación Universitaria Konrad Lorenz  
 Bárbara Gil-Luciano, Universidad de Almería

**Educational Objectives:**

1. Assess the relevance of having an RFT account of typical defusion exercises used in ACT.
2. Describe the critical relational frames involved in defusion exercises.
3. Compare the differential efficacy of defusion protocols including all critical relational processes versus reduced versions of them.

**53. Acceptance and Values-Based Approaches for Youth and Young Adults**

Symposium (10:30-12:00)

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, acceptance and commitment therapy; web interventions; university students, nursing student, wellbeing, stress, depression, you

*Target Audience: Beg., Interm.*

**Location: Estrel Saal C8**

Chair: Tobias Lungren, Ph.D., Licensed psychologist, psychotherapist, Department of Psychology, University of Stockholm, Sweden

Discussant: Päivi Lappalainen, University of Jyväskylä, Finland

Early detection and access to evidence based interventions at young age may prevent development of psychological problems. In this symposium we will discuss about ACT-based interventions and assessment methods targeting youth and young adults. We will present follow-up results and participant experiences from two ACT-based randomized controlled studies delivered in Finland and Sweden in a university setting. In addition, we will present data from a study examining the psychometric properties of the Avoidance and Fusion Questionnaire (AFQ-Y) on inpatient youth compared to a same age control in a school setting. Thus, based on the data demonstrated in three papers we will present examples for both assessment and intervention tools for youth and young adults.

- **Internet-based guided self-help ACT intervention for Enhancing the Psychological Well-Being of University Students: Results from a 1-year Follow-up Assessment**  
 Panajiota Räsänen, Department of Psychology, University of Jyväskylä, Finland  
 Päivi Lappalainen, Department of Psychology, University of Jyväskylä, Finland  
 Raimo Lappalainen, Department of Psychology, University of Jyväskylä, Finland
- **A Randomized Controlled Pilot Trial of Acceptance and Commitment Training (ACT) for Preventing Stress-Related ill Health Among Future Nurses – Results from One and Two Years Post-Intervention**  
 Elin Frögéli, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden  
 Petter Gustavsson, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden
- **Psychological Inflexibility in Adolescence: Evaluation of the Avoidance and Fusion Questionnaire for Youth**  
 Fredrik Livheim, Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden

**Educational Objectives:**

1. Describe and discuss how to promote wellbeing and alleviate psychological problems in young adults and other populations through ACT web-based interventions.
2. Explain the long-term effects of an ACT group intervention targeting stress-related ill health among nursing students.
3. Describe and discuss the concept of experiential avoidance.

**54. Global Mental Health and ACBS**

Panel (10:30-12:00)

Components: *Conceptual analysis*

Categories: Prevention and Community-Based Interventions, Superv., Train. & Dissem., Global Mental Health

*Target Audience: Beg., Interm., Adv.*

**Location: Paris**

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

# FRIDAY

Vikram Patel, FMedSci, London School of Hygiene and Tropical Medicine  
Ross White, Ph.D., University of Glasgow  
Anthony Biglan, Ph.D., Oregon Research Institute  
Hannah Bockarie, Commit and Act Center  
Louise Hayes, Ph.D., Orygen, The National Centre of Excellence in Youth Mental Health

Global mental health initiatives seek to improve mental health and equity of mental health services for people worldwide. How best to improve outcomes and increase access globally given economic, cultural, and health infrastructure factors remains a critical question. Contextual behavioral science

provides a set of processes for generating, evaluating, and disseminating interventions that may be useful across cultures and economic strata. As clinicians and researchers seek to develop, disseminate, and implement effective treatments in global context these processes may be particularly useful. In this panel we will discuss perspectives and strategies for developing and evaluating interventions as well as discuss programs currently underway. Audience members will learn ways to promote positive change in their own areas, as well as how to be part of the global application of contextual behavioral science principles.

#### Educational Objectives:

1. Describe factors related to global dissemination of evidence-based treatments.
2. Discuss CBS mechanisms that may be useful in global dissemination of evidence-based treatments.
3. Describe current CBS efforts to enhance global mental health.

### 55. "Experiential ACT Primer – Learning Therapeutic Skills in Polish: Basics and Beyond"

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Performance-enhancing interventions, Superv., Train. & Dissem., Experiential Core ACT processes

*Target Audience: Beg., Interm., Adv.*

#### **Location: Strassburg**

Lidia Budziszewska, University of Almería & Sinews MTI Multilingual Therapy Institute  
Stanislaw Malicki\*, Akershus University Hospital, Psychiatric Division, Norway

Are you just a beginner who thinks learning ACT is difficult? Do you feel like you already know all the basics but aren't sure how to use them?

What you might need is your own experiential practice of core ACT processes, such as creative hopelessness, values or defusion.

This workshop aims to enhance deeper, experiential understanding and application of ACT basics.

Through demonstration, role play and experiential exercises the participants will practice the use of basic elements of an ACT intervention in work with clients. Under guidance and supervision of two experienced ACT trainers, the participants will be given an opportunity to improve therapeutic skills and enhance own psychological flexibility in the clinical context.

This experiential ACT workshop will be conducted **in Polish.**

#### Educational Objectives:

1. Practice core ACT processes and therapeutic strategies in short interventions.
2. Apply ACT in work with Polish-speaking clients.
3. Improve own efficiency in ACT during clinical sessions.

### 56. The Power of Love: Using FAP's Model of Social Connection to Address Global Concerns

Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Superv., Train. & Dissem., Theory & Philo., FAP, social connection, racism.

*Target Audience: Beg., Interm., Adv.*

#### **Location: Room 30241**

Chair: Robert J. Kohlenberg, Ph.D., University of Washington

Discussant: Michel A. Reyes Ortega, Contextual Science and Therapy Institute (Mexico City), National Institute of Psychiatry Ramón de la Fuente

Social connection has been shown to be a strong predictor of our physical and mental health, surpassing the predictive force of major public health concerns such as cigarette smoking, obesity or hypertension. Functional Analytic Psychotherapy's (FAP) model of Awareness, Courage, and Love (ACL) attempts to integrate existing research with established behavioral principles to offer interventions focused on improving social connection. In this symposium, we will propose a behavior analytic conceptualization of the model. Additionally, we will apply the ACL model to describe functional processes underlying social functioning of people with visible chronic conditions. Lastly, we will present research that uses the ACL model to address racism and social connection in a non-clinical population.

#### • A Behavior Analytic Conceptualization of Awareness, Courage, and Love as Functional Response Classes

Adam M. Kuczynski, B.S., University of Washington  
Rodrigo N. Xavier, M. A., University of São Paulo  
Alessandra Villas-Boas, M.A.

Sonia Meyer, Ph.D.

Chad Wetterneck, Ph.D.

Gareth Holman, Ph.D., Private Practice

Robert J. Kohlenberg, Ph.D., University of Washington

Mavis Tsai, Ph.D., Glenn Callaghan, Ph.D., Jonathan W. Kanter, Ph.D.,

#### • Using Awareness, Courage, and Love to Improve Social Functioning: A Theoretical Model to

**Improve the Lives of Those with Visible Chronic Conditions**

- Joanna E. Dudek, M.A., University of Social Sciences and Humanities
- Jonathan W. Kanter, Ph.D., University of Washington
- Mavis Tsai, Ph.D., University of Washington
- Adam M. Kuczynski, B.S., University of Washington
- Pawel Ostaszewski, Ph.D., University of Social Sciences and Humanities
- Robert J. Kohlenberg, Ph.D., University of Washington
- Mavis Tsai, Ph.D., University of Washington
- Glenn Callaghan, Ph.D.
- Jonathan W. Kanter, Ph.D., University of Washington

- **Practical Applications of Awareness, Courage, and Love: Solving Contemporary Issues through Social Connection**

- Michael Thurston-Rattue, B.A, University of Washington
- Mavis Tsai Ph.D., University of Washington
- Jonathan W. Kanter, Ph. D., University of Washington
- Robert J. Kohlenberg, Ph.D., University of Washington
- Adam M. Kuczynski, B.S., University of Washington

**Educational Objectives:**

1. Describe the FAP's model of social connection.
2. Define awareness, courage and love using behavioral terms.
3. Describe various applications of the ACL model and will be able to create intervention based on that model.

**57. ACT at Work: The impact of PF on mental health and organizational factors**

Symposium (10:30-12:00)

Components: *Literature review, Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Org. Beh. Management, Prof. Dev., Sickness absence, special education students, minority groups

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Patrizia Hofer, Ph.D. Candidate, University of Basel, Clinical Psychology and Epidemiology  
 Discussant: Frank Bond, Goldsmiths, University of London

Psychological Flexibility has been associated with mental health and behavioral effectiveness in the workplace. This symposium will describe the effect of Acceptance and Commitment Training on stress, work absenteeism, mental health and well-being across different occupational categories. The three studies presented in this symposium explore the efficacy of ACT alone and in combination with a workplace intervention, psychological flexibility in regard to work, acceptability and influence on organizational factors including goal setting, quality management, leadership procedures and HR policy.

- ACT and sickness absence – preliminary results from a randomized controlled trial  
 Anna Finnes, Karolinska Institutet, Stockholm  
 Joanne Dahl, Ph.D., University of Uppsala
- Preparation for teacher collaboration in inclusive classrooms: stress reduction for special education students via Acceptance and Commitment Training

Simone Gebhard, Institute of Special Education, Department of Special Educational Psychology, Europa-Universität Flensburg

Dietrich Pülschen, Ph.D., Department of Psychiatry, University of Rostock

- **Acceptance and Commitment Therapy with deaf clients: Staff training and organizational intervention**  
 Leena Hassinen, MEd, Psychotherapist, Private Practice  
 Jouni Riihimäki, Service Director, Student of Economic Sciences, The Service Foundation for the Deaf

**Educational Objectives:**

1. Compare and contrast the ACT model to dominant approaches in mental health care and the process of Return To Work after sickness absence.
2. Describe an appropriate measurement instrument for collaboration between teachers.
3. Discuss how ACT methods and principles can be applied in sign language.

**58. Clinical Applications of RFT: Assessment and Formulation using Deictic Frames: A Case Series Analysis**

Symposium (10:30-12:00)

Components: *Conceptual analysis, Case presentation*

Categories: Relational Frame Theory, Clin. Interven. & Interests, Theory & Philo., Relational Frame Theory - Clinical Applications

Target Audience: *Beg., Interm.*

**Location: Nizza**

Chair: Yvonne Barnes-Holmes, Ph.D., National University of Ireland, Maynooth

Discussant: Miles Thompson, Goldsmiths, University of London; University of the West of England (UWE)

Conceptual developments in Relational Frame Theory (RFT) are increasingly offering new insights into how the theory can be applied in clinical contexts. In line with these developments, this symposium presents three papers that summarize and analyze several case studies that highlight the integration of functional analysis and derived relational responding. The first paper, presented by Dr John Boorman, draws upon a complex looked after (LAC) adolescent case with significant relationship difficulties, to highlight how the relations among significant others can be conceptualized as relational networks. The second paper, presented by Dr Joe Oliver, focuses on an adult with long-standing difficulties with psychosis, to illustrate how RFT can be utilized to inform work with complex paranoia and low self trust. Both papers highlight the formulation of key functional analytic questions as an essential step toward the development of effective treatment strategies. The third paper, presented by Drs Yvonne Barnes-Holmes and Miles Thompson draws functional parallels across the two papers and highlights how RFT provides both the precision and complexity needed to understand and treat divergent and complex clinical cases.

# FRIDAY

- Bridging the Clinical Gap between ACT & RFT with Young People  
John Boorman, Ph.D., National Implementation Service, South London and Maudsley NHS Foundation Trust, Michael Rutter Centre, London, UK
- Unlocking the Deictic: Using Verbal Functional Analysis in Working with Paranoia – A Case Study  
Joseph Oliver, Ph.D., Camden & Islington NHS Trust, London, UK
- The Functional Overlap: Therapeutic Work Built on Deictic Foundations  
Yvonne Barnes-Holmes, Ph.D., National University of Ireland, Maynooth  
Miles Thompson, Ph.D., Goldsmiths, University of London; University of the West of England (UWE)

## Educational Objectives:

1. Develop the ability to help clients work with strong and powerful emotions
2. Utilize the full power of relational perspective-taking and its implications for the self.
3. Demonstrate in a user friendly and clinically accessible way to enable clinicians to develop compassion and empathy.

## 59. Shame, ACT Processes and their relation to Eating Disorders and Sexual Orientation

Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data*  
Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, Evo., Binge Eating Disorder, eating disorders, shame, sexual orientation, body image flexibility

Target Audience: *Beg., Interm., Adv.*

### Location: Cannes

Chair: Orestis Kassinosopoulos, MSc., University of Cyprus  
Discussant: Grant Dewar, University of Adelaide

Shame has been suggested to play a central role in developing and maintaining psychopathology. Growing evidence has emerged supporting the use of Acceptance and Commitment Therapy to target shame. This symposium aims to investigate the association between shame, cognitive fusion and symptomatology and severity in eating difficulties and gay men. The effect of psychological flexibility on these relationships will be discussed.

- The role of shame and the entanglement with body image and eating in Binge Eating Disorder  
Cristiana Duarte, Cognitive and Behavioural Centre for Research and Intervention (CINEICC)  
José Pinto-Gouveia, Cognitive and Behavioural Centre for Research and Intervention (CINEICC)  
Cláudia Ferreira, Cognitive and Behavioural Centre for Research and Intervention (CINEICC)
- The impact of traumatic features of shame memories and body image flexibility on eating psychopathology  
Marcela Matos, Ph.D., CINEICC, University of Coimbra  
Cristiana Duarte, Ph.D. Student, CINEICC, University of Coimbra  
Cláudia Ferreira, Ph.D., CINEICC, University of Coimbra  
José Pinto-Gouveia, Ph.D., CINEICC, University of Coimbra

- Psychological flexibility and self-compassion: An antidote against shame in homosexual men  
Marcela Matos, Ph.D., CINEICC, University of Coimbra  
Sérgio Carvalho, MSc., CINEICC, University of Coimbra  
Marina Cunha, Ph.D., Instituto Superior Miguel Torga and CINEICC, University of Coimbra  
Ana Galhardo, Ph.D., Instituto Superior Miguel Torga and CINEICC, University of Coimbra  
Carlos Sepodes, Instituto Superior Miguel Torga

## Educational Objectives:

1. Demonstrate the role and significance of shame on cognitive fusion, an important change process in the treatment of eating disorders.
2. Discuss the impact of early experiences of shame and affiliation on internalized shame and depressive symptoms among gay men and recognize the need for continuing social change and of developing a more accepting stance towards gay men in the global community.
3. Describe the role and significance of shame memories and body image inflexibility in eating psychopathology.

Friday Lunch 12:00-13:15

Friday Lunch Events 12:30

## M. ACBS Junior Investigator Poster Award Recipients - Oral Presentations

Symposium (12:00-13:15)

### Location: Estrel Saal A

Chair: Rikard Wicksell, Behavior Medicine Pain Treatment Service, Pain Center, Karolinska Univ Hosp; Dep of Clinical Neuroscience, Karolinska Institutet

The purpose of this award is to recognize and help develop junior investigators conducting research in contextual behavioral science and who are presenting the results of this research at the Association's annual meeting.

The Poster Award winners receive a certificate in recognition of the accomplishment and will provide a brief (i.e., 10 minute) presentation of his or her research. This year's winners are listed in the addendum.

## N. Chapter Meeting ACBS BeNe

Chapter/SIG Meeting (12:30-13:15)

### Location: Estrel Saal C6

Jacqueline A-Tjak, PsyQ en A-Tjak Cursussen  
Tim Batink, U-Center

This meeting is for everyone who is a member of ACBS BeNe, or just interested in ACT and speaking Dutch (Flamish).

## O. Applying ACT to Addictions - SIG: Organizational Meeting and Discussion

Chapter/SIG Meeting (12:30-13:15)

### Location: Estrel Saal C7

Henry Steinberger, Ph.D., Private Practice - Madison WI

All are welcome, members are particularly encouraged to attend and share their thoughts.

Other interested parties are also welcome and invited to join our SIG. We will do some organizational discussion regarding our SIG and if time permits we will select some projects to work on and solicit volunteers to head up these projects.

**P. Gender Diversity & Equality: ACBS special interest meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C8**

Laura Silberstein, Psy.D., The Center for Mindfulness & Compassion Focused Therapy

All are welcome to this initial interest meeting for CBS focused gender related theory and research. The main focus of this meeting is to establish connections among individuals with gender based clinical, empirical and pro-social aims and interests. The account of perspective taking, empathy and compassion that continues to evolve within the CBS community can allow us to understand the dimensional processes of gender with increasing precision. The focus of this meeting is on how Contextual Behavioral Science and its various applications can advance and refine our understanding of the functional dimensions of gender at the levels of groups, individuals and communities. In addition, our meeting will focus on how to best advance these interests within the larger ACBS community and in cooperation with existing similar and overlapping ACBS interest groups.

**Q. ACBS Denmark chapter meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Paris**

Rikke Kjelgaard, M.Sc., ACT Danmark

ACBS Denmark invites all Danish ACBS members to join the ACBS Denmark chapter meeting for networking and collaboration around ACBS related activities in Denmark.

**R. Conference Strategy Committee**

Chapter/SIG Meeting (12:30-13:15)

**Location: Strassburg**

Robyn D. Walsler, Ph.D., University of California, Berkeley  
Emily Rodrigues, M.A., CAE, ACBS

Committee members will continue planning ACBS Seattle, 2016 and ACBS, Venue TBA, 2017. Committee will also discuss other agenda items.

**S. ANZACBS Chapter Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Nizza**

Darin cantuns, Private Practice

All are welcome to the Australia and New Zealand Chapter of ACBS gathering.

**T. CBS dissemination in Developing Nations SIG**

Chapter/SIG Meeting (12:30-13:15)

**Location: Cannes**

Ross White, University of Glasgow  
Beate Ebert, Commit and ACT

Approximately 80% of the global population live in low and middle-income countries (LMIC). There is a growing interest amongst people living in LMIC about the application of contextual behavioural science (CBS) approaches (including ACT, PROSOCIAL approaches and RFT) for supporting the needs of populations living in those countries. The 'CBS dissemination in Developing Nations Special Interest Group' was established to facilitate communication and collaboration between various stakeholders interested in bringing CBS approaches to diverse populations living in LMIC across the globe. The group provides opportunities for reflecting on adaptations that can be made to CBS approaches to increase the cultural sensitivity of the work, and to ensure that initiatives reflect local beliefs and practices. The 'CBS dissemination in Developing Nations Special Interest Group' also facilitates opportunities to exchange ideas about creating and maintaining sustainable infrastructure for supporting the delivery of CBS approaches in resource-limited settings.

**Friday Afternoon Plenary 13:15**

**60. Designing psychological treatments for scalability: lessons from global mental health**

Invited (13:15-14:30)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., global health

*Target Audience: Interm.*

**Location: ECC A**

Vikram Patel, London School of Hygiene & Tropical Medicine

Introduction by Louise Hayes, Ph.D., Orygen, The National Centre of Excellence in Youth Mental Health



Empirically-supported psychological treatments (EPT) are amongst the most effective of mental healthcare interventions but are not accessible in most countries and populations, especially to low income populations and in low-and middle income countries. This is, in part, due to the very nature of the process of development of

EPT which typically begins in highly specialized academic centres, are trialled on patients who are attending mental health clinics (and thus already have a 'psychological' explanatory model) mostly drawn from a narrow socio-cultural group, and relies on specialized, but scarce and expensive, mental health professionals for delivery. Not surprisingly, disseminating these treatments in the 'real-world' of communities and non-specialized healthcare settings, with their diverse populations, many of whom use explanatory models distinct from those of mental health practitioners, and

relying on non-specialist health workers for delivery, poses formidable challenges. This presentation will draw on the experiences of studies carried out by innovators in low resource settings in developing countries, including PREMIUM, a 'Program for Effective Mental Health Interventions in Under-resourced Health Systems' led by the author in India. The goal of these innovators is to design a methodology for the development of PTs which are defined by their property of scalability, viz., that they are sensitive to the context of the population in which the PT will be used, and are feasible for

delivery by non-specialist health workers, i.e. health workers who do not have any prior training in mental health. Based on these experiences, this presentation will seek to address the following key themes: the barriers to dissemination of EPT; how these barriers have been addressed by global mental health practitioners; the methodology the PREMIUM program which has led to the design of new treatments for severe depression and harmful drinking; and the lessons which inform the key conceptual and methodological principles to engineer psychological treatments for scaling up.

Educational Objectives:

1. Describe the key barriers to improving access to psychological treatments in the global context.
2. Describe the key innovations which have been used to address these barriers.
3. Apply these innovations to the design of psychological treatments with the explicit goal of scalability.

Friday Afternoon 14:45

**61. Inside this moment: Using Present Moment Awareness Interventions to Promote Radical Change (Part 2)**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests,

Functional contextual neuroscience and pharmacology, Mindfulness

Target Audience: *Interm.*

**Location: ECC A**

Kirk Strosahl\*, Ph.D., Central Washington Family Medicine

Patricia Robinson\*, Ph.D., Mountainview Consulting Group

To get the most out of this workshop, participants are strongly encouraged to attend Part 1 of this series. The goal of this workshop is to demonstrate the five-phase model of present moment awareness intervention. Thus, present moment processing includes first noticing what has shown up in awareness, supplying verbal labels to various aspects of private experience, letting go of attachment to the literal meaning of experience, practicing self-compassion and converting the meaning of the experience from a life suppressing

one to a life affirming one. Each phase is supported both by contemporary research into the defining features of mindfulness as well as by recent neuroscience investigations. The five phases will each be described in detail followed by a brief role play showing how the therapist can facilitate psychological movement both within a phase and then between phases.

Educational Objectives:

1. Describe the clinical signs and associated strategies needed to help the client let go of attachment to the literal meaning of a present moment experience.
2. Discuss the clinical signs and associated strategies needed to help the client soften in the face of self-critical personal narratives triggered within a present moment awareness experience.
3. Demonstrate the clinical signs and associated strategies needed to help the client reframe the personal meaning of a painful, avoided present moment experience.

**62. Delivering ACT in Group Format: Learn how to promote mental health, resilience, and productivity using Acceptance and Commitment Therapy**

Workshop (14:45-17:45)

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

Categories: Prevention and Community-Based Interventions, Clin. Interven. & Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Edu. settings, Org. Beh. Management, Superv., Train. & Dissem., Prof. Dev., ACT in groups for mental health

Target Audience: *Beg., Interm., Adv.*

**Location: ECC Room 1**

Fredrik Livheim\*, Karolinska Institutet, Stockholm Medical University, Sweden

This workshop is unique in that the focus is on training people to use an evidence-based protocol for helping others. The protocol, ACT - Stress Management Training (SMT), has been evaluated in five peer-reviewed publications, and is the subject of several on-going research initiatives.

This ACT-SMT is a group intervention for adults and adolescents (15 years and up). Large parts of the protocol can also be used when working with individuals.

The participants will be guided through handpicked exercises that are part of the course "ACT- to promote mental health, resilience, and productivity" as if they themselves were taking part in the full course.

You need have no prior background in ACT or psychotherapy!

If you are a human service providers, train leaders in organizations, or employees, and are interested in using the psychological flexibility model that informs ACT practices in your work, you will find plenty of interest here.

The ACT training strategies and trainer skills are similar to those described in the book "The Mindful

and Effective Employee" by Paul Flaxman, Frank Bond, Fredrik Livheim.

For more information on the research we have done on this group intervention, please see here: <http://actorganisation.com/research/>

Educational Objectives:

1. Apply an ACT-consistent group approach to mental health problems and stress.
2. Understand how to use the "life-compass" as a tool for values clarification.
3. CreateLearn exercises and metaphors that are easy for the clients to use in their own clinical work, either individually or in group settings.

### **63. There's No One Right Answer: Using the Matrix to Support Gender Diverse Clients in Counseling**

Workshop (14:45-16:30)

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

Categories: Clinical Interventions and Interests, Performance-enhancing interventions, Gender Identity, Transgender, LGBTQIA

Target Audience: *Interm.*

Location: **ECC Room 4**

Lauren Grousd, M.A., LCPC, Private practice

This experiential workshop will explore the use of the ACT matrix and related exercises to support gender diverse clients. Regardless of how/whether their presenting concerns involve gender issues, this client population is often confronted with decisions about coming out; physiological transitions; legal documentation; gender expression; identity; dating/relationships/sex; personal safety; activism; and negotiating social interactions with cisgender and other transgender/genderqueer family, friends, coworkers, and acquaintances. The matrix offers a useful framework for gender diverse clients to examine how to manage these experiences and concerns based on their individual values, identities, and socio-cultural contexts. Participants will utilize case studies as well as their own clinical and/or personal experience to identify how the 6 ACT processes relate to the above issues, how to provide transgender/genderqueer affirming counseling, and how to use the matrix to support gender diverse clients in finding values-congruent ways of navigating through their lives. Some familiarity with the matrix and/or gender issues is preferred, but not absolutely necessary.

Educational Objectives:

1. Identify common experiences and dilemmas that gender diverse clients bring into counseling.
2. Describe how the 6 core ACT processes can manifest in work with gender diverse clients.
3. Utilize the ACT matrix and related ACT exercises to support gender diverse clients in clinical practice.

### **64. Acceptance and Commitment Therapy for Health Coaching: A Practical Workshop**

Workshop (14:45-16:30)

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

Categories: Behavioral medicine, Clin.

Interven. & Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Beh. med., Health

Target Audience: *Beg., Interm., Adv.*

Location: **ECC Room 5**

Joseph Ciarrochi\*, Institute of Positive Psychology and Education, Australian Catholic University

Ann Bailey, Illawara area health service

Russ Harris\*, ACT Mindfully

Are you a dietician, psychologist, nutritionist, doctor, or other health professionals? Are you interested in learning how to apply Acceptance and Commitment Therapy (ACT) to promoting healthy behavior? Have you noticed how hard it is to motivate yourself or others to engage in healthy behavior, even when their life is at stake? There is a gap between what people know they "should" do and what they actually do. This workshop will help you bridge that psychological gap.

Based on our book "The Weight Escape", this workshop will teach you how to use the Choice Point worksheet to help clients: Develop self-compassion in response to setbacks; handle urges, cravings, and difficult thoughts and feelings; identify and set values-based goals; maintain motivation in the face of ongoing challenges; eat mindfully and intuitively; and overcome common psychological barriers to exercise and healthy eating.

Educational Objectives:

1. Promote self-compassion in the face of setbacks.
2. Overcome common psychological barriers to exercise and healthy eating.
3. Utilize mindfulness to increase values-based choices, eat intuitively, and get more satisfaction from food.

### **65. Creating a Context to Provide ACT-Based Contextual Behavioral Supervision: Fundamentals and Practice**

Workshop (14:45-17:45)

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

Categories: Supervision, Training and

Dissemination, Clin. Interven. & Interests,

Edu. settings, Prof. Dev., Clinical supervision

Target Audience: *Beg., Interm., Adv.*

Location: **Estrel Saal A**

Sonja V. Batten\*, Ph.D., Booz Allen Hamilton

Robyn D. Walsler\*, Ph.D., VA National Center for PTSD

Supervision of trainees in Acceptance and Commitment Therapy is vital to learning to competently use this treatment model. In order to be an effective supervisor in this model, a context for establishing willingness to experience is fundamental. The supervisor needs to both model willingness and promote such behavior in

supervisees in a way that is tangible and transferable to therapy sessions. Thus, working with the supervisee on personal acceptance and commitment, while also pointing to the parallel processes for the client, can be a powerful training tool. Strategies for providing quality supervision that are ACT-consistent and compassionate will be presented. This workshop will begin with a discussion of an overall supervision approach, expression of emotion in ACT-based supervision and a few do's and don'ts. Suggestions will be made for shaping the ability of therapists in training to willingly experience and express emotion in the

service of being able to work more effectively with clients' emotions, with clarification of appropriate supervisory boundaries. This didactic discussion will be followed by supervision role play and experiential exercises in which attendees will practice different ways of responding to challenging content in a supervisory setting.

**Educational Objectives:**

1. Discuss the theoretical basis for including emotions in the psychotherapy supervision process.
2. Describe how to focus on acceptance of emotion and thoughts, both within the supervisee's experience and the client's experience.
3. Describe how personal reactions to supervisees impact the supervision process.

**66. Experiences and reflections of ACT in Different Psychiatric Settings: Contextual Medicine SIG Sponsored**

Panel (14:45-16:15)

Components: *Conceptual analysis, Original data, Case presentation*

Categories: Clinical Interventions and Interests, Beh. med., Superv., Train. & Dissem., Functional contextual neuroscience and pharmacology, Related FC approaches, Contextual medicine, mood disorders, psychotic disorders, self experience

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C5**

- Chair: Direnc Sakarya, Uppsala University Hospital, Department of Psychiatry, Affective Disorders Unit, Uppsala, Sweden
- Ronald Burian, Evangelisches Krankenhaus „Königin Elisabeth Herzberge“ University-affiliated hospital of the Charite (KEH), Berlin, Germany
- Joséphine Loftus, Centre Hospitalier Princesse Grace, Service de Psychiatrie, Monaco
- Megan Oser, Department of Psychiatry Brigham and Women's Hospital, Harvard Medical School, Boston, USA
- Direnc Sakarya, Uppsala University Hospital, Department of Psychiatry, Affective Disorders Unit, Uppsala, Sweden

Psychiatry as a medical discipline has a traditional tendency to prioritise symptom reduction in order to alleviate individual suffering. It can therefore be difficult for ACT to find its place in psychiatric settings. On the other hand ACT offers new and practical ways of addressing personal difficulties

along with a solid scientific background and an alternative evidence and principle-based model.

Along with discussing these points and our range of experience embedding ACT in psychiatric settings and models, we will provide examples of ACT practices in different psychiatric settings such as attaching more flexibly to the theoretical constructs and changing the focus of treatment with the help of values. We will also talk about challenges we experienced and try to discuss the topic based on both research data and within a personal perspective.

**Educational Objectives:**

1. Describe concrete examples of ACT practices in different psychiatric settings such as attaching more flexibly to the theoretical constructs and changing the focus of treatment with the help of values.
2. Describe how ACT can be integrated into multidisciplinary approaches in various psychiatric settings and possible challenges in this.
3. Discuss original data of multi-professionally applied ACT vs. CBT and phenomenology of self disorders in schizophrenia.

**67. Fatigue Buster Workshop Immunising yourself to prevent potential Burn Out: Become a Self-Compassionate ACT Therapist**

Workshop (14:45-16:15)

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

Categories: Clinical Interventions and Interests, RFT, Mindfulness and self-compassion

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C6**

Mary Sawyer\*, M.A., Private practice Sydney Australia  
Martin Brock\*, University of Derby, UK

This workshop is for you, the mental health care practitioner, whatever your clinical or academic background. The workshop will focus on meaning and well-being for you personally and professionally. It will introduce experiential exercises in order for you to practice weakening fusion with self-criticism and self-conceptualisations and cultivate self-perspective taking.

Shaping yourself how you wish to be in session and often in your personal life can be a struggle. Compassion and connection with your clients develops with clinical experience, for some with ease, for others, with struggles. Applying the same principles of care and compassion to yourself can be more challenging.

The healing properties of compassion have been written about for centuries, including the Dali Lama who connects compassion with happiness. Paul Gilbert's Compassion Focused Therapy (CFT) draws from evolutionary, social, developmental and Buddhist psychology, and neuroscience (Gilbert 2009). CFT recommends replacing self-criticism with self-kindness. The relevance of self-compassion has been supported in other recent research. Neff and others found that self-

compassion correlated negatively with depression, anxiety, worry, rumination, and PTSD avoidance symptoms (Yadavaia et al 2014). ACT and Neff's conceptualization of self-compassion share a number of conceptual commonalities such as defusion, strengthening deictic framing repertoires involved in self-perspective taking and self-as-context, and enacting a value of self-kindness through acceptance and self-acceptance.

The aim of the workshop is firstly to assist you to develop an internal compassionate relationship with yourself to replace the blaming, condemning and self-critical one and be able to explore this further with your clients. And secondly, it will assist you to move toward raising awareness of your own and your client's reactions to shame and self-criticism in a safe supportive environment.

Educational Objectives:

1. Practice the art self-compassion as a buffer to the psychological impact of negative events.
2. Utilize experiential exercises to cultivate the compassionate self to assist in softening the critical self.
3. Expand your repertoire of perspective taking frames (deictic relations) and move away from attachment to self as content toward self-compassion and psychological flexibility.

**68. The Flexible and Compassionate Therapist. How to use Safeness, Compassionate Love and the Sense of Purpose in Clinical Work – an Integrative Approach**

Workshop (14:45-16:30)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., Compassion, Training, Burnout

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Stanislaw Malicki\*, MSc., Akershus University Hospital, Norway

The workshop addresses the topic of compassion and self-compassion in the context of both therapeutic efficiency and professional burnout.

The role of (self)compassion in therapy is viewed in a threefold way, as: (1) creating a context of external safeness for the clients through a deep and caring therapeutic relationship, (2) enhancing internal safeness of both the client and the therapist through minimizing the impact of self-criticism, (3) a valued action bringing the sense of purpose for both the therapist and the client.

Although the workshop touches upon a number of theoretical issues, the didactics is well balanced with experiential exercises. Participants are invited to take a journey through different aspects of their clinical work, approaching these with openness, kindness and self-compassion. The issues of burnout and compassion fatigue lie on the route of this journey.

The novelty of the theoretical model consists in the integration of traditional cognitive-behavioral approach to compassion with CFT and ACT, within the CBS theoretical framework.

Educational Objectives:

1. Identify and utilize different functions of compassion within the therapeutic process.
2. Utilize ACT process of change as a way of increasing both own and clients' ability for compassion during the session.
3. Apply self-compassion as a therapeutic skill for enhancing own efficiency and reducing professional burnout.

**69. Mindfulness-Based Compassionate Living: A new training programme to deepen mindfulness with heartfulness**

Workshop (14:45-16:15)

Components: *Experiential exercises, Didactic presentation*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Beh. med., Edu. settings, Evo., Prof. Dev., mindfulness-based and (self-)compassion focused training programme, highly suitable for trans-diagnostic application

Target Audience: *Beg., Interm.*

**Location: Estrel Saal C8**

Erik van den Brink, M.D., Centre for Integrative Psychiatry, Lentis, Groningen, Netherlands

MBCL is a training programme for those who already acquired basic mindfulness skills, preferably through MBSR or MBCT. This eight-session course deepens the practice of (self-)compassion, which is increasingly recognised as key to personal and interpersonal well-being. In this workshop participants will be offered a concise overview and an experience of important themes and exercises of the MBCL curriculum.

Themes that support the deepening of self-inquiry, include: the evolutionary perspective and multi-layered brain; the three basic emotion regulation systems and the value of training our soothing system; expanding the stress theory with the psychological equivalents of fight, flight, freeze and their antidotes selfkindness, common humanity and mindfulness of suffering; how to cultivate a compassionate mind and feed an inner helper rather than an inner bully.

Exercises, of which some will be practised during the workshop, include: soothing breathing rhythm, working mindfully with compassionate imagery; compassionate dealing with resistance, desire and maladaptive patterns; practices to cultivate kindness, compassion, joy, equanimity and forgiveness towards ourselves and others.

Educational Objectives:

1. Speak insightfully about the content of the MBCL curriculum and how it cultivates (self compassion).

2. Understand how to work with some of its key themes.
3. Teach some of MBCL's key exercises.

**70. The Growing, and The Growing Pains, of ACBS**

Panel (14:45-16:15)

Components: *Didactic presentation*

Categories: Other, Clin. Interven. & Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Org. Beh. Management, Superv., Train. & Dissem., Theory & Philo., Related FC approaches, RFT, History and future of ACBS

Target Audience: *Beg., Interm., Adv.*

**Location: Paris**

Chair: Hank Robb, Ph.D., Private Practice  
Yvonne Barnes-Holmes, Ph.D., National University of Ireland Maynooth

JoAnne Dahl, Ph.D., Uppsala University  
Georg Eifert, Ph.D., Chapman University  
Steve Hayes, Ph.D., University of Nevada, Reno  
Jason Luoma, Ph.D., Portland Psychotherapy Clinic  
Emily Rodrigues, M.A., CAE, ACBS

Airliners used as bombs on September 11, 2001 literally birthed the notion that, "something more had better be done." Within a few months, Uppsala, Sweden provided the launch point for that "something more effort." A year later in Reno, Nevada, current ACBS president, Jason Luoma, organized a meeting on a scale much different than the one over which he is now presiding. There wasn't an organization for Emily Rodrigues to serve as Executive Director, no staff requiring direction and yet she was already "on the job." The Matrix was a movie, no one was talking about Compassion Focused Therapy and the notion that Relational Frame Theory was just "too much" for an ACT therapist to take on was often voiced. Wow, have things changed!

This panel will review what issues have been addressed and what issues we now have to address if ACBS is to maintain its "bottom up," functional contextual ethos with a commitment to a behavior analytic approach to human language and associated behavior while, again, doubling in size.

**Educational Objectives:**

1. Describe some important historical issues in the development of ACBS to date.
2. Describe some anticipated issues to be addressed in the future development of ACBS.
3. Understand the goals and objectives of ACBS in its infancy and today.

**71. Von den Grundlage zur Praxis: drei kontextuelle Psychotherapiemethoden in der Depressionsbehandlung**

Symposium (14:45-16:15)

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

Categories: Clinical Interventions and Interests, Beh. med., Depression, Functional Contextualism

Target Audience: *Beg., Interm.*

**Location: Strassburg**

Chair: Ulrich Schweiger, M.D., Professor at the Department of Psychiatry and Psychotherapy, Lübeck University

Discussant: Thorsten Kienast, M.D., Private Professor and Researcher, Department of Psychiatry and Psychotherapy, Charité Campus Mitte, University Medicine Berlin

Die psychotherapeutische Behandlung von depressiven Störungen hat innerhalb der vergangenen 20 Jahre deutliche Fortschritte erzielt. Die wissenschaftliche Datenlage belegt vor allem den Einsatz von Psychotherapiemethoden, die unter dem Namen kontextuelle Psychotherapiemethoden zusammengefasst werden. Dazu gehören unter anderem die Acceptance und Commitment Therapy (ACT), Behavioral Activation (BA) und das Cognitive Behavioral Analysis System of Psychotherapy (CBASP). Gemeinsam ist allen Verfahren, dass sie nicht nur die Veränderung der Auftretenshäufigkeit von Verhalten in den Fokus der Behandlung nehmen, sondern vor allem dem Kontext und der Funktion von psychologischen Phänomenen besondere Aufmerksamkeit schenken.

Wissenschaftstheoretisch stehen sie im Einklang mit Ferster's funktionsanalytischem Modell der Depression. Alle Verfahren gehen davon aus, dass ein bestimmter Kontext in einem Verstärkerdefizit resultiert. Welche Aspekte des jeweiligen Kontextes gesehen werden ist jedoch sehr unterschiedlich. Während sich ACT und BA vor allem auf intrapsychische und extrapsychische Prozesse des Patienten konzentrieren, beschäftigt sich CBASP schwerpunktmäßig mit dem interpersonellen Kontext. Dieses Symposium stellt die Grundkonzepte von ACT, BA und CBASP in der Behandlung von depressiven Störungen vor. Unter Berücksichtigung der aktuellen Datenlage wird ihre jeweilige Stellung innerhalb der kontextuellen Psychotherapiemethoden zusammengefasst und diskutiert.

- ACT in der Behandlung von Depressiven Störungen  
Maria Kenschke, M.D, EOS Clinic für Psychotherapy, Alexianer Münster GmbH
- Behavioral Activation als kontextuelle Behandlung für depressive Störungen  
Ulrich Schweiger, M.D, Professor at the Department of Psychiatry and Psychotherapy, Lübeck University
- Ist CBASP eine evidenzbasierte kontextuelle Behandlung für chronisch depressive Patienten?  
Philipp Klein, M.D., Department of Psychiatry and Psychotherapy, Lübeck University

**Educational Objectives:**

1. Die Grundkonzepte von ACT, BA und CBASP in der Behandlung von depressiven Störungen verstehen.
2. Wesentliche Gemeinsamkeiten und Unterschiede von ACT, BA und CBASP in der Behandlung von depressiven Störungen ableiten und innerhalb der kontextuellen Psychotherapie einordnen können.
3. Die wissenschaftliche Evidenz von ACT, BA und CBASP in der Behandlung von depressiven Störungen kennen.

## 72. Healthier lifestyle and Better Wellbeing by Using ACT - Affecting Intuitive Eating, Physical Activity and Self-Stigma

Symposium (14:45-16:15)

Components: *Conceptual analysis, Original data*  
Categories: Behavioral medicine, Clin. Interven. & Interests, Prevention & Comm.-Based, Overweight, ACT, psychological flexibility, mindfulness, healthy life style choices, self-stigma

Target Audience: *Beg., Interm.*

**Location: Room 30241**

Chair: Päivi Lappalainen, M.A., University of Jyväskylä  
 Discussant: Maria Karekla, Ph.D., University of Cyprus

WHO has classified overweight, obesity and physical inactivity as major health risks worldwide. However, current research suggests that directly focusing on weight and physical activity behaviour may not be a sustainable strategy for healthy lifestyle and promote long-term lifestyle changes. Subsequently, it is recommended that increasing general health related behaviors rather than decreasing e.g. weight in itself, may be alternative target of treatment. These three studies aim to investigate if interventions based on Acceptance and Commitment Therapy (ACT) can promote healthy lifestyle choices and reduce the impact of self-stigma related to weight. Acceptance of psychological and physical discomfort may play an important role related to enhancing eating behavior and physical activity. The findings suggest that ACT interventions for lifestyle changes work through enhanced ability to continue with valued activities when confronted with negative emotions and thoughts.

- Developing a Physically Active lifestyle Based on Acceptance and Commitment Therapy  
 Anu Kangasniemi, MSc., LIKES – Research Center for Sport and Health Sciences
- Psychological Flexibility Mediates Changes in Intuitive Eating in Acceptance-, Value- and Mindfulness-based Interventions  
 Essi Sairanen, MSc., University of Jyväskylä
- Evaluation of a Self-Help Program Based on Acceptance and Commitment Therapy to Promote Quality of Life and Reduce the Impact of Weight-related Stigma Among individuals with Overweight: a Multiple Baseline Design  
 Emma Wallin, MSc., University of Uppsala  
 Erik Olsson, University of Uppsala  
 Thomas Parling, Ph.D., University of Uppsala  
 Sandra Weineland, Ph.D., Linköping University, Sweden  
 Joanne Dahl, Ph.D., University of Uppsala

Educational Objectives:

1. Promote a physically more active lifestyle by using Acceptance and Commitment Therapy (ACT).
2. Understand "intuitive eating" and how it could be promoted.
3. Describe a basic understanding of self-stigma related to weight.

## 73. RFT-Based Analysis of Complex Human Behavior: Time, Hierarchy and False Memories

Symposium (14:45-16:15)

Components: *Original data*  
Categories: Relational Frame Theory, Related FC approaches, Verbal Behavior

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Adrián Barbero-Rubio, Universidad de Almería  
 Discussant: Paul M. Guinther, Portland Psychotherapy

This symposium aims to present studies that show how can be modelled in the laboratory complex human behavior by following the functional contextual approach to human language and cognition outlined by Relational Frame Theory (RFT). This approach let to analyze, with experimental procedures, the role of verbal behavior in a contextually controlled way. The first paper established two arbitrary stimuli as BEFORE and AFTER relational cues and examined the transformation of functions according to temporal relations with new stimuli. Similarly, the second paper analyzed complex patterns of hierarchical relational responding and transformation of functions in a hierarchical network when several functions were given to some stimuli of the hierarchy. And the third study addressed the false memory phenomena in a laboratory controlled way, analyzing this behavior in terms of RFT-based analysis. Overall, the results of these studies are relevant to understand complex behaviors from an analytic functional-contextual approach.

- Evidence of Transformation of Functions through Temporal Relations. A Preliminary Study  
 Juan C. López, Universidad de Almería  
 Carmen Luciano, Universidad de Almería  
 Zaida Callejón, Universidad de Almería
- Model of Complex Hierarchical Responding  
 Lidia Budziszewska, Universidad de Almería  
 Carmen Luciano, Universidad de Almería  
 Enrique Gil, Universidad de Almería
- Creating False Memories through a Respondent-Type training (ReT)  
 L. Jorge Ruiz-Sánchez, Universidad de Almería  
 Carmen Luciano, Universidad de Almería  
 Paul M. Guinther, Portland Psychotherapy

Educational Objectives:

1. Analyze complex human behaviors from a functional-contextual approach.
2. Describe experimental procedures as laboratory controlled way to understand the role of verbal behavior.
3. Discuss the results from a RFT-based analysis.

## 74. Self-Acceptance: The Compassionate Alternative to Self-Esteem

Workshop (14:45-16:15)

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

Categories: Clinical Interventions and Interests, Performance-enhancing interventions, Edu.

settings, Org. Beh. Management, RFT, Compassion

*Target Audience: Beg.*

**Location: Nizza**

Richard Bennett, ClinPsyD, University of Birmingham (UK)

Self-acceptance is a concept of relating to the self that has its roots in the early theories of the cognitive behavioural tradition. However, the notion of self-esteem has become more prominent in everyday language.

The notion that 'high self-esteem' is somehow preferable to 'low self-esteem' is pervasive amongst therapists and the people who engage their services. Due to the emphasis on 'estimation', self-rating, and judgement, working to raise a person's self-esteem lacks consistency with the principles and values of ACT.

This skills workshop will employ mix didactic, discursive, and experiential methods to help ACT practitioners consider the benefits of using acceptance-based language and techniques, over those that encourage self-rating, and judgement. Emphasis will be placed on the links between clinical practice in relation to the subject matter, and the conceptual notions of self-as-context and relational frame theory.

Educational Objectives:

1. Analyse and critique the conceptual differences between self-acceptance and self-esteem.
2. Describe the advantages of engaging in therapeutic dialogue around self-acceptance, in preference to self-esteem.
3. Implement therapeutic techniques that promote self-compassion and self-acceptance in their ACT practice.

**75. Training Therapists in Awareness, Courage, and Love: New Data for the Functional Analytic Psychotherapy Group Training Model**

Symposium (14:45-16:15)

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

Categories: Supervision, Training and Dissemination, Clin. Interven. & Interests, Prof. Dev., Functional Analytic Psychotherapy, FAP

*Target Audience: Beg., Interm.*

**Location: Cannes**

Chair: Gareth Holman, Ph.D., Private Practice  
 Discussant: Dennis Tirch, Ph.D., The Center for Mindfulness and Compassion Focused Therapy

As a functional contextual, principle-based treatment focused on interpersonal therapy process, Functional Analytic Psychotherapy (FAP) has naturally evolved methods of supervising and training that are experiential and directly train therapist interpersonal processes. In other words, therapists learn FAP by doing: applying the FAP principles across an expanding range of contexts, including their personal lives. In recent years, we have made a more systematic effort to formalize

these methods into a coherent model of psychotherapy training and also to study the impact of FAP training on therapist outcomes such as burn-out and work quality.

This symposium presents the emerging conceptual model - focused on the application of principles in natural social contexts (e.g. therapist consult groups) to shape flexible behavioral repertoires related to Awareness, Courage, and Love - followed by results from two new empirical studies of FAP therapist training.

- The Impact of Awareness, Courage, Love, and Behaviorism for Therapists: A Functional Contextual Model of Therapist Training  
 Gareth Holman, Ph.D., Private Practice  
 Jonathan Kanter, Ph.D., University of Washington  
 Mavis Tsai, Ph.D., University of Washington  
 Robert Kohlenberg, Ph.D., University of Washington
- Reducing Burn-out and Improving Organizational Climate in a BPD Clinic with FAP Therapist Training  
 Michel A. Reyes Ortega, Psy.D., Contextual Science and Therapy Institute (Mexico City), National Institute of Psychiatry Ramón de la Fuente  
 Jonathan Kanter, Ph.D., University of Washington  
 Maria Santos, M.S., University of Wisconsin, Milwaukee
- Effects of Functional Analytic Psychotherapy on Therapist Trainees in Singapore: A Pilot Study  
 Emma Waddington, Ph.D., National University of Singapore, Singapore  
 Shian-Ling Keng, Ph.D., National University of Singapore, Singapore  
 Michelle Tan Su Qing, B. Soc. Sci., National University of Singapore, Singapore  
 Bernice Lin Xiang Ting, National University of Singapore, Singapore  
 Clare Henn-Haase, Psy.D., National University of Singapore, Singapore  
 Jonathan Kanter, Ph.D., University of Washington

Educational Objectives:

1. Understand a functional contextual model of the therapy relationship and therapist skills.
2. Describe the hypothesized mechanisms by which FAP Therapist Training may impact therapist relationship skills.
3. Analyze strengths and weaknesses of data supporting the efficacy of FAP Therapist Training.

**Friday Afternoon 16:30**

**76. ACT, Psychological Flexibility, and College Students: Relevance Across the World: College/University Student Mental Health SIG Sponsored**

Panel (16:30-17:45)

Components: *Conceptual analysis*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, College students

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C5**

Chair: Jacqueline Pistorello, Ph.D., University of Nevada, Reno  
 Michael E. Levin, Ph.D., Utah State University  
 Yasin Aydin, AIBU and METU Universities, Turkey  
 Philomena Renner, Ph.D., University of Sydney, Australia  
 Panajioti Räsänen, University of Jyväskylä, Finland

Charles C. Morse, M.A., LMHC, Worcester Polytechnic Institute  
Jacqueline Pistorello, Ph.D., University of Nevada, Reno

This panel discussion will have members who have conducted research and/or clinical work with college students based on ACT and psychological flexibility from across the world. There will be panelists from the U.S., Australia, Finland, and Turkey. Panelists will open up with a brief summary of the type of work they have done with university students relevant to ACT/psychological flexibility. The moderator will pose a number of questions to the panelists designed to help the ACBS community discuss how these processes may be similar or different across university students and campuses world-wide. It is expected that this forum may help promote future research on university students and ACT/psychological flexibility across the world. This matters a great deal considering the increasing reliance on long-distance teaching/learning and study abroad programs, and the great number of international students completing their degrees at Western higher education institutions. Audience participation will be highly encouraged.

#### Educational Objectives:

1. Discuss how ACT/psychological flexibility apply to university students and/or campuses.
2. Describe ways in which ACT/psychological flexibility may differ across cultures for university students.
3. Prepare for launching ACT/psychological flexibility interventions with university students in a different culture.

#### 77. Ignite #1

IGNITES (16:30-17:45)

Components: *Experiential exercises, Didactic presentation*

Categories: Clin. Interven. & Interests, Edu. Settings, Prevention & Comm.-Based, Evo., Org. Beh. Management, Superv., Train. & Dissem., Prof. Dev., Theory & Philo., Other, relocation, emotional distress, psychological flexibility, Paediatrics, self-awareness, Existential-Phenomenological Psychotherapy, self-compassion, Men's Mental Health, Mindfulness

Target Audience: *Beg., Interm.*

Location: **Estrel Saal C6**

- MOVE IN ACT  
Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC
- Welcome to the Medical Paediatric Psychology Service. We don't know how many of us are in our service, but we do know we are liberating our worlds  
Jim Lemon, NHS Dumfries and Galloway
- Be(a)ware therapists: comfort traps await  
Fanny Robichaud, BSc, RN, MSN, Ph.D., DPs (candidate), UQO, UQAM

Julie Beauchesne, BSc, OT, Hôpital de Sainte-Anne-de-Bellevue, Ordre des ergothérapeutes du Québec

- Is ACT an existential approach to therapy?  
Christine E Ramsey-Wade CPsychol  
AFBPs FHEA, University of the West of England, Bristol, UK
- Why I don't talk to clients about raising their self-esteem  
Dr. Richard Bennett, ClinPsyD, University of Birmingham (UK)
- Mustaches for Mental Health: A New Vision for Breaking the Silence of Stigma & Redefining What It Means to Be a Man  
Elnur Gajiev, M.A., University of Denver, Graduate School of Professional Psychology
- Self Compassion Scale (SCS): Psychometric Properties of the French Translation and Exploration of Its Relations With Depression, Happiness and Emotion Regulation Strategies  
Christophe Leys, Université Libre de Bruxelles  
Ilios Kotsou, Université Libre de Bruxelles
- Using ACT to build stronger and safer communities in education  
Dr. Louise Hankinson, DCLin Psych, Private Practice  
Rachael Williams, Private Practice

#### 78. The Challenges of Self Forgiveness – A Workshop that Provides ACT and RFT Based Responses to Produce Compassionate and Workable Responses to Struggle

Workshop (16:30-17:45)

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

Categories: Clinical Interventions and Interests, Related FC approaches, RFT, Psychopathology  
Target Audience: *Beg., Interm., Adv.*

Location: **Estrel Saal C8**

Grant Dewar, University of Adelaide

Relational Frame Theory - a Post-Skinnerian Account of Human Language and Cognition edited by Hayes, Barnes-Holmes and Roche, proposes the universality and pervasiveness of human psychopathology. Within the context of self compassion this workshop presents a protocol based on Relational Frame Theory and ACT in addressing the need for self forgiveness in response to the pervasiveness of human psychopathology. Forgiveness and self forgiveness as therapeutic approaches have been either assumed as being part of self compassion or as an area which is addressed by psychologists and counselors from a religious context. This workshop provides an experiential approach to the protocol developed for the therapeutic work required for workable self forgiveness irrespective of religious background or involvement. The presentation will include data provided from series of outcomes for client case studies who have been taken through a developing protocol on self forgiveness which

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addresses the costs and benefits of bidirectional transformation of functions, thought suppression ineffective coping is styles and reason giving. The protocol is based on work by Harris, Toerneke, Ramenero, Villatte and Villatte and outlines the importance of values, acceptance and willingness of experiencing pain in the presence of values, addressing shame, guilt, remorse and reparative action within a framework of perspective taking present focused action and committed action to work towards rebuilding lives based on values. The workshop will also identify the important links to spirituality and

transcendence which allow all to consider the therapeutic benefits whether they come from a religious background or from a background of non-theism.

**Educational Objectives:**

1. Compare and contrast approaches to self compassion and specific place of self forgiveness within the context of self compassion.
2. Lead experiential exercises which demonstrate the role of Relational Frame Theory and ACT and will allow participants to reproduce these in therapeutic settings.
3. Describe and explain elements of the proposed protocol in therapeutic settings.

**79. Relational Frame Theory & Acceptance and Commitment Therapy**

Panel (16:30-17:45)

Components: *Conceptual analysis*

Categories: Relational Frame Theory, Theory & Philo., RFT, Philosophy

Target Audience: *Beg., Interm., Adv.*

**Location: Paris**

Chair: Ian Stewart, National University of Ireland Galway  
Steven C. Hayes, University of Nevada Reno  
Yvonne Barnes-Holmes, Ph.D., National University of Ireland Maynooth

Carmen Luciano, University of Almería, Spain  
John T. Blackledge, Morehead State University, Kentucky

Relational Frame Theory (RFT) is a core part of the Contextual Behavioral Science (CBS) approach to psychology. It is a comprehensive basic experimental research program on human language and cognition which has by now between 100 and 150 empirical studies focused on its tenets. RFT is also said to articulate both theoretically and empirically with ACT, the CBS-based approach to psychological well-being which is being applied successfully across diverse domains of human activity. In ACT, every component of the technology has been linked conceptually with RFT, and several aspects of the ACT model have been studied empirically using RFT methods and terminology. Thus, although ACT has elements in common with other approaches to the promotion of psychological health, its relationship with RFT is often said to represent a unique and key advantage of this approach. At the same time, there has, especially recently, been some debate amongst several high profile figures

within the CBS community regarding exactly how closely RFT does articulate with ACT at the empirical level and how best to characterize their relationship in the light of CBS philosophical assumptions. This panel brings several such experts on the ACT-RFT relationship together to discuss and debate this important topic.

**Educational Objectives:**

1. Describe key philosophical assumptions of functional contextual science.
2. Describe the overlap between ACT and RFT.
3. Critique the ACT-RFT relationship.

**80. Advances in Assessment and Training in Perspective-Taking: Spain Chapter**  
**Sponsored**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Relational Frame Theory, Clin.

Interven. & Interests, Performance-enhancing interventions, self-flexibility, deictic relations, IRAP

Target Audience: *Interm.*

**Location: Strassburg**

Chair: Juan Carlos López, M.A., University of Almería  
Discussant: Louise McHugh, University College Dublin

Mainstream psychology has considered that the Perspective-Taking (PT) is the ability of an individual to interpret another person's behavior (e.g. private or public events), being an important part of social interactions and of the self-knowledge. From Relational Frame Theory approach the PT is based on deictic relations, such as I-YOU, HERE-THERE, and NOW-THEN. This approach allows to establish behavioral procedures to develop and improve these complex skills in typically and atypically developing populations. The first two studies try to advance in the training in PT and the third study provides a new evaluation procedure of PT. Concretely, the first one aims to train self-flexibility in adolescents using two experimental conditions: Flexible-self training using deictic relational frames versus Theory of Mind training. The second one examined the effect of different ways of presenting the perspective-taking protocol on deictic relational responding in normally developing children. Finally, the third study aimed to assess relational flexibility under deictic cues using the Implicit Relational Assessment Procedure (IRAP).

- Examining the Effects of Training Self-Flexibility Compared to Theory of Mind in Young People  
Orla Moran, University College Dublin  
Louise McHugh, Ph.D., University College Dublin
- Different Variations of Perspective-Taking Protocol to Assess Deictic Relational Responding in Children  
María del Mar Montoya Rodríguez, M.A., University of Almería  
Francisco J. Molina Cobos, Ph.D., University of Almería
- Implicit Relational Assessment Procedure (IRAP) to Evaluate Deictic Relational Responding  
Adrián Barbero-Rubio, M.A., University of Almería  
Juan Carlos López, M.A., University of Almería  
Carmen Luciano, Ph.D., University of Almería  
Nikolett Eisenbeck, M.A., University of Almería

Educational Objectives:

1. Implement CBS -based interventions for self-flexibility and perspective taking.
2. Compare different and new procedures of perspective taking.
3. Analyze the flexibility under deictic cues using IRAP.

**81. Working the Matrix on Interpersonal Settings: Building Empaty, Pro-Sociability and ACL**

Symposium (16:30-17:45)

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

Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, Matrix

Target Audience: *Beg., Interm.*

**Location: Room 30241**

Chair: Kevin Polk, Ph.D., Medical Center of the Department of Veterans Affairs

Discussant: Kevin Polk, Ph.D., Medical Center of the Department of Veterans Affairs

In this Symposium we will present different clinical experiences and some conceptual issues related to the ACT-Matrix work in interpersonal problems. The Matrix is an interactive diagram for training psychological flexibility in any context with many populations. Since its creation by Kevin Polk, Jerold Hambright and Mark Webster, the Matrix has been broadly used to train individuals in a functional contextual point of view and valued driven behavior. In our practice, we have found that this model is specially useful and can serve as a powerful tool for interpersonal problems that are frequent in clients diagnosed with personality disorders and other complex psychological disorders. In the first presentation, we will present some basis to effectively integrate ACT and FAP principles using the Matrix. In the second one, we will show how to develop functional understanding of behavior (CRB3), and CRB2 generalization to the natural environment (O2) using the Matrix in Borderline Personality Disorders. Finally, we will present some clinical examples of improving empathy trough flexible perspective taking training, and also some conceptual issues about deictic relational responding as the core process "inside" the Matrix.

- A Deep Integration of ACT and FAP trough the MATRIX  
Benjamin Schoendorff M.A. MSc M.Ps, Contextual Psychology Institute. Quebec, Canada
- "How" is important: The Mmatrix as Functional Analytic Psychotherapy Rule 5 and CRB3 Evoking Tool  
Michel André Reyes Ortega, Psy D., Contextual Science and Therapy Institute (Mexico City); National Institute of Psychiatry Ramón de la Fuente
- Building Empathy trough the Matrix  
Fabián Olaz, Psyd, Faculty of Psychology. University of Cordoba (Argentina)

Educational Objectives:

1. Describe some components and applications of the ACT Matrix to interpersonal problems.
2. Integrate interventions using the Matrix with other clinical models.

3. Understand some RFT process involved in working with the Matrix in interpersonal problems.

**82. Using Basic Science and RFT to Study ACT Processes of Change**

Symposium (16:30-17:45)

Components: *Conceptual analysis, Original data*

Categories: Relational Frame Theory, Theory & Philo., Basic science

Target Audience: *Interm.*

**Location: Room 30341**

Chair: Brooke M. Smith, Utah State University

Discussant: Emily Sandoz, University of Louisiana, Lafayette

ACT processes and techniques are theoretically based on the basic sciences of behavior analysis and RFT. The degree to which ACT is empirically supported by basic science has been a matter of some debate, however (McEnteggart, Barnes-Holmes, Hussey, & Barnes-Holmes, 2015). Because of CBS's emphasis on a coherent model of science, it is important that the empirical links between ACT's therapeutic principles and their theoretical bases be examined and continually advanced (Foody et al., 2014). The papers presented in this symposium explore recent laboratory findings that may help to inform the theoretical basis of processes of change and therapeutic techniques within ACT.

- Transformation of Thought Suppression Functions Via Same and Opposite Relations  
Nic Hooper, Ph.D., University of the West of England  
Ian Stewart, Ph.D., National University of Ireland, Galway  
Paul Walsh  
Ronan O'Keefe  
Rachael Joyce  
Louise McHugh, Ph.D., University College Dublin
- Enhancing the Efficacy of the Focused Breathing Mindfulness Exercise  
Nikolett Eisenbeck, University of Almería  
Carmen Luciano, Ph.D., University of Almería  
Sonsoles Valdivia-Salas, Universidad de Zaragoza
- Development of an Implicit Measure of Emotional Judgments: Relations to Experiential Avoidance and Public Speaking Performance  
Jack A. Haeger, Utah State University  
Michael E. Levin, Ph.D., Utah State University  
Gregory S. Smith, Ph.D., Chrysalis Utah

Educational Objectives:

1. Describe recent empirical work underlying ACT processes of change.
2. Discuss the conceptual basis of various ACT processes of change.
3. Discuss the importance of clarifying and building upon theoretical conceptualizations and empirical evidence for ACT processes of change and middle level terms.

**83. Implementing 3rd Wave Therapies in Multidisciplinary Psychiatric Settings- Is it Feasible, is it Working?: Contextual Medicine SIG Sponsored**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Functional contextual approaches in related disciplines, Other, ACT with inpatients

*Target Audience: Interm., Adv.*

**Location: Nizza**

Chair: Joris Corthouts, MSc., Psychosis Section, St Hiëronymus, St Niklaas, Belgium  
Discussant: Eric Morris, Ph.D., La Trobe University, Melbourne, Australia

In recent years, the research base supporting Acceptance and Commitment Therapy (ACT) for heavy consumers of inpatient health care is growing (see for example the research on psychosis by Gaudiano & Herbert, 2006; White et al., 2011; Bach, Hayes & Gallop, 2012; Shawyer et al., 2012).

In this symposium three teams will present their findings and experiences with ACT - along with Basal Exposure Therapy (BET) - in different residential care settings situated in Germany, Sweden and Norway.

We'll be discussing the various methods of administering third wave therapies in this context, the indicators that were used to compare this approach with treatment as usual and the findings. Future research on how to implement ACT in a ward context will also be highlighted.

- **Stop Thinking, Start ACTing: The Effectiveness of Acceptance and Commitment Therapy in an Inpatient Sample of a Psychiatric Department**  
Mareike Pleger, M.Sc. Psych, Ev. Krankenhaus Königin Elisabeth Herzberge, Germany  
Psych. Karolin Treppner, M.Sc. Psych, Humboldt-University, Berlin, Germany  
Albert Diefenbacher, Prof., Ev. Krankenhaus Königin Elisabeth Herzberge, Germany  
Christoph Schade, Dr., Ev. Krankenhaus Königin Elisabeth Herzberge, Germany  
Claudia Dambacher, Dipl.-Psych., Ev. Krankenhaus Königin Elisabeth Herzberge, Germany  
Ronald Burian, Dr, Ev. Krankenhaus Königin Elisabeth Herzberge, Germany  
Thomas Fydrich, Prof., Humboldt-University, Berlin, Germany
- **ACT for Psychotic Inpatients, Broad Implementation in a Swedish Context**  
Mårten Tyrberg, M.Sc. Psych., Stockholm University, Sweden  
Tobias Lundgren, Ph.D., Stockholm University, Sweden  
Per Carlbring, Stockholm University, Sweden  
Thomas Fydrich, Prof., Humboldt-University, Berlin, Germany
- **Basal Exposure Therapy 24/7: From Poly-Pharmacy and Mechanical Restraints to Second Order Change and Empowerment**  
Arne Lillelien, M., Vestre Viken Hospital Trust, Norway  
Trym Nordstrand Jacobsen, M, ACT&BET Instituttet

Educational Objectives:

1. Describe differences in the therapeutic effect of ACT and CBT for inpatients.
2. Describe effects of ACT-implementation on rehospitalization and values-based living.
3. Describe the basic clinical elements of Basal Exposure Therapy and data collected so far.

**84. ACT for Autism, Classroom-stress and at-risk parents**

Symposium (16:30-17:45)

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

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Edu. settings, Prof. Dev., Parenting, Children, ACT and autism spectrum disorder, Special Education Students

*Target Audience: Beg., Interm., Adv.*

**Location: Cannes**

Chair: Vasilis S. Vasiliou, M.S., University of Cyprus  
Discussant: Jacqueline A-Tjak, MSc., PsyQ

This symposium presents three new studies that address the mental health and well-being of children, adolescents and parents. The first study offers new evidence about the impact of an ACT-based group intervention for parents with children with behavioral and emotional difficulties. The second study focuses on stress of special education classrooms? in collaboration situations in inclusive work settings and furthermore examines the effects of an Acceptance and Commitment Training on collaborations skills and stress. Finally, the third study conceptualizes the psychopathology associated with high-functioning autism from a functional contextual perspective and examines the effect of an ACT intervention for autism.

- **ACT-based parenting for at-risk families: the Confident Carers Cooperative Kids program.**  
Mark Donovan, University of Wollongong, Australia  
Kathryn Briscoe-Hough, University of Wollongong
- **The impact of an Acceptance and Commitment Training for special education students: psychoneuroendocrinological findings**  
Dietrich Pülschen, Ph.D., Department of Psychiatry, University of Rostock  
Simone Gebhard, Institute of Special Education, Department of Special Educational Psychology, Europa-Universität Flensburg
- **Acceptance and commitment therapy (ACT) and high-functioning autism spectrum disorder: a functional contextual approach to conceptualize and treat associated symptoms**  
Johan Pahnke, clinical psychologist, Ph.D. student, KIND (Center for Neurodevelopment Disorders at Karolinska Institutet), Karolinska Institute, Stockholm city council  
Tobias Lundgren, Ph.D., licensed psychologist, psychotherapist, Affiliated researcher, Department of psychology, Stockholm university Karolinska institute, Stockholm city council  
Johan Bjureberg, licensed psychologist, Ph.D. student, CPF, Karolinska Institute  
Timo Hursti, associate professor, Department of psychology, Uppsala university  
Sven Bölte, professor, KIND (Center for Neurodevelopment Disorders at Karolinska Institutet), Karolinska Institute, Stockholm city council  
Tatja Hivikoski, neuropsychologist, Ph.D., KIND (Center for Neurodevelopment Disorders at Karolinska Institutet), Karolinska Institute, Stockholm city council

Educational Objectives:

1. Explain how ACT-based images, metaphors and experiential exercises can engage at-risk families and improve outcomes.
2. Train teachers to establish and develop collaboration skills and reduces high levels of subjective stress.
3. Conceptualize the psychopathology associated with high-functioning autism spectrum disorder (ASD) from a functional contextual perspective.

Friday Afternoon 16:45

### 85. ACT Loops: An introduction to Applied Functional Contextualism

Workshop (16:45-17:45)

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

Categories: Theoretical and philosophical foundations, Clin. Interven. & Interests, Behavioural Health

Target Audience: *Beg., Interm.*

Location: **ECC Room 4**

Mark Webster, Private Practice

ACT Loops have been developed by Mark Webster and are an extension of his work with the Matrix that is more suitable for brief individual work. Loops are derived directly from Functional Contextualism and rooted in the definition of Experiential Avoidance. It is a simple format and so can be used more informally than traditional therapy. It is easily included as part of any intervention in Physical Health, Education or other non-specialist community provision. Loops can be used with traditional ACT work also. This presentation will trace how ACT Loops emerged from Functional Contextualism, and then show how they are applied to a variety of common problems and conditions. The Loops 5 part intervention format will be introduced and demonstrated along with links to traditional ACT component work. Finally we will explore how Loops can be more broadly employed outside of specialist services.

Educational Objectives:

1. Understand the philosophical basis of Functional Contextualism and how this is linked to ACT Loops.
2. Apply ACT Loops to personal casework and create visual formulations.
3. Integrate ACT Loops interventions into varying community and clinical contexts.

### 86. Accepting the Unacceptable: How to integrate components of ACT in psychotherapy of severely abused women with Borderline Personality Disorder

Invited (16:45-17:45)

Components: *Original data, Didactic presentation*

Categories: Clinical Interventions and Interests, Beh. med., PTSD

Target Audience: *Beg., Interm., Adv.*

Location: **ECC Room 5**

Martin Bohus, M.D., Central Institute of Mental Health, Mannheim

Introduction by Rainer Sonntag, M.D., Private Practice



Experience of childhood sexual abuse (CSA) is powerfully associated with the occurrence of severe mental disorders throughout the course of life. In females, the highest odds ratios are seen

for alcohol and drug abuse (OR = 8.9), borderline personality disorder (OR = 7.6) and post-traumatic stress disorder (OR = 7.25). The latter two disorders frequently co-occur, and often result in complex conditions with severe psychopathology, pervasive problems in emotion regulation, frequent non-suicidal self-injury (NSSI) and low remission rates. Psychotherapeutic approaches are challenged by often exaggerated expectations reg. treatment results and strong discord with the past. Implicit assumptions like "my past should never have happened; I will fight against the past for the rest of my life; If I even think to accept what had happened to me, I will approve it" are not the best requirements to live a life worth living.

We developed a specific treatment program for patients with severe PTSD after childhood abuse and co-occurring borderline personality disorder. The multi-modular program is based on principles and structure of DBT, adding components of ACT, exposure techniques and compassion focused therapy. The program has been evaluated within an RCT and shown good results with strong effect sizes (ES: 1.4).

The presentation gives an overview on the principles and date of the program with a strong focus on the challenging dialectics of acceptance and change.

Educational Objectives:

1. Understand the challenges of treatment of complex PTSD after childhood sexual abuse.
2. Balance acceptance focused interventions with change oriented interventions.
3. Work with spirals of values and goals as motivational factors.

### 87. ACT, behavior medicine and neuroscience: What's the clinical utility of brain activity patterns, inflammatory cytokines and executive functions?

Invited (16:45-17:45)

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

Categories: Behavioral medicine, Clin. Interven. & Interests, Functional contextual neuroscience and pharmacology, Behavior medicine

Target Audience: *Beg., Interm.*

Location: **Estrel Saal C7**

Rikard Wicksell, Ph.D., Behavior Medicine Pain Treatment Service, Pain Center, Karolinska Univ Hosp; Dep of Clinical Neuroscience, Karolinska Institutet

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# FRIDAY

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

Many individuals are severely disabled due to somatic symptoms for which medical treatments are insufficient. The utility of ACT is well documented in the area of chronic pain, but recent studies on e.g. chronic fatigue and



acquired brain injuries have showed very promising results. Importantly, however, a large variability in treatment effects can be seen consistently across studies and predictors of treatment outcome remain unclear.

Few studies have yet investigated the role of biological processes in ACT. Recent studies have suggested the importance of brain activity patterns and inflammatory cytokines. Also, an ongoing study suggest that neuropsychological tests of e.g. executive functions may be used to assess key behavioral aspects of psychological flexibility,

which in turn may predict treatment outcome. Such information may improve the ability to successfully tailor treatment and thereby increase effect sizes.

This lecture will present recent findings in the area of behavior medicine and neuroscience, and discuss the implications for treatment.

Educational Objectives:

1. Describe behavioral medicine areas of importance for the ACT model.
2. Understand brain activity patterns involved in ACT treatment.
3. Understand the role of inflammatory cytokines for the effects of ACT

Friday Evening

Free Night!

Possibility to meet in Estrel Lobby to go to dinner in groups; then let loose at the Estrel Biergarten at night!

Saturday Morning 8:00

**1. Morning Mindfulness Meditation Group**

Workshop (8:00-8:50)

Components: *Experiential exercises*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Prevention & Comm.-Based, Beh. med., Edu. settings, Prof. Dev., Mindfulness

Target Audience: *Beg., Interm., Adv.*

**Location: ECC Room 5**

Jan Martz, M.D., Private Practice

For complete information please look at Thursday Morning, Session #1 in your program.

**2. Movement into Psychological Flexibility - Promoting Direct Experience of the ACT Processes through Movement Improvisation**

Workshop (8:00-8:50)

Components: *Experiential exercises*

Categories: Professional Development, Performance-enhancing interventions, Embodied practice

Target Audience: *Beg.*

**Location: Estrel Saal C5**

Jaya Hartlein, Freelance  
Cerdic Hall, Camden and Islington NHS Foundation Trust

For complete information please look at Thursday Morning, Session #2 in your program.

**U. Coordination of ideas and plans regarding organizing training in Europe.**

Chapter/SIG Meeting (8:00-8:50)

**Location: Estrel Saal C6**

Stavroula Sanida, M.Sc., Private Practice  
Graciela Rovner, ACTive Rehab & Dept Rehabilitation Medicine at the University of Gothenburg, Sweden

Discussing about the SIG's vision, brainstorming on training opportunities in Europe, exchanging ideas on the creation of a supporting context among European countries. All are welcome.

**V. Dutch Speaking ACT trainers event**

Chapter/SIG Meeting (8:00-8:50)

**Location: Estrel Saal C7**

Jacqueline A-Tjak, PsyQ en A-Tjak Cursussen  
Tim Batink, U-Center

This event is for Dutch speaking ACT trainers, who want to exchange experiences and work on improvement of ACT trainings in Belgium and the Netherlands

**W. Getting ACT out to the Public SIG Meeting**

Chapter/SIG Meeting (8:00-8:50)

**Location: Estrel Saal C8**

Aisling Curtin, M.Sc., ACT Now Ireland & WTF Psychology

Open to all those who are currently doing ACT for the Public work and/or have an interest in this area.

**X. Children, Youth & Families SIG Meeting: Crossing Cultural Boundaries**

Chapter/SIG Meeting (8:00-8:50)

**Location: Paris**

Sacha Rombouts, Ph.D., Private Practice;  
President of SIG for Children, Youth & Families

This SIG meeting has the following aims: (1) to connect people from different cultures who are working with children, youth and/or families; (2) to understand the cultural aspects of working with this population; and (3) to develop ways that we can work together globally.

Audience: All our welcome. Given that those who work primarily with adults will be working with adults who are also parents, there is scope for this SIG to help these practitioners also.

**Y. Contextual Medicine SIG Annual Meeting**

Chapter/SIG Meeting (8:00-8:50)

**Location: Nizza**

Ellen Lewis, M.D., private practice  
Maarten Aalberse, Psy.D., private practice

This is the 3rd Annual Meeting of the Contextual Medicine SIG.

We will welcome the newly elected officers to the board, and those officers who will be continuing.

Our agenda will include a review of the mission for this SIG, and discussion of any suggested changes by members. We will ask for feedback on the CM listserv, which is the communication mode for this SIG. We will invite from members any updates on activities such as clinical projects, research, publications, and presentations in this field. All are welcome.

Saturday Morning Plenary 9:00

**88. Things That Happened Along the Way to an ACT "Success" Story**

Invited (9:00-10:15)

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

Categories: Behavioral medicine, Clin. Interven. & Interests, Chronic Pain

Target Audience: *Beg., Interm., Adv.*

**Location: ECC A**

JoAnne Dahl, University of Uppsala  
Lance M. McCracken, King's College London  
Introduction by Joseph Ciarrochi, Austrian Catholic University

Research and clinical developments related to chronic pain are among the earliest and most advanced of those based on a psychological flexibility model. There are now more than 200 published studies that address acceptance of chronic pain to some degree or other. There are at least thirteen published RCT's in this area and at

# S A T U R D A Y

least one systematic review. Numerous treatment formats have been tested successfully: group, individual, self-administered plus therapist support, and online; and multiple populations: fibromyalgia, headache, low back pain, mixed pain disorders, primary care and specialty care. Studies of particular processes of psychological flexibility provide supportive evidence for the role of acceptance, cognitive defusion, present-focused attention, values, committed action, and self-as-observer, in relation to measures of daily



functioning in people with chronic pain. There are even very good outcome data at three years post treatment. It almost seems there is no way this work can fail, like every pain problem touched by psychological flexibility becomes a picture of success. Yet behind the success there are many



initiatives that flopped, studies that did not work out so well, questions we still have not yet answered, and failures, many. In this talk two people, with a hint of humor and mostly seriousness, will look at the misfortunates, mishaps, and misadventures of twelve years on the path to wherever we are now.

#### Educational Objectives:

1. Summarize the progress of ACT related to chronic pain.
2. Describe some of the problems encountered related to this progress.
3. Identify potential future directions for ACT for chronic pain and other conditions.

### Saturday Morning 10:30

#### **89. Uncovering the Process of "Creative Hopelessness"**

Workshop (10:30-12:00)

Components: *Experiential exercises*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Creative Hopelessness

*Target Audience: Beg., Interm.*

**Location: ECC A**

Rikke Kjelgaard\*, MSc., Human ACT Sweden / ACT Denmark

Robyn Walser\*, Ph.D., TL Consultation Services, University of California, Berkeley

In our experience, many clinicians find the process of delivering and working with creative hopelessness in ACT difficult. Clinicians themselves may find that they react to the hopelessness and worry about how the intervention is impacting the client. They may "get stuck" in a control agenda or

in their own feelings of hopelessness. At times, the function of creative hopelessness is lost and the content becomes the key aspect, often leading to discussions with clients that defeat the work of creative hopelessness. Undermining control based strategies can be challenging in the therapeutic setting, ultimately, clinicians will want to do this with compassion and forthrightness. In the broader application of ACT and in assisting the client through therapy, this process can play an important role in both the process and progress of therapy. Through roleplays and demonstrations Robyn Walser and Rikke Kjelgaard will uncover the process of creative hopelessness and show various ways of working with this flexibly and fluently in session. Clinicians will be guided to consider their own process and how it plays out in therapy.

#### Educational Objectives:

1. Describe and explain the process of Creative Hopelessness.
2. Apply the process when needed in therapy.
3. Design various ways of using this technique in flexible and fluent ways.

#### **90. ACT in Groups**

Workshop (10:30-12:00)

Components: *Experiential exercises, Didactic presentation*

Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, Group Therapy

*Target Audience: Beg., Interm.,*

**Location: ECC Room 1**

M. Joann Wright, Ph.D., Linden Oaks at Edward

The proposed workshop will explore and illustrate ways to incorporate the methods of Acceptance and Commitment Therapy (ACT) framework into group therapy sessions in terms of core ACT principles and exercises. The workshop will both broaden the appeal of and support the practical applications of the ACT model to include group work. The proposed workshop will give clinicians detailed group activities, setting considerations and an experiential component on how to conduct ACT for the variety of clinical concerns characterized by emotional avoidance and loss of contact with value-laden behavior. Through case examples, user-friendly worksheets, and experiential demonstrations, I plan to assist those who are new to ACT a comprehensive understanding of utilizing the six core aspects of the model, and how to impart these practices to therapy groups, as well as imparting fresh techniques to veteran consumers of the model.

#### Educational Objectives:

1. Apply the core processes of ACT in a group setting.
2. Demonstrate using different approaches (i.e., fluid and sequential) in the group setting.
3. Participate in experiential group activities to use in one's own group.

#### **91. Mindfulness and Acceptance for Gender and Sexual Minorities: Contextual Strategies to Foster Self-Compassion, Connection, and Equality: LGBTQA SIG Sponsored**

Workshop (10:30-12:00)  
 Components: *Literature review, Experiential exercises, Didactic presentation, Role play*  
 Categories: Clinical Interventions and Interests, Clin. Interv. & Interests, Superv., Train. & Dissem., LGBTQ

Target Audience: *Beg., Interm.*  
**Location: ECC Room 4**

Matthew D. Skinta, Ph.D., Palo Alto University  
 Aisling Curtin, MSc., ACT Now Ireland

Moving through life as a Gender or Sexual Minority (GSM) often entails some period of secrecy, guardedness, shame, and familial ruptures. From the perspective of Functional Analytic Psychotherapy (FAP), we know that we cannot automatically generate the ability to express genuineness and vulnerability when these behaviors have been punished or unreinforced previously. Similarly, Compassion-Focused Therapy (CFT) offers the insight that expressions of kindness and warmth might elicit shame and guardedness when one's history has involved ruptures of major relationships. This workshop will facilitate an awareness of the ways that GSM histories, and the therapist's own history of cultural messages about gender and sexuality, might arise in the therapeutic relationship. Through the use of awareness, courage, therapeutic love, compassion, perspective-taking, and acceptance, participants will grow in their ability to relate as gendered and sexual beings. From this place, powerful and therapeutic relationships can blossom. Particularly attention will be made toward the cultural and global concerns that arise as both acceptance and animus are on the rise globally toward GSM communities.

Educational Objectives:

1. Learn how to conceptualize GSM issues from an ACT, FAP and CFT perspective.
2. Experience functional contextually-based experiential exercises in the area of learning histories related to gender and sexuality.
3. Sharpen your ability to notice key ACT and FAP processes as they occur in the moment in relation to gender and sexual identity.

**92. Einführung in die Matrix für Gruppen**

Workshop (10:30-12:00)

Components: *Experiential exercises, Didactic presentation, Case presentation, Role play*  
 Categories: Clinical Interventions and Interests, Beh. med., ACT-Matrix

Target Audience: *Beg., Interm.*  
**Location: ECC Room 5**

Mark Webster, South Hampshire CBT Limited  
 Klaus Ackermann, AHG-Klinik Wilhelmsheim

Die Matrix geht ursprünglich auf Ideen von Kevin Polk zurück und wurde von ihm gemeinsam mit Mark Webster und Jerold Hambright weiterentwickelt. Basierend auf unseren Erfahrungen im Suchtbereich stellen wir eine verhaltensfokussierte Variante der Matrix vor. Der Workshop liefert die Grundlagen, um eigene Matrix-Gruppen in unterschiedlichen Settings durchführen zu können. Dabei werden Probleme – wie in ACT üblich – als Muster von

Erfahrungsvermeidung beschrieben. In der Sprache der Matrix sagen wir, dass sich Menschen natürlicherweise vom Schmerz wegbewegen, was mitunter jedoch zur psychischen Störung werden kann (Suchtverhalten, Depression...). Auf solches Verhalten beziehen wir uns mit der Analogie des Autopiloten. Durch Training und achtsames Wahrnehmen hilft uns die Matrix, in Übereinstimmung mit unseren persönlichen Werten und Zielen zu handeln. Neben der Matrix i.e.S. werden weitere hilfreiche Strukturen (4M, WILD-Fokus) und Grundkompetenzen (Bilder, Sorting, Ja-und-...) für die Matrix-Arbeit in Gruppen vorgestellt. Eine deutsche Übersetzung des Matrix-Übungshefts für Klienten steht zur Verfügung und kann frei weitergegeben werden.

Educational Objectives:

1. Die Matrix vor einer Gruppe von Klienten darstellen können.
2. Beschreiben können, wie die Matrix zur Förderung wertbasierten Handelns verwendet werden kann.
3. Beschreiben können, wie Klagen von Klienten in Beschreibungen spezifischen Verhaltens umgeformt werden können.

**93. Psychological Flexibility, ACT and Parent Training: Science and Experience**

Workshop (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Beh. med., Autism, Parent Training

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal A**

Giovanni Miselli, Ph.D., IESUM AUSL Reggio Emilia Italy  
 Shinji Tani, Ph.D., Ritsumeikan University, Kyoto Japan

This workshop will focus on different models for integrating ACT into services for Families with a children diagnosed with Autism or PDD tested in Japan and Italy. Acceptance and Commitment Training based on principles of Acceptance and Commitment Therapy has been presented in group format for parents of children with a diagnosis of autism (Blackledge & Hayes, 2006; Tani, Kawai, Kitamura, 2013) and ACT-based parenting models have begun to emerge (Field, Armstrong, Malmberg, 2010; Coyne e Murrel, 2009). Recent evidence and theorization underline the role of some of the Psychological Flexibility ACT Model core processes in the impairment of parents' ability to develop and employ new effective parenting skills (e.g. Coyne & Wilson, 2004; Greco et al. 2005), and namely: experiential avoidance (e.g of feeling incompetent and ineffective) and Fusion (e.g. with thoughts and stories about their child's disorder and misbehaviors or their own inability as parents).

Internationally different group format with parents of children diagnosed with Autism and PDD has been used in Private and Public Health Care

Services alone or as a part of comprehensive Early Intensive Behavioral Interventions (Covati, Giuberti, Miselli, Pellegri, Santelli & Gallo 2012; Tani, Kawai, Kitamura, 2013 ). ACT Workshops and Traditional behavioral parent training enhanced with ACT elements, where used as a way to reduce parents' psychological barriers that may restrict new skill acquisition and employment (Murrell & Scherbarth, 2011). Also specific courses focused on the development of Psychological Flexibility in Parenting had been introduced and evaluated . Advantages, difficulties and data from different models that have been field tested in group, couple and individual formats will be presented, explored and discussed.

Educational Objectives:

1. Conceptualize the parental dysfunctional strategies in terms of ACT processes.
2. Integrate ACT processes and principles in Behavioral Parent Training in a clinical setting with parents.
3. Exercise and encourage the Psychological Flexibility Processes through role playing, and experiential and mindfulness exercises in pairs or small groups.

#### 94. The Human Condition and Human Conditioning: Addressing the Socio-Cultural Roots of Human Pain and Suffering

Panel (10:30-12:00)

Components: *Conceptual analysis, Didactic presentation*

Categories: Prevention and Community-Based Interventions, Related FC approaches, Cultural Factors in Global Mental Health

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C5**

Chair: Sacha Rombouts, Ph.D., Happy Minds Australia  
Dennis Tirsch, Ph.D., Weill Cornell Medical College  
Benjamin Schoendorff, MSc., Contextual Psychology Institute  
Ross White, Ph.D., University of Glasgow

To address global concerns and the subsequent application of CBS to global communities, it is important to move beyond the human condition to the socio-cultural influences on our psychological lives. Is it enough to simply say that pain and suffering is part of the human condition? Human cultures and societies are essentially inseparable dimensions of human behaviour. As such, the same evolutionary principles that influence our bio-behavioural evolution are at work across our socio-cultural contexts. This panel will explore cultural causes of human suffering and attempt to locate the broader systemic forces involved. These include economic inequality, socio-political systems, the influences of the marketing industry, the tendency to act destructively and with violence, and our relationship with our broader environment. We are interested in specifically looking at how evolved social and cultural contexts contribute to human suffering beyond personal

learning histories. By adopting a functional evolutionary understanding of the nature of compassionate motivations and actions, we can examine the elements of adaptive flexibility. Placing CBS within a global context opens up ways that we can act globally to harness the nurturing power of compassion, and promote resilience and wellbeing both at an individual and community level.

Educational Objectives:

1. Explore the cultural causes of human pain and suffering and attempt to locate the broader systemic forces at play.
2. Adopt a functional evolutionary understanding of the nature of compassionate motivations and actions.
3. Apply a CBS set of principles to scalable interventions and models involving socio-cultural factors influencing human suffering.

#### 95. Continuing Developments in Measuring ACT Processes

Symposium (10:30-12:00)

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

Categories: Theoretical and philosophical foundations, Clin. Interven. & Interests, RFT, Measurement

Target Audience: *Interm.*

**Location: Estrel Saal C6**

Chair: Tami Jeffcoat, University of Nevada, Reno  
Discussant: Helen Bolderston, Bournemouth University, UK

As research and practice continue with Acceptance & Commitment Therapy and Relational Frame Theory, so do attempts to measure psychological and behavioral processes relevant to them. This symposium includes discussion of recent and ongoing empirical work in measuring ACT processes. The symposium will include discussion of research-programme development in this area and recommendations for collaborative work. New data will be presented on developing measures of self-as-context , perspective-taking, cognitive defusion, and values-based living.

- The Development and Initial Validation of The Cognitive Fusion Questionnaire  
David T. Gillanders, University of Edinburgh  
Helen Bolderston, Bournemouth University
- Measuring Values and Committed Action with the Engaged Living Scale  
Hester R. Trompetter, University of Twente, Enschede  
P.M. Ten Klooster, University of Twente, Enschede  
K.M.G. Schreurs, University of Twente, Enschede  
M. Fledderus, University of Twente, Enschede  
G. J. Westerhof, University of Twente, Enschede  
E.T. Bohlmeijer, University of Twente, Enschede
- Development of the Reno Inventory of Self-Perspective, Measuring Self-as-Context and Perspective-Taking  
Tami Jeffcoat, University of Nevada, Reno  
Steven C. Hayes, University of Nevada, Reno  
Thomas Szabo, Florida Tech School of Behavior Analysis

Educational Objectives:

1. Examine the psychometric properties of measures such as the developing CFQ, ELS, RISP, SACS and DRT.
2. Describe how a global community can pool resources to develop measurement tools.
3. Understand existing process measures for aspects of the psychological flexibility model.

**96. Values, Flexibility in Eating disorders**

Symposium (10:30-12:00)

Components: *Original data*

Categories: Prevention and Community-Based Interventions, Clin. Interven. & Interests, Eating Behavior, Values, Binge Eating, Obesity

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Chair: Siri Ming, M.A., Private Practice

Discussant: Georg Eifert, Ph.D., Chapman University

Treatment of eating disorders can be challenging, with even state-of-the-art cognitive-behavioral treatments achieving only moderate success. The three papers presented in this symposium examine different ACT Interventions and the role of ACT relevant constructs for eating-related difficulties. The first study assesses a.) the possible impact of social stress on eating behavior and b.) the utility of values writing as a possible brief intervention for improving eating behavior. The second study conceptualizes binge-eating symptoms from an ACT perspective and examines the role of body image flexibility, emotional eating and binge eating symptoms. Finally, the third study describes the components of an integrative third wave group program for binge eating in obesity, identifies the main psychological processes targeted and evaluates its effect.

- **Bullet Proof Vest: Can Values Writing Be a Protective Intervention Against the Impact of Social Stress On Eating Behavior**  
Emmy LeBleu, University of Louisiana at Lafayette  
Emily Sandoz, Ph.D., University of Louisiana at Lafayette
- **Binge eating as an avoidance of negative emotions: The buffering effect of body image flexibility**  
C. Duarte, Cognitive and Behavioural Centre for Research and Intervention (CINEICC)  
José Pinto-Gouveia, Cognitive and Behavioural Centre for Research and Intervention (CINEICC)
- **BEfree – A group programme for Binge Eating in Obesity: preliminar results**  
Sérgio Carvalho, MSc., CINEICC - University of Coimbra  
Lara Palmeira, MSc., CINEICC - University of Coimbra  
Paula Castilho, Ph.D., CINEICC - University of Coimbra  
José Pinto-Gouveia, M.D., Ph.D., CINEICC - University of Coimbra

Educational Objectives:

1. Assess the utility of values writing as a possible brief intervention for improving eating behavior.
2. Explain the role of body image flexibility as a buffer on the association between emotional eating and binge eating symptoms.

3. Understand some components of a group program for binge eating.

**97. Ignite #2**

IGNITES (10:30-12:00)

Components: *Experiential exercises, Didactic presentation*

Categories: Clin. Interven. & Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Edu. Settings, Org. Beh. Management, Superv., Train. & Dissem., Theory & Philo., Prof. Dev., Other, Social anxiety, Sport, Self-Compassion, Successful Aging, Psychological Flexibility, vulnerability, Mindfulness, Measurement, Self-care, intrapersonal/interpersonal attunement

*Target Audience: Beg., Interm.*

**Location: Estrel Saal C8**

- **The Power of the Internet for Socially Anxious**  
Kirsikka Kaipainen, Headsted Limited
- **Mindfulness, Acceptance and Sport Performance – The State of the Art**  
Michael Noetel, Australian Catholic University
- **Self-compassion and behavioral disengagement**  
Ilios Kotsou, Université Libre de Bruxelles  
Emmanuelle Le Barbenchon, Université de Savoie  
Christophe Leys, Université Libre de Bruxelles
- **Committed Actions For Successful Aging**  
Kathleen Cameron, M.A., Mayo Clinic  
Rachael Lester, BSc, Mayo Clinic  
Denise Anderson, B.A., Mayo Clinic  
Janina Krell-Roesch, Ph.D., Mayo Clinic  
Yonas Geda M.D., MSc., Mayo Clinic
- **The Practice of Psychological Flexibility: A Tightrope Act**  
Jan Glasenapp, Ph.D., Private Practice
- **The "What I be project"**  
Stephan Hoyndorf, Dipl.-Psych. M.A., Private Practice
- **The predictive validity of tools developed to assist in functional assessment**  
Daniel W. M. Maitland, Western Michigan University  
Rebecca A. Rausch, Western Michigan University  
Scott T. Gaynor, Western Michigan University
- **Why carers ignore self-care, and how we can change this to the benefit of our communities.**  
Jacqui McCabe-Austin, Private Practice

**98. ACT for Spiritual Development: Accept, Choose, Teach others**

Workshop (10:30-12:00)

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

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, Prevention & Comm.-Based, Prof. Dev., Theory & Philo., spirituality

*Target Audience: Beg., Interm., Adv.*

**Location: Paris**

Hank Robb\*, Ph.D., Private Practice

Recent surveys indicate individuals around the planet are increasingly describing themselves as “spiritual but not religious.” This phrase indicates a desire to develop the spiritual dimension of one’s being untethered by a particular religious ideology. This presentation is founded on the notion that “spiritual development” is possible with a wide variety of religious ideologies or independent of any. Based on a functional contextual analysis, this presentation takes the common Euro-American cultural divisions of body, mind and spirit and demonstrates how one can make contact with each. Five “aspects of the spiritual dimension” of human beings will be elucidated and participants will be trained to discriminate them. Based on principles of Relational Frame Theory,

participants will be shown how verbal stimuli can direct the kind of behavior well described as “spiritual development.” Behavior they may also help to foster in others.

Educational Objectives:

1. Make simple and useful distinctions between the common language terms “mind,” “body,” and “spirit” based on a functional contextual approach to these terms.
2. Explain “spiritual dimension” in relation to Relational Frame Theory.
3. Contact the “spiritual aspect of their being” and make useful connections between this “place from which” to valued actions.

**99. Applying Contextual Behavioural Science to Meet the Needs of People with Intellectual Disabilities and Those who Support them: A multiple systems approach**

Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data, Case presentation*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Intellectual Disabilities, Positive Behaviour Support

Target Audience: *Beg.*

**Location: Strassburg**

Chair: Steve Noone, Ph.D., Northumberland, Tyne and Wear NHS Foundation Trust

Discussant: Nick Gore, Tizard Centre, University of Kent

One of the goals for proponents of Contextual Behavioral Science is to develop a “coherent and progressive science of human action that is more adequate to the challenges of the human condition”. In order to progress towards this aim, CBS must be applicable to the millions people with an intellectual disability (PWID) worldwide. Adaptations are essential due to the nature of intellectual disability and the likelihood that PWID are reliant on paid and unpaid support. Recent scandals of the institutional abuse of PWID have prompted policy makers in the UK to promote a Positive Behaviour Support model of care, which, with its behavioural roots and its emphasis on improving quality of life, appears compatible with

CBS philosophies. This symposium will present case study work in which ACT interventions have been adapted to meet the needs of PWID, a paper on presenting ACT resilience training to direct care staff, and a theoretical paper considering how systems thinking can add to the multiple contextual influences involved in working with this client group in a CBS-consistent way.

- Adapting ACT interventions for Adults with Intellectual Disabilities  
Dr Mark Oliver, Northumberland, Tyne and Wear NHS Foundation Trust
- Acceptance and Commitment Therapy (ACT) based Resilience Training for Healthcare Staff  
Janet Harrison, Northumberland, Tyne and Wear NHS Foundation Trust
- Working with the System – Individual Agency, Staff Teams, Organisations and Culture  
Dr Matt Selman, Northumberland, Tyne and Wear NHS Foundation Trust

Educational Objectives:

1. Describe the challenges inherent in applying ACT to an intellectual disabilities population.
2. Describe the evidence for applying ACT resilience training to healthcare staff.
3. Assess the utility of considering the person with intellectual disability as embedded within multiple systems of influence.

**100. New findings and procedures in the field of Relational Frame Theory**

Symposium (10:30-12:00)

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

Categories: Relational Frame Theory, Clin.

Interven. & Interests, Theory & Philo., Related FC approaches, RFT, IRAP, cultural adaptation, self-esteem, academic cheating, work and leisure time, Dark Triad of Personality

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30241**

Chair: Joanna E. Dudek, M.A., University of Social Sciences and Humanities Embracing Psychological Flexibility: Relationship with life quality and satisfaction and executive functioning

Discussant: Yvonne Barnes-Holmes, Ph.D., National University of Ireland, Maynooth

Gaining psychological knowledge about human cognition poses a challenge due to difficulties in measurement of patterns of thinking, beliefs that may not be readily accessible. One of the ways to meet that challenge is the Implicit Relational Assessment Procedure (IRAP), which allows measurement of relational networks and implicit attitudes.

This symposium aims do discuss the application of IRAP across different contexts. The first paper presents the process of adaption of the IRAP for Polish circumstances concerning self-esteem, academic cheating and work and leisure time. The second paper focuses on using IRAP to explore automatic evaluations regarding life and death, examining the role of psychological flexibility on implicit outcomes. Finally, the third paper employs IRAP in self-forgiveness.

- The Cultural Adaptation of Implicit Relational Assessment Procedure (IRAP) in Poland  
Magdalena Hyla, M.A., University of Silesia in Katowice  
Lidia Baran, M.A., University of Silesia in Katowice  
Karina Atlas, M.A., University of Silesia in Katowice  
Elżbieta Sanecka, M.A., University of Silesia in Katowice  
Irena Pilch, Ph.D., University of Silesia in Katowice
- Implicit Responses to Life and Death: Implications for Suicidality and Psychological Suffering  
Laura Rai, National University of Ireland, Maynooth  
Yvonne Barnes-Holmes, National University of Ireland, Maynooth  
Darren Clarke, National University of Ireland, Maynooth  
Ciaran Hyland, National University of Ireland, Maynooth  
Claire Murray, National University of Ireland, Maynooth
- The Development of Implicit Relational Assessment Procedure as a Measure of Self-Forgiveness of Failing and Succeeding Behaviors  
Diana Bast, Maynooth University  
Dermot Barnes-Holmes, Maynooth University

**Educational Objectives:**

1. Describe theoretical basis and practical applications of IRAP as a method of implicit attitudes measurement.
2. Apply implicit findings to an RFT conceptualisation of psychological suffering.
3. Explore the relationships among implicit and explicit measures (e.g. self-compassion scale), in terms of associated feelings and outcomes, and various indicators of mental health and well-being.

**101. Deepening into the Acceptance and Commitment Therapy (ACT)**

Symposium (10:30-12:00)

Components: *Case presentation*

Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, RFT, ACT, Fibromyalgia, Elderly, Depression, orientation problem

*Target Audience: Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Lidia Budziszewska, University of Almería & Sinews MTI Multilingual Therapy Institute

Discussant: Lance Mccracken, King's College London, Guy's and St. Thomas' NHS Foundation Trust

Acceptance and Commitment Therapy (ACT) is rooted in a functional analysis of human language known as Relational Frame Theory (RFT). As such, it is not exclusively oriented to a specific population, and nor is a set of exercises or metaphors. On the contrary, clinical ACT methods consist of multiple interactions oriented to change the context of participant's private events in order to alter their problematic verbal regulation. In this session we present the application of ACT and brief ACT-based protocols to three different populations, emphasizing the importance of RFT in clinical setting: a) elderly nursing home residents with depressive symptomatology; b) fibromyalgia and c) a case study of experiential avoidance, spatial-orientation and self-sufficiency problems.

- A Brief Acceptance and Commitment Therapy (ACT) protocol for Elderly Nursing Home Residents with Depressive Symptomatology  
Luis Jorge Ruiz Sanchez, Universidad de Almería  
Carmen Luciano, Universidad de Almería  
Adrián Barbero Rubio, Universidad de Almería  
Adolfo Cangas, Universidad de Almería
- A Brief Acceptance and Commitment Therapy Protocol in a Patient Diagnosed with Fibromyalgia  
Víctor Manuel Callejón Ruiz, Universidad de Almería  
Carmen Luciano, Universidad de Almería
- An Intervention Based on Acceptance and Commitment Therapy (ACT) to Enhance Self-Sufficient Skills in a Chronic Case with Spatial Orientation Problem  
Adrián Barbero Rubio, Universidad de Almería  
Carmen Luciano, Universidad de Almería  
Nikolett Eisenbeck, Universidad de Almería  
Juan Carlos López, Universidad de Almería

**Educational Objectives:**

1. Analyze clinical cases and their relationship to Relational Frame Theory.
2. Clarify the processes involved in Acceptance and Commitment Therapy (ACT).
3. Consider the use of Acceptance and Commitment Therapy for different disorders.

**102. From Computer Games to Avatar Led Treatments: Adapting ACT to Creative Internet Based Programs for the Prevention and Treatment of Various Problems**

Symposium (10:30-12:00)

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Internet based interventions

*Target Audience: Beg., Interm., Adv.*

**Location: Nizza**

Chair: Maria Karekla, University of Cyprus

Discussant: Raimo Lappalainen, University of Jyväskylä, Finland

Internet based adaptations of effective face-to-face programs have become popular in recent years, as they offer various advantages over traditional modalities of treatment delivery and present solutions to problems that have traditionally prevented individuals from seeking treatment. Internet based programs offer the advantages of being easily accessible to even remotely located clients, clients can access programs at their own time and place and proceed at their own pace, and can be presented in formats that become attractive even in difficult to reach populations (e.g. adolescents). This symposium will present three papers utilizing various aspects of internet based interventions grounded in Acceptance and Commitment Therapy principles. These programs reach a wide range of audiences (from chronic pain to depression to eating disorders) and are created utilizing different

creative internet-based aspects (adaptation of face-to-face protocol, avatar led, gamified intervention). The creation of these programs will be presented and obstacles faced as well as creative solutions found will be discussed. The initial acceptability of the programs for the targeted populations will be presented.

- "This gave me many new thoughts and means to cope with life." Internet-delivered ACT for depression: Participant and coach experiences  
Lappalainen, Päivi, University of Jyväskylä, Finland  
Lappalainen, Raimo, University of Jyväskylä, Finland

- Gamifying an ACT treatment for the Prevention of Eating Disorders among Adolescent and Young Adult Females

Patrisia Nicolaou, University of Cyprus  
Maria Karekla, University of Cyprus

- Adaptation of an ACT Based Intervention to a Digital Intervention for Chronic Pain  
Orestis Kassinosopoulos, University of Cyprus  
Vasilis Vasileiou, University of Cyprus  
Maria Karekla, University of Cyprus

Educational Objectives:

1. Utilize smart internet based technology for the creation of ACT based programs for various problems.
2. Discuss obstacles presented in the creation of internet based programs and propose creative solutions.
3. Describe the acceptability of ACT internet based programs to therapists and clients.

**103. Embracing Psychological Flexibility: Relationship with life quality and satisfaction and executive functioning**  
Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data, Case presentation*

Categories: Educational settings, Clin. Interven. & Interests, Prevention & Comm.-Based, Performance-enhancing interventions, Edu. settings, psychological inflexibility, life engagement, college students, SUD, (executive functions, Mindfulness), adolescence, research, mindfulness, avoidance, cognitive fusion, thought suppression

Target Audience: *Beg., Interm., Adv.*

**Location: Cannes**

Chair: Charles Benoy, MSc., ACT-based Behavior Therapy Inpatient Unit Universitätäre Psychiatrische Kliniken Basel, Switzerland

Discussant: Fabián Olaz, PsyD, Faculty of Psychology, University of Cordoba (Argentina)

There has been substantial evidence for the health benefits of psychological flexibility across different populations. This symposium presents the finding of three studies analyzing the relationship between psychological flexibility and different outcomes in two student populations and a population institutionalized for severe substance abuse. The first study aims to analyze the relationship

between psychological flexibility, life commitment and satisfaction and alcohol consumption in students. The second study examines the correlations between psychological flexibility, quality of life and wellbeing in a non-clinical sample of adolescents. Finally, the third study demonstrated the impact of an ACT intervention on executive functions in participants institutionalized for severe substance abuse.

- Psychological Inflexibility and Life Engagement as predictor of Drug Consumption and Life Satisfaction in a College Students in Ecuador  
Pablo Ruisoto, Ph.D., University of Salamanca  
Silvia Vaca, Ph.D., Universidad Técnica Particular de Loja  
Esther Gimeno, University of Salamanca
- A new pearl in the oyster: An exploratory study about the incidence of psychological flexibility on quality of life and psychological wellbeing in adolescence  
Emanuele Rossi, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
Erika Melchiorri, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC  
Alessia Panzera, Psy.D., Associazione Italiana Scienze Comportamentali e Cognitive, AISCC
- ACT Training Effects on Mental Health, Psychological Flexibility and Executive Functions for participants institutionalized for severe substance abuse – A targeted ACT Manual and Individual Follow-up Effect Analyses of Data from a Pilot Study in Sweden.  
Gabriella Svanberg M.Sc., Institute for the Psychological Sciences  
Ingrid Munck, Ph.D., University of Gothenburg, Sweden

Educational Objectives:

1. Evaluate psychological inflexibility and life engagement as predictors of drug consumption an large sample of college students.
2. Apply the association between psychological flexibility and perceived stress in clinical practice.
3. Implement a SUD targeted ACT intervention to institutionalized clients.

**Saturday Lunch 12:00-13:15**

**Saturday Lunch Events 12:30**

**Z. The fate of the Evolutionary science SIG: Moving forward wisely and with Intention!**

Chapter/SIG Meeting (12:30-13:15)

**Location: ECC Room 1**

Graciela Rovner, University of Gothenburg, SWEDEN  
Joséphine Loftus, Centre Hospitalier Princesse Grace

The aim of this meeting is to encourage questions and discussion on the role and relevance of the evolutionary science SIG within the ACBS. The key question is how the EVO SIG would like to define itself within the larger CBS group. How can we become wise managers of the evolution of this SIG, by making it an agent of intentional change within and beyond the ACBS? Fostering the

relationship between contextual behavioural science CBS and evolutionary science through the encouragement of prosocial projects and social networks and prevention strategies for mental health problems in vulnerable populations would bring the EVO SIG closer to that goal and also to the values that members would like to embody. We would also like to highlight the contribution at an individual level and across disciplines to this process. We would welcome nominees for the EvoSSIG elections, so be yourself an agent of intentional change and kindly step forward. This year we have plans to work with Tony Biglan's book creating networks and disseminating this important and nurturing message of his!  
WELCOME!

**AA. ACT and the Christian client SIG (still in development)**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C5**

Ingrid Ord, Private Practice

This group is in the process of forming a SIG which may be done by the conference. All of the initial groundwork has been done and this meeting will provide a platform for planning and deciding upon further activities. The activities will include a consideration of the dissemination of ACT amongst Christian clients worldwide. Everyone is welcome.

**AB. Functional Analytic Psychotherapy (FAP) SIG Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C6**

Aisling Curtin, M.Sc., ACT Now Ireland & WTF Psychology  
Matthew Skinta, Ph.D., ABPP, Palo Alto University

Open to all those who are interested in learning more about Functional Analytic Psychotherapy and integrating more awareness, courage and love from a behavioural perspective in their personal and professional lives.

**AC. Sport, Health, and Human Performance SIG business meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C7**

Emily Leeming, University of Nevada, Reno

All are welcome to this business meeting. SIG members will be celebrating our first year as a official group. Agenda items will include, officer positions, list-serve updates, ideas for increasing group participation, and collaborative work efforts.

**AD. ACTing with Technology SIG**

Chapter/SIG Meeting (12:30-13:15)

**Location: Estrel Saal C8**

Tim Batink, Psychologist & Ph.D.-Candidate (President ACTing with Technology SIG), Maastricht University, The Netherlands  
Ditte Hofmann, Psychologist & Ph.D.-Candidate (Vice-President ACTing with Technology SIG), Aarhus University Hospital, Denmark

This is the 2nd annual ACTing with Technology SIG-meeting. We want to invite everybody who is interested in the application of technology within

the ACT-context to join this session (e.g. internet-based interventions, mobile technology and dedicated devices). We will start with an introductory round, where everybody has the chance to introduce him/herself and do a small elevator-pitch on their interest or project in relation to ACT and Technology. You can also use this opportunity to ask for feedback or advice on your project. Subsequently, we will brainstorm about what the future role of the ACTing with Technology SIG could be. All are welcome, and please feel free to take your lunch with you (and perhaps some interesting technology too)!

**AE. Inaugural meeting of the Greece & Cyprus ACBS Chapter**

Chapter/SIG Meeting (12:30-13:15)

**Location: Paris**

Vasilis S. Vasiliou, M.S., University of Cyprus, ACTHealthy Lab  
Maria Karekla, Ph.D., University of Cyprus, ACTHealthy Lab

In this inaugural meeting of the Greece & Cyprus ACBS chapter, members will meet and get to know each other. Also, members will discuss future plans about disseminating further Contextual Science approaches among Greek speaking Health Professionals (i.e. Psychologists, Counselors, Social Workers, Psychiatrists and GPs etc.)

Among the topics to be discussed are:

- Research collaborations between Greek and Cypriot Universities (locally) and among other Universities (Internationally)
- Existing contextual-based measures in the Greek language for use among professionals (e.g. AAQ-II, PIPS-II, CPAQ, CFQ etc)
- Training and supervision opportunities in the Greek language (e.g. ELPSE workshops, ACTHealthy lab trainings)
- Contextual-based material in the Greek language (e.g. ACT-based translated books, therapeutic protocols, experiential exercises, articles in the Greek language etc.)

Feel free to join us and bring local delicatessen from Greece and Cyprus! Meeting will be informal.

**AF. Pain SIG Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Nizza**

Stephen Z. Hull, M.D., Director of Medical Pain Management, Mercy Hospital, Portland, ME, USA

The Pain SIG will be meeting to get to know each other, share what we are doing, and plan for the 2016 World Congress in Seattle, Washington, USA.

**AG. Diversity Committee Annual Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: Cannes**

Jonathan Weinstein, Ph.D., Bronx VAMC

# S A T U R D A Y

Niloo Afari, Ph.D., VA Center of Excellence for Stress and Mental Health & UCSD Health System

For our annual meeting we will review our progress over the past year and identify new goals for the coming one. If necessary new officers will be identified for both Committee-wide and sub-committee roles. Additionally, as new priorities are developed additional subcommittees will form to support the tasks associated with these new goals.

## **AH. ACT Netzwerktreffen für deutschsprachige Therapeuten ACT network meeting for German speaking therapists**

Group Meeting (12:30-13:15)

**Location: ECC Room 4**

Thorsten Kienast, M.D., M.B.A., Dpt of Psychiatry and Psychotherapy, Charité Campus Mitte, University Medicine Berlin

Valerie Kiel, MSc., Fachklinik Hochsauerland, Germany

Jan Martz, M.D., Private Practice

Beate Ebert, Clinical Psychologist, Private Practice

Dieses einstündige Treffen dient dazu ACT Therapeuten und Trainer im deutschsprachigen Raum aber auch der deutschsprachige Kollegen im Ausland zusammen zu führen und miteinander zu vernetzen. Hierfür ist es am besten wenn wir uns einmal gegenseitig persönlich kennen lernen. Ein solches Netzwerk hilft bei der Verbreitung des Therapieverfahrens und könnte beispielsweise auch hilfreich sein um zeitnah Informationen über interessante neue Entwicklungen in Therapie und Wissenschaft untereinander zu verbreiten. Vieles Andere kann gestaltet werden. Ein weiteres Ziel ist es für die Weiterbehandlung von Patienten ACT versierte Therapeuten empfehlen zu können. Damit das Netzwerk über eine breite Kompetenz verfügen kann würden wir uns freuen, wenn Kollegen aus allen medizinischen Berufsgruppen daran teilnehmen. Wir freuen uns auf Euch.

## **AJ. ACT-Italia, ACBS Italian Chapter Meeting**

Chapter/SIG Meeting (12:30-13:15)

**Location: ECC Room 5**

Massimo Ronchei, ACT-Italia ACBS Italian Chapter  
Anna Bianca Prevedini, ACT-Italia ACBS Italian Chapter,  
Istituto Europeo per lo Studio del Comportamento  
Umano - IESUM

The meeting has the aims of connecting Italian people working in the field of Contextual Sciences, shearing about the actual areas of research and clinical commitment, and collecting ideas and proposes about future collaborations and activities both in clinical, research and dissemination fields.

### Saturday Afternoon Plenary 13:15

## **104. Big heart, open wide: Moving from shame and fear to empathy, compassion, and connection in our clinical work and communities**

Invited (13:15-14:30)

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

Categories: Clinical Interventions and Interests, Org. Beh. Management,

*Target Audience: Beg.*

**Location: ECC A**

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

Introduction by Sonja V. Batten, Ph.D., Booz Allen Hamilton



In this modern era, it's essential that we develop new cultural practices that can guide us in developing a broader perspective on our own lives and the community around us. In particular, flexible perspective taking can help foster a

greater sense of compassion toward self and other, reduce objectification, and build stronger, more nurturing communities. Research on social emotions, such as shame and compassion, can also help guide us in how to foster increased empathy, give voice to the oppressed, and increase connection. In shame, we feel separate from others and our sense of belonging is threatened. We become self-focused and tend to fall into hierarchical and competitive ways of relating to others. Compassion links us to a caregiving system that helps us to focus on caring for others (and ourselves) and more nurturing ways of responding. This address will discuss research on social emotion and contextual behavioral science and highlight applications of these ideas.

Educational Objectives:

1. Discuss a functional and evolutionary account of shame and self-criticism.
2. Explain how compassion-focused interventions fit inside an ACT model.
3. Understand how flexible perspective taking can guide the implementation of compassion focused interventions.

### Saturday Afternoon 14:45

## **105. Functional Analytic Psychotherapy: Applying a Model of Awareness, Courage and Love to Global Concerns**

Workshop (14:45-17:45)

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

Categories: Performance-enhancing interventions, Prevention & Comm.-Based, social connection

*Target Audience: Beg., Interm., Adv.*

**Location: ECC A**

Mavis Tsai, Ph.D., University of Washington and Independent Practice

Robert J. Kohlenberg, Ph.D., University of Washington

Katia Manduchi, Ph.D., Independent Practice

Gareth Holman, Ph.D., Independent Practice

Jonathan Kanter, Ph.D., University of Washington

Functional Analytic Psychotherapy (FAP) uses a contextual behavioral understanding of the therapeutic relationship to help clients create meaningful lives by focusing on how their target behaviors can be shaped in session and generalized to daily life. Traditionally, FAP has emphasized target behaviors as individually defined by the client; more recently FAP has focused on targets specifically defined in terms of awareness, courage and love (ACL). As global problems have intensified, we have proposed a variant of FAP termed "Green FAP" which incorporates a socially conscious ideology that places a high importance on ecological, social justice and nonviolence targets. Specifically, green FAP values call for caring and helping of others, social consciousness and responsibility, and using one's talents and passions to contribute to the world. Whether you are primarily a student, a clinician, a teacher, or a researcher, this workshop's blend of conceptual analysis, video clips of client sessions, original data, experiential exercises, and blueprints for action will help you explore how you can more powerfully use your gifts to contribute solutions to global problems.

Educational Objectives:

1. Explore how FAP's Awareness, Courage and Love model can be applied to Green FAP values.
2. Experience exercises that help you clarify your unique passions and talents in addressing global problems on a local level.
3. Gain concrete tools and ideas for clinical interventions and research on micro levels with individual clients or on more macro levels with larger communities.

### 106. The New ACT for Chronic Pain and Headache Treatment Approach

Workshop (14:45-17:45)

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

Categories: Behavioral medicine, Clin. Interven. & Interests, Chronic pain and headache

*Target Audience: Beg., Interm.*

**Location: ECC Room 1**

Maria Karekla\*, Ph.D., University of Cyprus, Cyprus  
JoAnne Dahl\*, Ph.D., University of Uppsala, Sweden

The application of Acceptance and Commitment Therapy (ACT) for the treatment of chronic pain is well established and indeed ACT is considered an empirically supported treatment for such chronic and debilitating problems. This workshop will present the latest developments in ACT manuals for the treatment of chronic pain and headache for increasing well-being of sufferers. The latest application of these new protocols will be discussed based on findings from the European Union funded research project "ALGEA." The "ALGEA" (the Greek word for suffering) is a project resulting from the coalition of the University of Cyprus, the University of Crete and the Cyprus Institute of Neurology & Genetics. The main aim of the project was to examine the efficacy of ACT for the treatment of chronic pain and examine the

mechanisms and processes of change in this approach.

Concepts will be illustrated using live demonstrations, experiential exercises, metaphors, and worksheets. This workshop is designed to teach skills needed to explore ACT as an assessment model and intervention method for chronic pain. It will be mostly experiential and will balance an understanding of the model with a personal connection with the issues raised in ACT, and with skill development.

Educational Objectives:

1. Describe the basic tenets and core processes of ACT and how to use mindfulness, acceptance, experiential exercises, metaphors and defusion techniques, to improve well-being in individuals with chronic pain and head pain.
2. Conceptualize chronic pain cases based on ACT processes and how to practically work with exposure of current pain
3. Integrate RFT principles of shared perspective and lift perspective (self as context) directly working with the client with pain in the present moment.

### 107. The RFT of the Matrix (made simple) or RFT made simple : The Matrix

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Theory & Philo., RFT, RFT in intervention practice

*Target Audience: Beg., Interm., Adv.*

**Location: ECC Room 4**

Benjamin Schoendorff\*, Contextual Psychology Institute, Canada

The matrix is an effective tool to promote valued living in the most varied intervention contexts -- both in the clinic and beyond. Though deceptively simple, it is a sleek vehicle powered by a roaring RFT engine. This workshop presents in a light-hearted way how you can use the power of RFT through the Matrix.

Through experiential exercises and interactive exchanges you'll see how the diagram activates a network of relations that helps make avoidant action less probable and valued action more probable -- all thanks to matrix-activated derived relational responding!

This is RFT for the ungeek that will also make your RFT-geek heart sing! Whether you know nothing about RFT, RFT scares you or RFT keeps you awake at night, there is something for you in this workshop.

Educational Objectives:

1. Describe the main relational frame.
2. Implement RFT-derived matrix interventions.

3. Implement perspective-taking and hierarchical framing interventions to get unstuck.

**108. Meditation and Perspective-Taking: A Perfect Couple?**

Workshop (14:45-17:45)

Components: *Experiential exercises, Didactic presentation, Role play*  
 Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Perspective-Taking, Meditation

Target Audience: *Beg., Interm., Adv.*

**Location: ECC Room 5**

Georg H. Eifert\*, Ph.D., Chapman University, California, USA

Perspective-Taking (PT) is one of the most crucial skills for developing psychological flexibility. PT enables us to make experiential contact with an

invincible, whole, and pristine aspect of ourselves, which makes it easier to stay with difficult psychological content. PT enhances all ACT processes, particularly willingness and defusion. Yet it is arguably still also the most mysterious ACT component that often confuses therapists and clients alike.

Therapists often complain that there are not enough techniques available to teach PT in an easily accessible experiential way. The workshop therefore introduces a "new" meditation technique ("I Am" mantra) that is perfectly aligned with one of the key goals of ACT: learning to let go of unhelpful self-descriptions provided by our constructed self. Systematically learning to drop labels from "I am" self-descriptions in an effortless straight-forward way makes it more likely that unhelpful self-labeling in everyday life will decrease.

Educational Objectives:

1. Understand process of perspective-taking and apply it clinically.
2. Learn new perspective-taking experiential exercises.
3. Use perspective-taking to increase willingness and defusion.

**109. A Functional Contextual Approach to the Treatment of Obsessive Compulsive and Related Disorders**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., OCD and related disorders

Target Audience: *Interm.*

**Location: Estrel Saal A**

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

There is a vast amount of new information on the treatment of OCD and related disorders (e.g., skin picking and trichotillomania). A lot of this information involves looking at the obsessions and related inner experiences functionally rather than

topographically. A handful of treatments (e.g., ACT, DBT, metacognitive therapy) are showing a greater focus in this area and are showing success in the treatments of these disorders. This workshop will present the most up to date data on these newer treatments for OCD and related disorders. Participants will learn how to conceptualize cases from this approach as well as some of the most useful treatment techniques. The training will involve a mix of didactic, experiential, and role play.

Educational Objectives:

1. Utilize modern treatments for OCD and related disorders.
2. Conceptualize cases from a functional contextual approach.
3. Understand the most up to date data on these treatments.

**110. ACT and Spirituality – A Dialogue of 3 Perspectives**

Panel (14:45-16:15)

Components: *Conceptual analysis, Literature review*

Categories: Clinical Interventions and Interests, Theory & Philo., Spirituality / Religion

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C5**

Chair: Kenneth Fung, M.D. FRCPC MSc., University of Toronto

Kenneth Fung, M.D., MSc., University of Toronto  
 Zhuohong Zhu, Ph.D., Institute of psychology, Chinese Academy of Sciences

Habeeb Alli, M.A., Canadian Council of Imams

Acceptance and Commitment Therapy is an effective modern behavior therapy based on science. From its incorporation of mindfulness to its emphasis on values, ACT may also touch on spiritual issues. Indeed, science and spirituality/religion may not be mutually exclusive and a therapist's role may legitimately include addressing spiritual/religious dimensions of human experience with proper care and consideration. We will explore the relationship between ACT and spirituality/religion from different perspectives, including Buddhism, Islam, and First Nations Spirituality. First, is ACT consistent, congruent, or acceptable from the particular faith/spirituality's perspective? Secondly, are there areas where ACT contradicts the particular faith/spirituality's teachings, beliefs, or traditions? Finally, how can we adapt ACT for clients of the particular faith/spirituality, and how may this benefit other clients more generally? The panel aims to increase our competence in applying ACT for clients of diverse faith; promote interfaith dialogue through ACT; and expand the frontier of ACT techniques.

Educational Objectives:

1. Reflect on and describe the similarities and congruence between ACT and Buddhism, Islam, and First Nations Spirituality.
2. Identify and describe the differences and potential contradictions between ACT and Buddhism, Islam, and First Nations Spirituality.
3. Adapt ACT flexibly for clients of diverse faith.

**111. Using Web/Mobile Technology to Enhance your Clinical Work**

Workshop (14:45-16:15)

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

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Beh. med., Superv., Train. & Dissem., Technology

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C6**

Michael E. Levin, Ph.D., Utah State University  
Megan Oser, Department of Psychiatry, Brigham and Women's Hospital/Harvard Medical School  
Jack Haeger, Utah State University

There has been a recent explosion in mobile/website applications for addressing mental health problems and behavior change. However, guidance on what technologies are available, which to choose, and how to effectively use them with clients is lacking (Boudreaux et al., 2014). This workshop will introduce practitioners to a wealth of available CBS-consistent web/mobile applications, discussing key functions relevant for therapy, and how to choose the "optimal" program for each case. We will discuss how to effectively use these programs with clients, including ways to use as an adjunct in or a component of therapy (e.g., self-monitoring), and troubleshooting issues. Clinical skills will be taught for guiding and providing supportive accountability (Mohr, Cuijpers & Lehman, 2011) to clients using web/mobile app technologies.

Although this workshop is primarily for clinicians interested in using these technologies in therapy, this may also be of interest to researchers focused on delivering ACT through technology.

Educational Objectives:

1. Describe what web/mobile app technologies are currently available and the key functions they provide (e.g., self monitoring, skills generalization, guided mindfulness practice, etc.).
2. Identify ways to use web/mobile technologies in clinical work and strategies to begin adopting them in clinical practice.
3. Use supportive accountability principles to guide/support clients' use of web/mobile technologies.

**112. Case studies of Acceptance and Commitment Therapy with children**

Symposium (14:45-16:15)

Components: *Original data, Case presentation*

Categories: Clinical Interventions and Interests, Edu. settings, RFT, Children, ACT, RFT, anxiety disorders

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Chair: Lidia Budziszewska, Universidad de Almería  
Discussant: Lisa Coyne, Suffolk University (Tentative)

There is still scarce empirical evidence concerning the use of Acceptance and Commitment Therapy (ACT) in children. The current symposium aims to

discuss the implementation of ACT in this population by providing several clinical case studies. First, three case studies with children presenting school-related anxiety disorders will be presented discussing the tools used as a function of the developmental of their verbal behavior. Second, the case of an exceptionally gifted, 11-year-old girl with social relationships issues is presented. The treatment involved a brief, 4-session, ACT intervention. Lastly, the integration of ACT and Functional Analytic Psychotherapy (FAP) is discussed in relation to the treatment of an 8-year-old boy suffering from bullying episodes, impulsive behaviors, and problems initiating and maintaining peer relationships.

- **Anxiety disorders in Kids: A Brief Overview of a Contextual Approach to Child Intervention**  
Giovambattista Presti, Department of Human and Social Sciences, Kore University, Enna (Italy)  
Giulia Mazzei, IESCUM and ACT-Italia, Milano, Italy  
Daniela Sterniqui, IESCUM and ACT-Italia, Milano, Italy  
Gaia Oldani, IESCUM and ACT-Italia, Milano, Italy  
Francesca Pergolizzi, IESCUM and ACT-Italia, Milano, Italy  
Paolo Moderato, Istituto G. Fabris, IULM University, Milan (Italy)
- **ACT-Based Brief Intervention with an Adolescent with Difficulties in Social Relationships: A Case Study**  
Juan C. López, Universidad de Almería  
Adrián Barbero-Rubio, Universidad de Almería  
Carmen Luciano, Universidad de Almería
- **Integrating ACT and FAP with Children: A Case Example with a 8-Year-Old Boy Suffering from Bullying**  
Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz  
Carmen Luciano, Universidad de Almería  
Rosa M. Vizcaíno-Torres, Universidad de Almería

Educational Objectives:

1. List the empirical evidence of ACT with childre.
2. Describe how ACT can be adapted to the work with childre.
3. Analyze the integration of ACT and FAP in the work with childn.

**113. RFT, ACT and Developing Accounts of Coercion, Prosocial Behavior, and Social Conflict**

Symposium (14:45-16:15)

Components: *Conceptual analysis, Original data*

Categories: Theoretical and philosophical foundations, Prevention & Comm.-Based, Evo., Org. Beh. Management, RFT, prosocial behavior, coercion, scalable conflict model

Target Audience: *Interm.*

**Location: Estrel Saal C8**

Chair: Tami Jeffcoat, University of Nevada, Reno  
Discussant: Anthony Biglan, Oregon Research Institute

# S A T U R D A Y

Social processes have been subjected to RFT accounts and explanations within contemporary evolutionary science. Furthermore, they are implicitly related to components of the Psychological Flexibility Model. This symposium includes discussions of those accounts, explanations, and relationships. Talks include both empirical data and conceptual discussion on our more and less favorite social processes. In these talks, prosocial tendencies and global citizenship behavior as well as coercion and social conflict are discussed from RFT, Evolutionary, Psychological Flexibility theoretical perspectives.

- I-You, Here-There, Now-WHAT?!: Why it's so Hard to do the Right Thing?  
Priscilla Almada, University of Wollongong  
Louise McHugh, University College Dublin, Ireland

- The Impact of Coercive Processes on Human Wellbeing  
Anthony Biglan, Oregon Research Institute
- Flexible Social Conflict  
Tami Jeffcoat, University of Nevada, Reno

#### Educational Objectives:

1. Describe what the recent research and RFT tells us about prosocial behavior.
2. Understand an evolutionary account of social processes or how coercive behavior may be prevented or treated.
3. Examine the scalability of the Psychological Flexibility Model to larger units of social behavior.

#### **114. Using Acceptance and Commitment Therapy to Treat Individuals with Eating Disorders in an Outpatient Setting**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Eating disorders

Target Audience: *Interm., Adv.*

Location: **Paris**

Mary L. Hill, M.A., Georgia State University  
Akihiko Masuda, Ph.D., Georgia State University

Eating disorders (EDs) are among the most difficult psychiatric disorders to treat, and individuals experience significant distress, impairment, and medical consequences. ACT has shown promise in the treatment of EDs across different treatment settings and ED diagnoses. This workshop will provide training in using ACT in an outpatient setting to treat individuals with EDs. We will discuss ACT conceptualizations of EDs, ways to tailor ACT techniques for use with this population, and the current state of the evidence, including data from an ongoing treatment study conducted by the workshop presenters. Workshop attendees will have the opportunity to observe and participate in a variety of ACT interventions and experiential exercises applied to EDs and related problems (e.g., body dissatisfaction). Guidance for

applying ACT for specific difficulties will be discussed, and attendees will receive information about measures to track ACT-consistent processes and outcomes in treatment. We will also discuss challenges and opportunities that may arise when working on an outpatient basis with clients who struggle with EDs.

#### Educational Objectives:

1. Explain ACT case-conceptualizations of individuals diagnosed with eating disorders.
2. Design and utilize ACT-consistent interventions/techniques for eating-related problems that can be effectively delivered in an outpatient setting.
3. Promote acceptance and valued living with clients who struggle with eating disorders and related issues (e.g., body dissatisfaction).

#### **115. Love in the room - How to Spread Therapeutic Love within Ethical Boundaries: Addressing the Stigma of Patient-Therapist Attraction, Management and Prevention.**

Panel (14:45-16:15)

Components: *Case presentation*

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., ethical therapeutic relationship

Target Audience: *Beg., Interm., Adv.*

Location: **Strassburg**

Chair: Tien Mandell, MSc., Private Practice  
Matthew Skinta, Ph.D., Palo Alto University  
Aisling Curtin, MSc., Private Practice  
Tien Mandell, Private practice

The clinician is placed with the responsibility of spreading well-being through their therapeutic work with increasing emphasis placed on building intensely loving and compassionate therapeutic relationships as a positive reinforcer. This responsibility can breed a hubris in the therapist to neglect addressing a very human condition, attraction in the therapy room. Clinicians are in a position where they meet many people from different walks of life, so inevitably, they will encounter a client where they will feel either an attraction and/or mental connection. There seems to be a silence in the CBT/CBS community on how to manage such an event, when attraction is evoked in the clinician, and exploring whether there is a stigma in the field on talking about the management and prevention of therapist attraction. This will be a bold panel in which the Chair will use her personal experience as a case study to de-stigmatise this topic in the service of sharing her learnings with other clinicians, so we can continue to practice powerful compassionate therapy without compromising ethical boundaries.

The panel will discuss this issue in 3 parts: Therapist vulnerabilities; Supervision and management and Consequences: Management of relationship and consequences of acting on attraction.

#### Educational Objectives:

1. Address a taboo to open up learning on how to manage intense curative therapeutic relationships.
2. Identify therapist and client vulnerabilities that increases the probability for in-session attraction.
3. Discuss management and prevention of the above with improved awareness through open discussion.

**116. The Role of Acceptance and Commitment Therapy for Improving Sleep**  
Symposium (14:45-16:15)

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Chronic Insomnia, ACT, MBSR

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30241**

Chair: Guy Meadows, Ph.D., The Sleep School  
Discussant: Frank Bond, Goldsmiths, University of London

Sleep is one of the most underrated performance enhancer with the power to determine our daytime mental, emotional and physical health. Developing ways in which to improve this natural phenomenon could prove essential for managing long term health.

Three researchers will present sleep data from work and clinical settings, proposing the potential role of Acceptance and Commitment Therapy for improving sleep.

- The Effectiveness of a Workplace ACT Intervention Compared to MBSR Training for Sleep  
Vasiliki Christodoulou, Ph.D., Anakampsi - Substance Misuse Service, Limassol
- ACT and MBSR Interventions for Sleep: An Investigation of Mechanisms  
Joe Oliver, Ph.D., Camden & Islington NHS Trust, London, UK
- The Effectiveness of ACT for Insomnia - An Initial Clinical Study  
Guy Meadows, Ph.D., The Sleep School

Educational Objectives:

1. Understand the differential impact of ACT and MBSR interventions on sleep outcomes in workplace settings.
2. Understand the different pathways by which ACT and mindfulness interventions can impact on sleep outcomes.
3. Understand the clinical effectiveness of using ACT for insomnia within a one day workshop setting.

**117. Do it yourself: Innovative Delivery Methods on the Rise**

Symposium (14:45-16:15)

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

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Beh. med., Superv., Train. & Dissem., health anxiety, smoking cessation, self-help, subclinical measures

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Shane McLoughlin, National University of Ireland Galway

Discussant: Ditte Hoffmann, Psychologist & Ph.D.-Candidate (Vice-President ACTing with Technology SIG), Aarhus University Hospital, Denmark

Innovative Delivery Methods may facilitate the spread of evidence-based therapies and offer the opportunity to extend care to populations that might be difficult to reach with traditional forms of treatment. The three studies in this symposium discuss the feasibility of internet-delivered ACT for Health Anxiety, Predictors of participation of smokers in a telephone-based ACT for smoking cessation program and the development of self-help for negative thoughts measured by a unique rating form. Benefits and Challenges of new delivery methods will be discussed.

- Feasibility study of internet-delivered Acceptance and Commitment Therapy for Health Anxiety  
Ditte Hoffmann Jensen, psychologist, Aarhus University Hospital, Denmark  
Charlotte Ulrikka Rask, M.D., Ph.D., Aarhus University Hospital, Denmark  
Lisbeth Frostholm, Ph.D., Aarhus University Hospital, Denmark
- Predictors of the participation of smokers in a proactive telephone-based, acceptance and commitment therapy for smoking cessation program  
Y.W. Mak, Ph.D., School of Nursing, The Hong Kong Polytechnic University  
A.Y. Loke, Ph.D., School of Nursing, The Hong Kong Polytechnic University
- Developing self-help for negative thoughts measured by a unique rating form  
Andreas Larsson, Ph.D., Private Practice  
Nic Hooper, University of West England  
Louise McHugh, University College Dublin

Educational Objectives:

1. Discuss considerations in adapting face-to-face treatment to internet-based treatment.
2. Describe the flow of participation of a smoking cessation programme for subjects recruited from primary health care settings.
3. Explain the need for sub-clinical measures of negative private content in the context of prevention.

**118. Acceptance and Commitment Therapy for Psychosis – Recovery and Connection through Psychological Flexibility**

Workshop (14:45-17:45)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Psychosis

Target Audience: *Interm., Adv.*

**Location: Nizza**

Eric Morris, Ph.D., La Trobe University, Melbourne, Australia

Louise Johns, Ph.D., South London & Maudsley NHS Foundation Trust & King's College London

# S A T U R D A Y

Emma O'Donoghue, DCLinPsy, South London & Maudsley NHS Foundation Trust

This workshop will help you to develop the skills and knowledge to work with people with psychosis using ACT.

Experiential avoidance, cognitive fusion and limited perspective taking are associated with distress and disability in psychosis. ACT targets these processes and provides methods to create a flexible sense of self and meaningful life in the face of unwanted experiences. ACT cultivates experiential openness, self-awareness, engagement in life, defusion from psychotic symptoms, self-compassion, and actions based on personal values. Due to the emphasis on values-directed action, ACT is consistent with recovery principles and is highly

acceptable to clients.

The presenters have extensive experience of evaluating individual and group ACT interventions for recovery-oriented and early psychosis, and carers of people with psychosis. This includes working with people from diverse cultural, religious and ethnic backgrounds, and appreciating how ACT can be an accessible approach for people who would not usually engage in psychological therapy.

Educational Objectives:

1. Describe the problems of psychosis using a psychological flexibility formulation.
2. Assist people with positive symptoms to have a workable relationship with these experiences, through mindfulness, defusion and perspective-taking.
3. Engage people who are depressed and anxious following psychosis in making choices and taking steps that enrich their lives.

## 119. Prosociality and Prevention: *Evolution Science SIG Sponsored*

Symposium (14:45-16:15)

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

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Edu. settings, Evo., Superv., Train. & Dissem., Cultural adaptations, Leadership Efficacy, evolutionary science

Target Audience: *Beg., Interm.*

Location: *Cannes*

Chair: Sigmund Gismervik, M.D., Department of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim

Discussant: Louise Hayes, Ph.D., Orygen, The National Centre of Excellence in Youth Mental Health

This symposium presents three studies that discuss different aspects of intervention strategies to increase wellbeing and ameliorate diverse problems in living in entire populations. The first study discusses ACT for use in low-resource settings and focuses on community engagement and cultural adaptation processes to deliver an intervention for maximum real-world impact. The

second study examines the clinical relevance of epigenetic mechanisms for practical clinical intervention strategies. Finally, the third study describes, how ACT and PROSOCIAL design principles were integrated into a course for improving community wellbeing and how to adapt course objectives to various group settings.

- Low intensity ACT interventions for people living in adversity: Global mental health perspectives  
Felicity L. Brown, Ph.D., World Health Organization  
Mark van Ommeren, Ph.D., World Health Organization  
Wietse Tol, Johns Hopkins University
- Epigenetics and implications for clinical intervention and prevention strategies.  
Josephine Loftus, Princesse Grace Hospital, Monaco
- ACTivating University Students for Social Changemaking using PROSOCIAL  
Larry Dumka, Ph.D., Sanford School of Social and Family Dynamics - Arizona State University

Educational Objectives:

1. Apply a systematic approach to community engagement and cultural adaptation of psychological interventions.
2. Explain the clinical relevance of epigenetic mechanisms.
3. Explain how to adapt Social Changemaking course objectives to various group settings.

Saturday Afternoon 16:30

## 120. The Self and RFT

Panel (16:30-17:45)

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

Categories: Relational Frame Theory, Clin. Interven. & Interests, Self, RFT, ACT

Target Audience: *Beg., Interm., Adv.*

Location: *Estrel Saal C5*

Chair: Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz

Carmen Luciano, Universidad de Almería

Kelly G. Wilson, University of Mississippi

Yvonne Barnes-Holmes, National University of Ireland, Maynooth

Niklas Törneke, Private practice

The self is a widespread concept in psychology that has remained ill-defined in operational terms. However, Relational Frame Theory (RFT) has proposed a naturalistic behavioral approach to the self that posits important practical implications. In this panel discussion, prominent RFT experts will present their view about the self, based on the cutting-edge research on this topic. Questions to discuss will include the ontogenetic origin of the self, the type of relational framing repertoires involved in the self, the relationship between the self and behavior regulation, and the practical implications of having a sound RFT approach to the self for the psychological flexibility model and the techniques used in ACT.

Educational Objectives:

1. Assess the relevance of the RFT account of the Self.

2. Describe the cutting-edge research concerning the origins and relational framing repertoires involved in the Self.
3. Identify practical implications of the RFT account of the Self.

**121. Using Positive Psychology to Enhance Psychological Flexibility and Therapist Self-Care**

Workshop (16:30-17:45)

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

Categories: Clinical Interventions and Interests, Other, Positive Psychology

Target Audience: *Beg., Interm.,*

**Location: Estrel Saal C6**

Lanaya L. Ethington, Ph.D., University of Iowa

This program will review models of positive psychology that relate to well-being and psychological flexibility, and will also examine the impact that positive affect has on brain functioning. We will provide discussion of empirically-supported exercises that increase the experience of positive affect, and tools to help clinicians and clients identify their strengths. We will review aspects of positive psychology that are present in theoretical approaches such as Acceptance and Commitment Therapy (ACT), Functional Analytic Therapy (FAP), and mindfulness-based approaches. We will also explore the strengths and character virtues that are connected to well-being, and invite exploration of how to assist clients in meaningful cultivation of these strengths. Lastly, aspects of positive psychology that can enhance self-care practices of therapists will be presented. One of the overarching tenets of positive psychology is to help individuals and communities flourish and thrive; therefore, attendees of this workshop can expect to leave with ideas about how to make meaningful change in their own lives, as well as those of people they serve.

Educational Objectives:

1. Describe how the strengths-based nature of positive psychology may be used to deepen interventions designed to increase psychological flexibility.
2. Identify three empirically-supported interventions demonstrated to increase the experience of positive affect that may be utilized in clinical practice.
3. Discuss how therapist self-care practices relate to therapeutic effectiveness and connectedness with clients.

**122. Overcoming the stigma of getting therapy: New technology-based ACT interventions with Potential for Broad Scale Impact on Mental Health: ACTing with Technology SIG Sponsored**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Technology

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Chair: Jonathan Bricker, Ph.D., Fred Hutch Cancer Research Center, University of Washington

Discussant: Victoria Follette, Ph.D., University of Nevada, Reno

The world of therapy is changing. Today, people suffering with a broad array of mental health problems can choose to see a therapist in an office or do something completely different: get therapy online either as a stand-alone intervention or a complement to traditional face-to-face therapy. The potential benefits of new technologies are huge: access to care for people who are stigmatized about their mental health problems and about entering therapy, low cost, and potentially effective. Not a replacement for face-to-face therapy, web-based therapy opens up ACT to people who might not otherwise seek help and may make them more willing step up care to see a therapist if needed. The ACBS community is recognizing this fundamental change through the ACTing with Technology SIG, which supports these three cutting-edge presentations: (1) Dr. Levin will present new results from a randomized trial testing a web-based ACT program to help college students with a wide variety of mental problems; (2) Dr. McLean will present outcome data from her new web-based ACT program for coping with trauma; (3) Dr. Kaipainen will present outcome data from a new web-based ACT program to help people reduce social anxiety. Dr. Follette will lead a discussion on the potential of new technologies to expand the reach of ACT interventions and overcome the stigma of seeking therapy.

- Testing a Transdiagnostic Web-Based ACT Self-Help Program for College Students  
Michael E. Levin, Ph.D., Utah State University  
Jack Haeger, Ph.D., Utah State University  
Michael Twohig, Ph.D., Utah State University
- ACT for Trauma Related Problems: Outcome Data from a Web-based Intervention  
Caitlin McLean, Ph.D., University of Nevada, Reno  
Devika Fiorillo, Ph.D., Emory University  
Victoria Follette, Ph.D., University of Nevada, Reno
- Hold Your Nerve: Impact and uptake of an ACT-Based Online Social Anxiety Programme in Finnish and UK Community Settings  
Kirsikka Kaipainen, Ph.D., Headsted Limited  
Toni Vanhala,  
David Lees,  
Päivi Lappalainen,  
Raimo Lappalainen, University of Jyväskylä

Educational Objectives:

1. Understand development strategies and lessons learned in creating web-based ACT programs.
2. Utilize the content and treatment outcomes of a web-based ACT program for trauma.
3. Utilize the content and treatment outcomes of a web-based ACT program for social anxiety.

**123. One of us: A Sierra Leonean health worker courageously uses Contextual Behavioral Science to prevent the further spread of Ebola in her country: CBS Dissemination in Developing Nations SIG Sponsored**

Invited (16:30-17:45)

Components: *Conceptual analysis*

Categories: Prevention and Community-Based Interventions, X, Diversity and DN

Target Audience: *Beg., Interm., Adv.*

Location: **Estrel Saal C8**

Hannah Bockarie, Social Worker, Director of commit and act Center, Bo, Sierra Leone  
Introduction by Ross White, Ph.D. DClInPsy, University of Glasgow

Hannah Bockarie is a Sierra Leonean social worker and the director of commit and act psychosocial center in Sierra Leone, West Africa. She has taken on the

vision of a team of ACBS colleagues who started to do ACT workshops in Sierra Leone a couple of years ago and who provide the financial basis of the center. She has been training and supervising local health professionals and lay people in ACT since 2012. In partnership with the commit and act team and experts in ACBS and other areas, Hannah Bockarie and her local team began a

series of efforts to combat the spread of Ebola. In this presentation, Hannah will introduce the grass roots work she did to provide the contextual behavioral approach in Sierra Leone, describe her effort to prevent the spread of the Ebola Pandemic and discuss the further vision she has for her country and the continent.



**Educational Objectives:**

1. Utilize and discuss possible applications and barriers of CBS in low income countries (LIC)
2. Assess the needs in LIC and generate ideas about support we can provide as therapists and scientists in vulnerable areas of conflict
3. Take on risks to go into their own valuable direction to make a difference in the world

**124. Brief Mindfulness and Acceptance-Based Interventions in Group Settings**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Beh. med., Mindfulness, Acceptance, Inmates, Parents

Target Audience: *Beg.*

Location: **Strassburg**

Chair: David Carreno, M.A., Universidad de Almería  
Discussant: Lisa Coyne, Ph.D., Suffolk University, The New England ACT Institute (Tentative)

This symposium presents three studies that evaluated brief acceptance and mindfulness-based interventions in group settings. The studies used

diverse populations (undergraduate students, parents of children with behavioral difficulties and inmates) and aimed to adapt their methods to the special circumstances of their participants. The first study was an experiment that analyzed the efficacy of a single mindfulness technique (the focused breathing exercise) among healthy undergraduate students. The second study created a 5-session intervention for parents of children aged 5-17 with severe emotional and behavioral difficulties. Finally, the third study evaluated an 8-session protocol among violent male prisoners compared to a treatment as usual condition. Overall, these studies suggest that even very brief acceptance and mindfulness-based protocols can significantly influence the behavior of the participants.

- Effects of a Brief Mindfulness Intervention on Cognitive Tasks and Mood Evaluations  
Nikolett Eisenbeck, M.A., Universidad de Almería  
Carmen Luciano, Ph.D., Universidad de Almería  
Sonsoles Valdivia-Salas, Ph.D., Universidad de Zaragoza
- ACT for Parents: An Open Trial with Parents Raising a Child with Severe Emotional and Behavioral Problems  
Carlos E. Rivera, M.S., Suffolk University, The New England ACT Institute  
Lisa Coyne, Ph.D., Suffolk University, The New England ACT Institute  
Mitch Abblett, Ph.D., Suffolk University, The New England ACT Institute, McLean Child and Adolescent OCD Institute at Harvard Medical School
- A brief Acceptance and Commitment Therapy-Based Intervention Among Violent Male Inmates  
Katalin Scheitz, M.A., Jász-Nagykun-Szolnok Megyei Büntetés-végrehajtási Intézet  
Nikolett Eisenbeck, M.A., Universidad de Almería  
Boglárka Szekeres, M.A., Jász-Nagykun-Szolnok Megyei Büntetés-végrehajtási Intézet  
Juan Carlos López López, Universidad de Almería  
Adrián Barbero-Rubio, University of Almería, Spain

**Educational Objectives:**

1. Adapt acceptance and mindfulness-based protocols to group settings.
2. Adapt acceptance and mindfulness-based interventions to diverse populations.
3. Analyze and enhance efficacy of brief interventions.

**125. Mindfulness Interventions: Reducing stress and promoting wellbeing and valued behavior**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Org. Beh. Management, Other, Mindfulness, ACT, burnout, Mindfulness experimental research

Target Audience: *Beg., Interm., Adv.*

Location: **Room 30241**

Chair: Mathias Funke, Private Practice  
Discussant: David Gillanders, University of Edinburgh

Previous research demonstrated that mindfulness interventions could effectively reduce different mental health problems in both clinical and nonclinical populations. The three studies

presented in this symposium examine the relationship between mindfulness, stress, wellbeing and valued behavior. The first study evaluates the effect of a mindfulness- and value-based intervention on recovery from work burnout, taking into account the importance of work-site factors. The second study extends current knowledge by examining the mindfulness state that is elicited in a lab setting. Finally, the third study examines the effect of a mindfulness-based intervention for oncology nurses on mindfulness, ACT relevant constructs and a range of negative mental health outcomes.

- Exploring group and individual level connections between mindfulness skills and burnout – Results from Muupu-research  
Anne Puolakanaho, Ph.D., University of Jyväskylä  
Sanna Kinnunen, M. A., University of Jyväskylä
- Mindfulness state and its benefits for planning towards valued goals: an experimental approach  
Sara De Rivas, Ph.D., Universidad Autonoma De Madrid  
Raquel Rodriguez-Carvajal, Universidad Autonoma De Madrid  
Carlos García-Rubio, Universidad Autonoma De Madrid  
Marta Herrero, Universidad Autonoma De Madrid
- The efficacy of a mindfulness-based intervention for oncology nurses  
Joana Duarte, MSc., CINEICC, University of Coimbra, Portugal  
José Pinto-Gouveia, CINEICC, University of Coimbra, Portugal

**Educational Objectives:**

1. Describe the role and significance of mindfulness skills and work-site factors when explaining burnout.
2. Discuss and critique mindfulness effects found in the experiments.
3. Evaluate the feasibility of a mindfulness-based intervention program for a specific population (oncology nurses) conducted in a work setting.

**126. Valued living: Assessment and Interventions**

Symposium (16:30-17:45)

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

Categories: Prevention and Community-Based Interventions, Clin. Interven. & Interests, Performance-enhancing interventions, Edu. settings, Org. Beh. Management, Prof. Dev., Other, Teachers, coping with stress, valued living

*Target Audience: Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Grayson Butcher, University of Louisiana at Lafayette

Discussant: Emily Sandoz, Ph.D., University of Louisiana at Lafayette

The primary objective of ACT is not to merely provide symptomatic relief, but to enhance valued living. The third paper presented in this symposium focus on the effect of an ACT intervention in the workplace on valued living and its assessment. The first paper examines the

changes in valued living, general health and work-related psychological flexibility after an ACT intervention for teachers. The second paper compares a traditional mindfulness with an ACT intervention in the workplace and investigates whether adding values and targeting mindfulness at valued life domains truly adds value. The third paper analyzes changes in valued action during the process of cognitive-behavioral therapy. Pros and cons of various ways to measure valued action will be described and critically discussed.

- The impact of an Acceptance and Commitment Training for teachers: reducing stress and promoting psychological well-being and valued living  
Simone Gebhard, Institute of Special Education, Department of Special Educational Psychology, Europa-Universität Flensburg  
Dietrich Pülschen, Ph.D., Department of Psychiatry, University of Rostock
- Valued living and its measurement: A critical reappraisal  
Juergen Hoyer, Ph.D., TU Dresden  
Jasmin Colic, B.Sc., TU Dresden  
Andrew T. Gloster, Ph.D., University of Basel

**Educational Objectives:**

1. Explain how to apply ACT to establish and develop collaboration skills and reduces high levels of subjective stress.
2. Design research studies comparing ACT and mindfulness-only interventions.
3. Analyze changes in valued action during the process of cognitive-behavioral therapy.

**127. ACT for sleeping problems and PTSD**

Symposium (16:30-17:45)

Components: *Original data*

Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, Beh. med., Insomnia; Sleep disturbances; PTSD; Higher level care settings

*Target Audience: Beg., Interm., Adv.*

**Location: Cannes**

Chair: Corinna Stewart, B.A., Ph.D. Candidate, NUI, Galway

Discussant: Darrah Westrup, Ph.D., Independent Practice

The three studies in this symposium present new findings on ACT interventions for sleeping problems and PTSD. The first study examined the effect of an ACT intervention for non- or partial responders to CBT with primary insomnia on sleep quality and quality of life. The second study investigated the effect of a specialty track to tailor an existing ACT program to specific needs of patients with PTSD on treatment outcomes in a hospital setting. Finally, the third study aims to examine the effect of a group-based ACT for sleep disturbances. Findings regarding different sleep-related and clinical outcomes, as well as the combination of technology and ACT-based group interventions will be discussed.

# S A T U R D A Y

- Quality of Life Improvements after Acceptance and Commitment Therapy (ACT) in Nonresponders to Cognitive Behavioral Therapy for Primary Insomnia (CBT-I)

Elisabeth Hertenstein, University Medical Center Freiburg  
 Nicola Thiel, University Medical Center Freiburg  
 Marianne Lüking, University Medical Center Freiburg  
 Dieter Riemann, University Medical Center Freiburg  
 Kai Spiegelhalter, University Medical Center Freiburg  
 Christoph Nissen, University Medical Center Freiburg

- Development and Pilot-Testing of a Specialty PTSD Track within an Acceptance-based Partial Hospitalization Program: Impact on PTSD Outcomes

Catherine D'Avanzato, Ph.D., Rhode Island Hospital; Alpert Medical School of Brown University

Darren Holowka, Rhode Island Hospital  
 Theresa A. Morgan, Rhode Island Hospital; Alpert Medical School of Brown University  
 Kristy Dalrymple, Rhode Island Hospital; Alpert Medical School of Brown University  
 Mark Zimmerman, Rhode Island Hospital; Alpert Medical School of Brown University

- ACT for sleep disturbances - an RCT-study investigating Acceptance and Commitment Group Therapy for treatment of insomnia  
 Raimo Lappalainen, Ph.D., Dept of Psychology, University of Jyväskylä  
 Päivi Lappalainen, M.A., Dept of Psychology, University of Jyväskylä  
 Sonja Pelkonen, M.Sc., Dept of Psychology, University of Jyväskylä  
 Niina Puha, M.Sc., Dept of Psychology, University of Jyväskylä  
 Ville Suutari, M.Sc., Dept of Psychology, University of Jyväskylä  
 Elina Naamanka, M.Sc., Dept of Psychology, University of Jyväskylä

## Educational Objectives:

1. Apply ACT to patients with insomnia.
2. Describe pilot data on the effectiveness of a specialty track designed to tailor an existing acceptance-based partial hospitalization program to patients with PTSD.
3. Apply a group-based ACT intervention for sleep disturbances.

## 128. FIELD TRIP! ACT in an Inpatient Hospital Setting: a Hands-on Workshop / Ausflug! ACT im stationären Setting: ein „praktischer“ Workshop

Workshop (16:30-19:00)

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

Categories: Clinical Interventions and Interests, Beh. med., Prof. Dev., multiprofessional team in a psychiatric Hospital

Target Audience: *Beg., Interm., Adv.*

### Location: Concierge Desk & Purchase your S-Bahn tickets

Claudia Dambacher, Psychiatric hospital „Königin Elisabeth Herzberge“, Berlin (KEH)

Conny Hoermann, Psychiatric hospital „Königin Elisabeth Herzberge“, Berlin (KEH)  
 Claudia Meissner, Psychiatric hospital „Königin Elisabeth Herzberge“, Berlin (KEH)  
 Christoph Schade, M.D., Psychiatric hospital „Königin Elisabeth Herzberge“, Berlin (KEH)  
 Ronald Burian, M.D., Psychiatric hospital „Königin Elisabeth Herzberge“, Berlin (KEH)  
 Annegret Dreher, Krankenhaus Königin Elisabeth Herzberge, Berlin, Germany

The psychiatric department of the university-affiliated inner-city hospital „Königin Elisabeth Herzberge“, Berlin (KEH) was one of the first in Germany to implement ACT in routine inpatient care. Our "hands on workshop" consists of three sections:

1. Introduction and discussion of the KEH team's and the participants' experiences to answer the following questions: Is ACT feasible for psychiatric inpatients? How to implement ACT in multidisciplinary teams? How to train and supervise staff? How to ensure team communication and adherence to treatment protocols?
2. Get to know our psychotherapy ward for mood disorders and our psychosomatic day clinic. Meet the multi-professional team and find out, how nurses, occupational therapists, physiotherapists and others integrate ACT interventions and attitudes into their routine professional work.
3. Experience a session of body-oriented ACT with our dance therapist. Discover the resources of ACT processes when combined with body movements and physical awareness instead of verbal interventions.

The workshop takes place in the KEH- hospital which is fast and easy to reach by public transport from the Congress Hotel.

Please note that this workshop is limited to 25 people.

Please sure that you have already purchased your S-Bahn tickets for this field trip. You can purchase these tickets at the hotel concierge desk.

Die psychiatrische Abteilung des Lehrkrankenhauses „Königin Elisabeth Herzberge“ Berlin (KEH), war eine der ersten in Deutschland, die ACT in die Routine-Behandlung integrierte. Unser „Praxis-Workshop“ besteht aus drei Teilen:

1. Einführung und Diskussion mit dem KEH-Team und Erfahrungsaustausch der Teilnehmer, wobei auf die folgenden Fragen eingegangen werden kann: Ist ACT bei Patienten und Patientinnen, die stationär psychiatrisch behandelt werden, anwendbar? Wie kann ACT im multiprofessionellen Team durchgeführt werden? Inwiefern kann das Team geschult und unterstützt werden? Wie kann die Kommunikation im Team und die Wahrung der Behandlungsmaterialien gesichert werden?

2. Lernen Sie unsere Station und Tagesklinik kennen, in denen ACT implementiert ist. Treffen Sie das multiprofessionelle Team und finden Sie heraus, wie Krankenschwestern, Therapeuten und Therapeutinnen, Physiotherapeuten und

Physiotherapeutinnen und andere Teammitglieder ACT in ihre alltägliche Praxis integrieren.

3. Nehmen Sie an einer körperorientierten-ACT Sitzung mit unserer Tanztherapeutin teil. Lernen Sie die Ressourcen von ACT-Prozessen kennen, wenn sie mit Körperbewegungen und physischem Bewusstsein statt wörtlichen Eingreifens, verbunden sind.

Der Workshop findet im Krankenhaus „Königin Elisabeth Herzberge “ Berlin (KEH), statt, welches schnell und leicht mit öffentlichen Verkehrsmitteln vom Kongress-Hotel zu erreichen ist.

Bemerkungen:

Teilnehmerbegrenzung bei 25 Personen.

Bitte sicher, dass Sie bereits eine S-Bahn-Ticket für diese Exkursion erworben haben. Sie können diese Karten im Hotel Concierge-Service zu erwerben.

Educational Objectives:

1. Discuss the challenges and solutions found when implementing ACT in multiprofessional teams.
2. Understand ACT- processes when applied as body oriented intervention by a dance therapist.
3. Inspire ideas how ACT can be applied by professionals other than psychiatrists and psychologists.

Saturday 20:00-1:00

Follies and Dance

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Use the conference hashtag **#ACBSWC** to see all of the fun

Sunday Morning 9:00

**129. The flexible therapist: ACTing on your Values when Facing Struggle**

Workshop (9:00-12:00)

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

Categories: Clinical Interventions and Interests, Performance-enhancing interventions, Therapist flexibility

Target Audience: *Interm., Adv.*

**Location: ECC Room 1**

Rikke Kjelgaard\*, MSc., Human ACT Sweden / ACT Danmark

Trym Nordstrand Jacobsen\*, MSc., ACTbet

Do you ever "get stuck" as a therapist when doing ACT? Does some of your clients press your "hot buttons"? Do you ever find yourself struggling and thinking about "what do I do next?" or feeling anxious, scared or stressed in therapy? In this workshop we will work on clarifying your therapist values and defining what is "difficult" about "difficult" clients. Through discussions, demonstrations and roleplays we will then work on these difficult clients and look at the processes from an ACT perspective. The goal will be to broaden your repertoire as a therapist and become more flexible when working with difficult clients while sticking to your valued direction therapist behaviors. This workshop is aimed at therapists with at least a basic knowledge of ACT. This workshop is run by licensed psychologists and peer reviewed ACT trainers Rikke Kjelgaard & Trym Nordstrand Jacobsen from Scandinavia. They have previously had very positive feedback from participants who has attended this workshop on various ACT conferences in Scandinavia and worldwide. Both Rikke and Trym are experienced trainers and presenters.

Educational Objectives:

1. Identify and list your "hot buttons" in therapy and identify and list what makes "difficult clients" difficult.
2. Clarify/construct your therapist values.
3. Broaden your behavioral repertoire when being under pressure and to apply "creative hopelessness" on your therapist behavior, so that you can respond in a flexible way with you clients.

**130. A New Developmental Model of ACT for Young People 12 to 24 Years**

Workshop (9:00-12:00)

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

Categories: Clinical Interventions and Interests, Edu. settings, Adolescents

Target Audience: *Interm.*

**Location: ECC Room 4**

Louise Hayes\*, Ph.D., Orygen Youth Research Centre, The University of Melbourne

Joseph Ciarrochi\*, Institute for Positive Psychology and Education, Australian Catholic University

The workshop will showcase our latest work creating a developmental model of ACT for young people. We will present a model that is targeted at young people from educational settings to clinical settings. It is a workshop focused on skills that teach young people to thrive. We will show you how to help young people build skills so that they can broaden their awareness and encourage novel, varied, and exploratory actions. Our model is for individual work, and for building friendships and social support.

The workshop will be highly experiential and applied skills building. You will be involved in role play, case conceptualisation, and skills building.

Educational Objectives:

1. Adapt ACT from an adult model to a developmental model for young people.
2. Consider theoretical applications for ACT alongside developmental knowledge.
3. Apply ACT skilfully with young people.

**131. Das Monster füttern - ACT bei Zwangserkrankungen**

Workshop (9:00-12:00)

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

Categories: Clinical Interventions and Interests, Clin. Interven. & Interests, Performance-enhancing interventions, Prof. Dev., OCD

Target Audience: *Interm.*

**Location: ECC Room 5**

Anne Rotthaus, IFT-Nord Kiel  
Johanna Schriefer, Privat Praxis

Der Schwerpunkt dieses Workshops ist die Vermittlung der Therapieplanung anhand des Hexaflexmodells und die praktische Anwendung ausgewählter ACT-Methoden in der Behandlung von Zwangsstörungen. Focus liegt dabei auf der Förderung der Aufgabe von Erfahrungsvermeidung im Kontext einer werteorientierten Lebensführung. Dabei werden Unterschiede und Gemeinsamkeiten zum Expositionsrationale der kognitiven Verhaltenstherapie anhand von Fallbeispielen erläutert. Mögliche Schwierigkeiten und Komplikationen bei der Umsetzung des Therapieplans werden diskutiert. Fragen, eigene Beispiele und Anregungen sowie die Freude am Ausprobieren sind sehr erwünscht.

Educational Objectives:

1. Erstellen von Fallkonzeptionen ausgehend vom Hexaflexmodell bei Zwangsstörungen vertiefen.
2. Durchführung von wertegeleiteten "Zwangsexpositionen" in der ACT am Modell lernen.
3. Umgang von Hindernissen in der Behandlung von Zwangsstörungen üben.
4. Spezielle erfahrungsgeleitete Übungen in der Behandlung von Zwangsstörungen kennenlernen und anwenden.

**132. Rapid Role Play: Flexibly Integrating the ACT Core Processes In Therapy**

Workshop (9:00-12:00)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., training in ACT

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal A**

Robyn D. Walser\*, Ph.D., TL Constulation Services

Darrah Westrup\*, Ph.D., Independent Practice

Many therapists are drawn to Acceptance and Commitment Therapy (ACT) for its compassionate stance toward the self and others, its fundamental acceptance approach to human experience, and its capacity to assist clients in making powerful life enhancing choices linked to values. In our experience, therapists have truly been moved by their own contact with the work done in ACT and its potential to reduce suffering. Despite this heart-felt connection to the model, some therapists continue to grapple with flexibly integrating the six core processes in session and sparse data on training indicate challenges to becoming competent. We hear from those newer to ACT, indeed, from those who have worked to develop competency over the years, that while they comprehend the model when discussed in trainings, they still struggle to work within that framework with facility in real-world settings. Additionally, ACT trainings have prioritized ACT theory and experiential exercises (both necessary for appreciating and properly implementing the intervention), but have focused less on how to integrate the core processes flexibly and how to apply the model when considering the function of behavior. Becoming competent in ACT can take time and effort. In this workshop, we will use a rapid role-play method to demonstrate and explore flexible integration of the core processes. Attendees will be invited to role-play clients in short segments, while Drs. Walser and Westrup demonstrate both flexible integration of the 6 core processes in whole cloth, as well as individual processes relevant to the client selected by the audience, with the latter being a kind of "on demand" experience. Short discussion will follow each role-play with the goal of understanding the desired function of the demonstrated intervention.

Educational Objectives:

1. Describe how the six part ACT model is inter-related.
2. Discuss how to implement flexibility in use of the core processes from the ACT perspective.
3. Describe how the ACT core processes are related to functioning while also considering context.

**133. Frontiers of Contextual Behavioral Science of Self-Compassion**

Panel (9:00-10:15)

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

Categories: Theoretical and philosophical foundations, Clin. Interven. & Interests, self-compassion

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C5**

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

Maarten Aalberse, Ph.D., Private practice  
Stanislaw Malicki, MSc., Southern and Eastern Norway Regional Health Authority, Norway

Dennis Tirch, Ph.D., The Center for Mindfulness and Compassion-Focused Therapy

Kelly Wilson, Ph.D., University of Mississippi

In light of research demonstrating the transdiagnostic role of shame and self-criticism, the topic of self-compassion has recently drawn attention across disciplines and theoretical approaches. The panelists analyze multidisciplinary research relevant to self-compassion through the functional contextual lens. Although the genesis and role of shame and self-criticism may be analyzed within the functional contextual framework alongside such approaches as attachment theory, affective neuroscience and evolutionary psychotherapy, the integration of these approaches within a CBS-based clinical model is an ongoing and evolving process.

Topics of discussion include:

- 1) How does self-soothing or soothing from the therapist fit inside a CBS approach to therapy?
- 2) How can research on the vagus nerve complex inform a CBS approach to self-compassion?
- 3) How can research on concepts such as love and attachment be understood from an CBS lens?
- 4) How would a CBS lens understand the issue of "safeness" as emphasized within approaches such as Compassion Focused Therapy?

This panel aims to discuss difficult topics, explore new territories, describe theoretical models and consider practical implications of an integrative, CBS-based approach to shame, self-criticism and self-compassion. Attempts will be made to identify where theories might make different predictions that could be investigated with scientific studies.

Educational Objectives:

1. Understand how "safeness" fits within a contextual behavioral science view of intervention.
2. Discuss how the vagal nerve relates to safeness, quiescence, and compassion.
3. Describe how soothing therapist interventions fit inside a CBS approach to therapy.

**134. Advanced Matrix Skills: Working with 'Yes and'**

Workshop (9:00-10:15)

Components: *Experiential exercises, Role play*

Categories: Performance-enhancing interventions, Clin. Interven. & Interests, The ACT Matrix

*Target Audience: Interm.*

**Location: Estrel Saal C6**

Mark Webster, Private Practice

Once you have mastered 'sorting' then the key to releasing the power of the Matrix is the 'yes and' skill. This is derived from a combination of

improvisational theatre and validation. During the workshop we will explore the ideas from both sources and practice these basic techniques in a fun, enjoyable way. You will learn how these traditions are deployed on the Matrix and see how working in this way can be viewed as a performance art. It will be highly experiential with all participants involved in practising these skills until they become second nature. There will also be plenty of opportunity for people to bring along situations from existing casework and see how the Matrix can be applied. All examples will be studied as role play, and Mark Webster will demonstrate how the ACT components can be deployed in a Matrix format.

Educational Objectives:

1. Understand how improvisational theatre and validation inform the 'yes and' skill.
2. Become fluent in applying the 'yes and' skill.
3. Apply ACT components in a Matrix format, and create personalised activities.

**135. Taking to the field: Applying the Third-Wave to Sports and Athletics: Sport, Health, and Human Performance SIG Sponsored**

Symposium (9:00-10:15)

Components: *Conceptual analysis, Original data*  
 Categories: Performance-enhancing interventions, AAQ, Sports, Competition

Target Audience: *Beg., Interm., Adv.*

**Location: Estrel Saal C7**

Chair: Raimo Lappalainen, University of Jyväskylä Finland

Discussant: Frank Bond, Goldsmiths, University of London

Beyond applications to improve technical proficiency within athletics, there is a growing interest in psychological skills. Third-wave behavioral approaches are a natural fit. This symposium will offer some conceptual directions for the integration of contextual behavior science to areas of sports and fitness. As well as present recent empirical investigations, and their implications for applying the psychological flexibly model to competitive and recreational sport.

- AAQ for Hockeyplayers: AAQ-H, a Psychometric Evaluation  
 Tobias Lundgren Ph.D., Psychology Department, University of Stockholm, Sweden
- AAQ-II and Its Application to High Performance Populations  
 Patrick Smith, University of Nevada, Reno  
 Emily Leeming, University of Nevada, Reno  
 Steve Hayes, University of Nevada, Reno
- Applying the Psychological Flexibility Model to Resiliency in Compleitive Sport  
 Emily Leeming, University of Nevada, Reno  
 Steve Hayes, University of Nevada, Reno  
 Patrick Smith, University of Nevada, Reno

Educational Objectives:

1. Identify challenges in assessing high performance populations
2. Discuss psychological flexibility interventions to sports.
3. Identify "high performance" populations.

**136. ACT for Groups: Moving Beyond Protocols to Personalizing your own ACT Curriculum**

Workshop (9:00-12:00)

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

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., PTSD and Substance Use Disorders

Target Audience: *Interm., Adv.*

**Location: Estrel Saal C8**

Jonathan Weinstein, Ph.D., Bronx VA Medical Center

Tobias Halene, M.D., Ph.D., Mount Sinai School of Medicine

Lauren H. Porosoff, Ethical Culture Fieldston School

The purpose of this workshop will be to outline a model for attendees to develop their own ACT curriculum to be used in group or individual settings. This workshop will introduce a method for developing essential questions to help organize the delivery of your protocol and provide you with multiple exemplars incorporating multiple mid-level ACT terms (e.g., Creative Hopelessness, Acceptance, Self-as-Context). Presenters will also describe a system of contingency management intended to increase group attendance. Presenters will share examples of developing an ACT curriculum for veterans receiving integrated PTSD and Substance abuse treatment.

Educational Objectives:

1. Describe what an essential question is and how it functions to organize your protocol.
2. Personalize your own essential questions to the needs of your group.
3. Compile a set of experiential exercises consistent with the needs of your own groups.

**137. Contextual Science in Diverse Cultural Settings: Connecting - Caring - Creating**

Workshop (9:00-12:00)

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

Categories: Evolution, Clin. Interven. & Interests, Prevention & Comm.-Based, Diversity and DN

Target Audience: *Beg., Interm., Adv.*

**Location: Paris**

Corinna Stewart, B.A., Ph.D. Candidate, NUI, Galway  
 Hannah Bockarie, Director of commit and act psychosocial center in Bo, Sierra Leone  
 Beate Ebert\*, Clinical Psychologist, Private Practice  
 Ross White, Ph.D., University Lecturer, Glasgow

Efforts are made in low and middle-income countries to 'scale-up' health and mental health services, but there is a risk that these efforts, coming from a Western point of view, may conflict with local beliefs and practices. The barriers that medical staff from Western countries faced when they tried to alter high risk behaviors in the Ebola epidemic in West Africa showed the deadly impact of this problem.

This workshop will explore ways in which contextual science provides a dynamic framework for responding to these challenges. ACT and the

PROSOCIAL approach can enable bottom-up, culturally sensitive forms of support for individuals and communities, which incorporate local beliefs, values and practices as much as social determinants of mental well-being (e.g. gender-based violence, conflict, substance abuse, etc.).

The facilitators of the workshop are board members of commit and act, an NGO working in Sierra Leone and Uganda. By means of practical examples like a culturally-adapted ACT training manual from Sierra Leone or how PROSOCIAL has been utilized successfully for Ebola Prevention, they will lead you through a

process of learning about establishing sustainable structures by optimizing collaboration with local stakeholders and empowering local people to take leading roles.

Educational Objectives:

1. Lead exercises highlighting the challenges of working with different cultural beliefs and practices.
2. Analyze how interventions can be adapted for particular cultural groups.
3. Understand the steps required to establish sustainable systems for delivering psychosocial interventions in low and middle-income countries.

### **138. ACTing Across Contexts: Religion, Diagnostics and Private Events**

Symposium (9:00-10:15)

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

Categories: Organizational behavior management, Clin. Interven. & Interests, Org. Beh. Management, Theory & Philo., Other, Psychotherapy, Psychological Inflexibility across disorders, Philosophy of psychology

Target Audience: *Beg., Interm.*

**Location: Strassburg**

Chair: Ronald Burian, M.D., Psychiatric hospital, Königin Elisabeth Herzberge, Berlin (KEH)

Discussant: Lidia Budziszewska, MS, University of Almería & Sinews MTI Multilingual Therapy Institute

The studies presented in this symposium discuss the application of Act within different religious contexts and different aspects relevant to ACT, including the concept of private events and transdiagnostic processes. The first paper focuses on the relation between the religious attitude and psychotherapy in Muslim country and examines the differences and similarities between Islamic Spiritual Therapy and ACT from an Islamic point of view. The second paper critically analyzes the concept of private events and discusses an alternative perspective based on the notion of "complexity". Finally, the third paper investigates psychological inflexibility as a transdiagnostic process in depressive, anxiety and eating disorders with and without comorbid personality disorders in psychiatric inpatients.

- A Comparison between Islamic Spiritual Therapy (IPS) and Acceptance Commitment Therapy (ACT)

Dr Tahereh Seghatoleslam, University of Malaya, Centre of Addiction Sciences UMCAS) Malaysia  
Shahid Beheshti University of Medical Sciences, Tehran Iran

Hussain Habil, University of Malaya, Centre of Addiction Sciences UMCAS) Malaysia

- Is privacy a necessary concept in contextual approach?

Henrique Mesquita Pompermaier, MSc., Universidade Federal de São Carlos

- Psychological Inflexibility- a transdiagnostic process?

Jannika De Rubeis, MSc., MAS, EOS-Klinik für Psychotherapie, Münster, Germany

Maria Kensche, Dr. med., EOS-Klinik für Psychotherapie, Münster, Germany

Fabrizio De Rubeis,

Diane Lange, Dr., EOS-Klinik für Psychotherapie, Münster, Germany

Markus Pawelzik, Dr. med., EOS-Klinik für Psychotherapie, Münster, Germany

Educational Objectives:

1. Clarify the relation between the religion attitude and psychotherapy in Muslim country.
2. Discuss alternative perspectives based on the notion of "complexity".
3. Discuss the significance of assessing psychological inflexibility as a transdiagnostic process.

### **139. Current RFT Research on Analogical Reasoning**

Symposium (9:00-10:15)

Components: *Original data*

Categories: Relational Frame Theory, Edu. settings, RFT, analogical reasoning, intelligence

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30241**

Chair: Carmen Luciano, Universidad de Almería

Discussant: Ian Stewart, National University of Ireland, Galway

Analogical reasoning has been a privileged topic in Relational Frame Theory (RFT) research. This symposium presents current cutting-edge research concerning some aspects of analogical reasoning. The first paper aims to extend previous studies using the Relational Evaluation Procedure (Stewart et al., 2004) to allow the evaluation of networks involving relations of coordination, difference, and opposition and to study for the first time quasi-analogies, which involve establishing relations other than coordination between networks. The second study aims to extend a recent research that showed that common physical properties among relational networks improve analogy aptness (Ruiz & Luciano, 2015). Specifically, this new study analyze whether common physical properties also facilitate analogy derivation about analogy aptness analyze whether common physical properties facilitate analogy derivation. Lastly, the third study analyzed the effect of an analogical reasoning training protocol based on RFT to improve analogical skills in adolescents.

- Training Relational Responding Between Functionally Non-equivalent Relational Networks using the Relational Evaluation Procedure (REP): A Preliminary Model of Quasi-analogy  
Shane McLoughlin, National University of Ireland Galway  
Ian Stewart, National University of Ireland Galway
- Common Physical Properties Among Relational Networks Facilitate Analogy Derivation  
Francisco J. Ruiz, Fundación Universitaria Konrad Lorenz  
Carmen Luciano, Universidad de Almería
- The Effect of an RFT-Based Training in Analogical Reasoning in Adolescents  
Asunta Utande, Universidad de Almería  
Carmen Luciano, Universidad de Almería  
Sonsoles, Valdivia-Salas  
Juan C. López, Universidad de Almería

**Educational Objectives:**

1. Describe the RFT model of analogical reasoning
2. Demonstrate that the RFT model can be extended to analyze higher-order operants not conceptualized within mainstream psychology and to analyze the determinants of analogy aptness.
3. Implement RFT training protocols to improve analogical reasoning skills.

**140. Treatment of Personality Disorder and Comorbid Substance Addiction: Clinical Approaches Suggested by ACT, DBT and Schema Therapy**

Symposium (9:00-10:15)

Components: *Literature review*

Categories: Clinical Interventions and Interests, Beh. med., Personality Disorder and comorbid Substance Use Disorder

Target Audience: *Beg.*

Location: **Room 30341**

Chair: Thorsten Kienast, M.D., M.B.A., Dpt of Psychiatry and Psychotherapy, Charité Campus Mitte, University Medicine Berlin

Discussant: Ulrich Schweiger, M.D., Professor at the Department of Psychiatry and Psychotherapy, Lübeck University

A large number of studies have shown that various psychotherapeutic methods have a positive effect on the course of addiction and comorbid personality disorders when patients are treated separately. Co-morbid occurrence of both disorders is common but a chronologically separated treatment often leads to renewed occurrence of the symptoms of the initially treated disorder. Failures of abstinence motivation, severe drug craving and the activation of dysfunctional behavior patterns frequently lead to renewed consumption of addictive substances. Dialectic behavior therapy, dual focus schema therapy, and acceptance and commitment therapy offer promising treatment approaches for this group of patients. This symposium summarizes the current state of knowledge and introduces all three methods by highlighting the core therapeutic strategies.

- Core strategies in Dialectical Behavior Therapy (DBT) for Patients with Personality Disorder and Comorbid Addiction

Thorsten Kienast, M.D., MBA, Dpt of Psychiatry and Psychotherapy, Charité Campus Mitte, University Medicine Berlin

- Core strategies in Schema Therapy (ST) for Patients with Personality Disorder and Comorbid Addiction  
Eckhard Roediger, M.D., Institute of Schema Therapy
- Core Strategies in Acceptance and Commitment Therapy (ACT) for Patients with Personality Disorder and Comorbid Addiction  
Maria Kensche, M.D., EOS Klinik for Psychotherapy, Alexianer Münster GmbH, Germany

**Educational Objectives:**

1. Recite different behavioral therapeutic approaches.
2. Discuss evidence based facts about the effectiveness.
3. Compare core techniques of 3 different clinical therapy approaches for ACT, DBT and ST in the treatment of patients with comorbid personality disorder and addiction.

**141. Thinking Outside the Box: ACT Interventions with Non-Clinical Populations**

Symposium (9:00-10:15)

Components: *Literature review, Original data*

Categories: Clinical Interventions and Interests, Prevention & Comm.-Based, Edu. settings, GRE, "Street Psychology", Body Image, Bibliotherapy, Self-Help

Target Audience: *Beg.*

Location: **Nizza**

Chair: Benjamin Ramos, University of Louisiana at Lafayette

Discussant: Tony Biglan, Ph.D., Oregon Research Institute

Suffering is a ubiquitous human experience. Approximately 26.4% of the population in the United States and 8.2% - 20.5% of the population of Europe met criteria for at least one mental disorder as described in the DSM-IV-TR. Yet only 35.5% to 50.3% of these people have the resources or time to seek out psychotherapeutic treatment in developed nations (Demyttenaere, 2004). The purpose of this symposium is to explore and assess the efficacy of ACT interventions with non-clinical populations or with those who are unable to afford treatment. Whether it is an ACT-based intervention prior to taking an examination that will determine your future, a self-help book for those distressed by their internalized body image, or simple ACT interventions using "street psychology" with the homeless, interventions available outside of the clinic can be a valuable tool for the clinician to use with those in crisis or are otherwise unable to seek help.

- Love Thy Body: The Effectiveness of Flexibility-Based Bibliotherapy for Body Image  
Lauren C. Burns, University of Louisiana at Lafayette  
Grayson Butcher, University of Louisiana at Lafayette

Benjamin M. Ramos, University of Louisiana at Lafayette  
 Lauren Griffin, University of Louisiana at Lafayette  
 Emily K. Sandoz, University of Louisiana at Lafayette

- **Just Breathe: The impact of a Mindfulness Intervention on GRE Preparation Behaviors and GRE Related Anxiety**

Emmy Lebleu, University of Louisiana at Lafayette  
 Rachael Judice, University of Louisiana at Lafayette  
 Alyson Giesemann, University of Louisiana at Lafayette  
 Nolan Williams, University of Louisiana at Lafayette

Benjamin M. Ramos, University of Louisiana at Lafayette

Madison A. Gamble, University of Louisiana at Lafayette

- **Treating Homeless People with High Levels of Comorbidity Using ACT, a Couple of first steps for 'Street Psychology'?**  
 Olof Molander, Ph.D., Pelarbacken

Educational Objectives:

1. Examine the implications of an ACT-based self-help study and evaluate its validity and effectiveness in Contextual Behavioral Science.
2. Explore the impact of a mindfulness supplemented GRE Prep procedure on engagement in test preparation behaviors.
3. Learn more about the psychological problems found in Swedish 'Street Psychology', and ACT treatment for people that are homeless.

**142. The Many Faces of FAP: International Perspectives: FAP SIG Sponsored Symposium (9:00-10:15)**

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

Categories: Clinical Interventions and Interests, Prof. Dev., Theory & Philo., Cross-cultural dissemination; ACT - FAP interactions

*Target Audience: Interm.*

**Location: Cannes**

Chair: Luc Vandenberghe, Ph.D., Pontifical Catholic University of Goias - Brazil

Discussant: Benjamin Schoendorff, Institut de Psychologie Contextuelle

This symposium discusses the practice of Functional Analytic Psychotherapy (FAP) related to a variety of clinical and cultural issues. Several experiences are presented to argue the scope and range of FAP as a clinical strategy, including its contribution to tackling client resistance in therapy, providing depth and reach in couple therapy and its flexibility in overcoming cultural boundaries. Bringing these three papers together, illustrates the potential benefits for FAP in diverse settings and contexts.

- **FAP Strategies as a Way for Empowering the Therapeutic Relationship with "Resistant" Clients**  
 Katia Manduchi, Ph.D., Private Practice; Affiliated with Iescum, Italy

- **FAP for Couples Therapy in a Latin American Community Setting**  
 Luc Vandenberghe, Ph.D., Pontifical Catholic University of Goias; Brazil
- **FAP and Polish Culture**  
 Joanna Dudek, University of Social Sciences and Humanities; Warsaw, Poland

Educational Objectives:

1. Share FAP based practices in clinical settings around the world.
2. Open a space for dialogue between practitioners of dissimilar cultural backgrounds.
3. Discuss critical possibilities and challenges involved in adopting FAP as an approach for different settings.

**Sunday Morning 10:30**

**143. Values measurement: Clinically useful but (and) a research headache?**

Panel (10:30-12:00)

Components: *Conceptual analysis*

Categories: Theoretical and philosophical foundations, Values

*Target Audience: Beg., Interm., Adv.*

**Location: Estrel Saal C5**

Chair: Nuno Ferreira, University of Edinburgh

Maria Karekla, University of Cyprus

Tobias Lundgren, University of Stockholm, Karolinska Institute

Davina Chauan, University of Edinburgh

One of the core aims of ACT is to "clear the path for a more vital, values consistent life" therefore a primary outcome measure should be one which assesses changes in values-consistent behaviour rather than symptoms. Some measures of values-consistent living have been developed (Valued Living Questionnaire-I & II, Valuing Questionnaire, and Personal Values Questionnaire) for use both in clinical settings and research. Although clinically useful, some of these measures are still fraught with several problems when used in a research context (lack of clarity of what is meant by values, ceiling effects, poor psychometrics, pre-ascribed values). Beyond these problems there is also a lack of developmental or contextual specificity in these measures that poses the problem of whether we are really measuring values or something else. In this panel discussion we plan to highlight and discuss these clinical advantages and research limitations and provide a framework of development for future measures that could be more useful in the research context whilst maintaining their clinical utility.

Educational Objectives:

1. Critically reflect on the clinical and research utility of values measurement.
2. Make an informed choice on values measurement based on contextual adequacy.
3. Contribute to the future development of more valid and reliable measures of values.

#### 144. The Future of Human Connection: What Therapists Should Know about Sex, Lies, Love, and Relating on the Internet - and Some Key Skills

Workshop (10:30-12:00)

Components: *Original data, Experiential exercises, Case presentation, Role play*

Categories: Clinical Interventions and Interests, Superv., Train. & Dissem., Prof. Dev., Related FC approaches, new addiction, human interaction

Target Audience: *Beg., Interm., Adv.*

Location: **Estrel Saal C6**

Robert Allegri, Ph.D., IESCUM Alumni, Miopsicologo.it, Private Practice

Gareth Ian Holman, Ph.D., Independent practice

Katia Manduchi, IESCUM, Miopsicologo.it

Internet, Facebook, SMS, WhatsApp, etc. have grown massively over the last decade and today make up a huge portion of person-to-person and group interactions. As clinicians, it becomes imperative that we build fluency with these modes of relating.

This workshop will first provide a research-based and case-based primer to help you understand core differences and similarities between virtual and face-to-face interactions. We will offer a functional contextual account of the unique factors that impact relating in the online setting and a set of useful questions that can be used with clients when assessing online interactions.

Next (the fun part), we will guide you through some practices aimed at building skills for creating prosocial and/or therapeutic interactions online. These practices are informed by principles from Acceptance and Commitment Therapy, Functional Analytic Psychotherapy, and Compassion-Focused Therapy and, in turn, may be taught to clients directly or modified as appropriate to the client's context.

Educational Objectives:

1. Understand key research findings about differences and similarities between in-person and virtual interactions.
2. Identify key internet behaviors to assess when working with social connection issues.
3. Practice skills for communicating clearly and therapeutically via virtual media, especially in response to more challenging or aversive communication from clients or others.

#### 145. RFT and Reading: From Textual Behavior, to Reading Comprehension and Dyslexia: Italy Chapter Sponsored

Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data, Case presentation*

Categories: Educational settings, Clin. Interven. & Interests, RFT, Children, Autism, Dyslexia, Reading

Target Audience: *Beg., Interm.*

Location: **Estrel Saal C7**

Chair: Paolo Moderato, Istituto G. Ferraris, IULM University, Milan

Discussant: Ian Stewart, University of Galway, Ireland

Relational frame Theory (RFT) provides both a theoretical and an applied framework to understand language and other related cognitive skills including complex repertoires like reading. One mechanism that is enlightened is how symbolic behavior comes to bear and how sound, written word and "meaning" come to be equivalent in frames of coordination. In addition it provides a framework to create programs to "teach reading" as an emergent relational response without directly targeting this behavior. Looking at this skill from an RFT perspective helps also conceptualizing and creating effective reading curricula without implying a vocal response. In addition it offers tools to deal with dyslexia, which, within this framework, can be conceptualized as behavior not controlled by relevant stimulus conditions. We will offer an overview of an RFT perspective in reading and curricula to derive this response without teaching it directly in neurotypical, autistic, non vocal and dyslexic children.

- Reading as Derived Relational Responding in Vocal and Non Vocal Children with Special Needs: Combinatorial Effects of two Stimulus Control Strategies  
Giovambattista Presti, M.D., Ph.D., Kore University, Enna (Italy)  
Melissa Scagnelli, IULM University, Milan (Italy)  
Maria Josè Sireci, Kore University, Enna (Italy)  
Claudio Premarini, Department of Child Neuropsychiatry and Neurorehabilitation; "Eugenio Medea" Scientific Institute, Bosisio Parini, Lecco, Italy.  
Paolo Moderato, IULM University, Milan (Italy)
- Teaching Reading to Preschool Neurotypical Children  
Melissa Scagnelli, IULM University, Milan (Italy)  
Giovambattista Presti, Kore University, Enna (Italy)  
Davide Carnevali, IULM University, Milan (Italy)  
Paolo Moderato, IULM University, Milan (Italy)
- Teaching Reading and Writing to Dyslexic and Dysgraphic Children: Exploratory Studies Using an RFT Perspective  
Margherita Gurrieri, IESCUM and ACT-Italia (Italy)  
Melissa Scagnelli, IULM University, Milan (Italy)  
Davide Carnevali, IULM University, Milan (Italy)  
Giovambattista Presti, Kore University, Enna (Italy)  
Paolo Moderato, IULM University, Milan (Italy)

Educational Objectives:

1. Introduce RFT perspective on reading and reading comprehension.
2. Describe an overview of the possible applications with neurotypical children and children with special needs.
3. Challenge some of the common assumptions on reading that come from internalistic theories.

#### 146. ACT for physical health problems: Benefits for patients with headache, cancer and chronic health problems

Symposium (10:30-12:00)

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

Categories: Clinical Interventions and Interests, Beh. med., Acceptance, anger, coping, headache patients, Medication Overuse Headache (MOH), ACT, Cancer, children with chronic health problems

*Target Audience: Beg., Interm.*

**Location: Strassburg**

Chair: Bartosz Kleszcz, M.A., Zaczniij Życ Private Practice

Discussant: Lisbeth Frosthholm, Ph.D., Aarhus University Hospital, Denmark

ACT has been shown to be beneficial for different physical health problems. This symposium presents three studies that evaluated interventions for or examined the relationship between ACT Processes and different physical health conditions. The first study aims to investigate the relationship between acceptance, anger and coping styles in headache patients. The second study provides a conceptual overview of the proposed perspective shifts in cancer care, explores the association between psychological flexibility and commonly used outcome measures and discusses challenges and barriers for ACT in cancer care. Finally, the third study assesses the effect of an acceptance-based intervention on parents and children with chronic physical and mental problems with various health indicators.

- Acceptance, anger and coping styles in headache patients (MOH)
  - Giuseppe Deledda, Psy, Service Clinical Psychology, at "SacroCuore - Don Calabria" Hospital, Verona, Italy
  - Margherita Zamboni, Psy, Service Clinical Psychology, at "SacroCuore - Don Calabria" Hospital, Verona, Italy
  - Eleonora Geccherle, Psy, Service Clinical Psychology, at "SacroCuore - Don Calabria" Hospital, Verona, Italy
  - Fabio Marchioretto, Med, Neurology Unit, at "SacroCuore - Don Calabria" Hospital, Verona, Italy
  - Claudio Bianconi, Neurology Unit, at "SacroCuore - Don Calabria" Hospital, Verona, Italy
- Timing is everything: why changing perspectives in the psychological care of cancer patients makes ACT a timely and much needed intervention.
  - Nicholas J. Hulbert-Williams Ph.D., University of Chester UK
  - Lesley Storey Ph.D., Queen's University Belfast, UK
  - Brooke Swash, University of Chester, UK & University of Cambridge, UK
  - Clare Charman, University of Chester, UK
  - Kelly Wilson Ph.D., University of Mississippi
- Acceptance-based intervention for parents and children with chronic health problems: a systematic review and meta-analysis
  - Yuen Yu Chong, Ph.D. student, School of Nursing, The Hong Kong Polytechnic University
  - Yim Wah Mak, Ph.D., Assistant Professor, School of Nursing, The Hong Kong Polytechnic University
  - Alice Yuen Loke, Ph.D., Professor, School of Nursing, The Hong Kong Polytechnic University

Educational Objectives:

1. Describe current application of acceptance-based intervention, including Acceptance and Commitment Therapy, Mindfulness Based

Stress Reduction, Mindfulness Based Cognitive Therapy, for children with chronic physical and mental health problems and their parents in terms of their health outcomes.

2. Discuss the implications for clinical practice and future research about acceptance-based intervention on populations with chronic health problems.
3. Interpret how broader conceptual shifts in psychosocial oncology align with contextual behavioural science

**147. University Students and Psychological Flexibility: Deepening Our Understanding Symposium (10:30-12:00)**

Components: *Original data*

Categories: Educational settings, Clin. Interven. & Interests, College students

*Target Audience: Beg., Interm., Adv.*

**Location: Room 30241**

Chair: Lanaya Ethington, Ph.D., University of Iowa Counseling Services

Discussant: Anthony Biglan, Ph.D., Oregon Research Institute

Psychological flexibility (PF), or the lack thereof, has been repeatedly associated with a number of mental health issues, such as depression and anxiety, in cross-sectional studies with college students. Less is known about the relationship of PF to university students' struggles longitudinally or to university student functioning per se; nor do we know the role that different facets of PF play as transdiagnostic predictors of psychological problems with students. This symposium will present data obtained from university students in the U.S. and Australia, deepening our understanding of PF and university student mental health, cross-sectionally and prospectively.

- Psychological Flexibility Correlates With and Predicts Suicidality in College Students
  - Jacqueline Pistorello, Ph.D., University of Nevada, Reno Counseling Services
  - Steven C. Hayes, Ph.D., University of Nevada, Reno
  - John Seeley, Ph.D., Oregon Research Institute
  - Derek Kosty, Ph.D., Oregon Research Institute
- Examining Facets of Psychological Inflexibility as Transdiagnostic Predictors of Psychological Problems with College Students
  - Jack A. Haeger, B.A., Utah State University
  - Michael E. Levin, Ph.D., Utah State University
  - Benjamin Pierce, B.A., Utah State University
- University Student success in Australia: The vital Ingredient of Psychological Flexibility
  - Philomena Renner, Ph.D., University of Sydney Counselling and Psychological Services

Educational Objectives:

1. Describe the relationship of psychological flexibility to suicidality in college students.
2. Learn about how specific facets of psychological flexibility relate to a range of problems among college students.
3. Describe the relationship of psychological flexibility to university student functioning.

**148. Basic Research on Relational Frame Theory and its Implications for Global Concern Problems: Spain Chapter**  
**Sponsored**

Symposium (10:30-12:00)

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

Categories: Relational Frame Theory, Derived relational responding, Coherence, Insensitivity to Contingencies

Target Audience: *Beg., Interm., Adv.*

**Location: Room 30341**

Chair: Nikolett Eisenbeck, University of Almería  
Discussant: Yvonne Barnes-Holmes, Ph.D., Ghent University, National University of Ireland Maynooth

This symposium presents three new studies about some basic behavioral processes involved in Relational Frame Theory. The first study offers new evidence about the impact of breaking derived relations. Here we will see how equivalence relations within a set of stimuli can be inter-dependent so that the breaking of its coherence can alter previous and potential relations. Subsequently, the second study analyses the reinforcing power of coherence by showing how individuals prefer contexts that make sense for them instead of incoherent contexts. Finally, the third study focuses on insensitivity to contingencies by analyzing the transfer of rules via equivalence relational responding. The aim of the symposium is not only providing information about these processes but also showing different examples of their implications for global concern problems.

- **Breaking Derived Relational Responding in a Single Set of Stimuli: The Phenomenon of Derived Broken Equivalence**  
David Carreno, University of Almería  
Carmen Luciano, University of Almería
- **A New Analysis of Making-Sense: Exploring Reinforcing Properties**  
Zaida Callejón Ruiz, University of Almería  
Carmen Luciano, University of Almería  
Juan Carlos López López, University of Almería
- **Insensitivity to Contingencies by Rules Transferred Via Equivalence Relational Responding**  
James Greville, Swansea University  
Nic Hooper, University of the West of England  
Jean-Louis Monestes, University of Grenoble

Educational Objectives:

1. Demonstrate the impact of breaking derived relations upon human behavior.
2. Analyze the role of coherence in the maintenance of psychopathology.
3. Analyze the impact of rules transferred via derived relational responding upon environmental changes.

**149. Applying Functional Contextualism to Issues of Gender, Sexuality, and Identity**

Symposium (10:30-12:00)

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

Categories: Prevention and Community-Based Interventions, Clin. Interven. & Interests,

Prevention & Comm.-Based, Edu. settings, Related FC approaches, Other, LGBTQ, Gender, Identity

Target Audience: *Beg., Interm., Adv.*

**Location: Nizza**

Chair: Grayson Butcher, University of Louisiana at Lafayette  
Discussant: Aisling Curtin, ACT Now Ireland

Issues related to gender, sexuality, and identity have only recently been reassessed in light of new approaches. As research continues to be conducted on these topics, outdated and reified concepts, often founded upon structural thinking, are being discarded in favor of more functional and pragmatic lines of inquiry. Investigations of the stigmatization of marginalized groups such as the LGBTQ community and those with nonconforming gender identities, while important, only provide insight into part of the complex context within which these issues are continually occurring. Analyses of the contextual factors contributing to stigma, psychological distress and inflexibility, and discrimination are necessary from a functional contextual perspective. This symposium will address multiple efforts being made to further our understanding of issues of gender, sexuality, and identity as they impact our daily experiences, our lives, and our culture.

- **Beyond Sexuality: Psychological Inflexibility, LGBTQ Stigma, and Responsiveness to Education-Based Stigma Interventions**  
Madison Gamble, University of Louisiana at Lafayette  
Lauren Burns, University of Louisiana at Lafayette  
Lauren Griffin, University of Louisiana at Lafayette  
Emily Sandoz, Ph.D., University of Louisiana at Lafayette
- **Bridging the Gap: The Effects of Gender Identity on Physical Activity**  
Garret ga, University of Louisiana at Lafayette  
Madison Gamble, University of Louisiana at Lafayette  
Ryan Albarado, University of Louisiana at Lafayette  
Alyson Giesemann, University of Louisiana at Lafayette  
Benjamin Ramos, University of Louisiana at Lafayette  
Emily Sandoz, Ph.D., University of Louisiana at Lafayette
- **Gender Diversity and Identity**  
Laura Silberstein, Psy.D., The Center for Mindfulness and Compassion Focused Therapy

Educational Objectives:

1. Understand various ways in which discrimination, body image issues, and body image flexibility factor into the physical activity of individuals with various gender identities.
2. Discuss the impact that stigma and psychological flexibility have on the marginalized group of LGBTQ persons.
3. Analyze the existing research and overview of the capacity for CBS to provide a pragmatic perspective and functional approach to gender related diversity, inequality and identity.

**150. Current findings in RFT and Implications**

Symposium (10:30-12:00)

Components: *Conceptual analysis, Original data, Experiential exercises, Didactic presentation, Case presentation*  
 Categories: Clinical Interventions and Interests, RFT, Psychopathology, RFT, Deictic relations, Theory of Mind

Target Audience: *Beg., Interm., Adv.*  
 ent client needs.

**Location: Cannes**

Chair: Terry de Luca, M. Ed Leadership, MA  
 Counselling, Teacher, ACT Education  
 Directorate and Independent Schools;

Counsellor in private practice

Discussant: Francisco J. Ruiz, Fundación Universitaria  
 Konrad Lorenz

The two studies presented in this symposium discuss new findings and procedures in the field of RFT. The first study focuses on the context mapped out by ACT practitioners working with Self Compassion and will highlight the specific therapeutic work required for workable self

forgiveness based on the relational frame theory approach. The second study investigates the generalization of exclusion functions via 'Same' and 'Opposite' relations and discusses implications for understanding the impact of exclusion along with future research.

- Religion and Spirituality and Transcendence, and the Imperatives for RFT Based Response to Psychopathology and Psychotherapy which Address Workable Self Forgiveness.  
 Grant Dewar, University of Adelaide
- The Transformation of Social Exclusion Functions through Same and Opposite Relations  
 Anita Munnelly, University College Dublin  
 Charlotte Dack, University of Bath  
 Louise McHugh, University College Dublin

**Educational Objectives:**

1. Identify and describe how Self forgiveness protocols sit within the context of Relational Frame Theory.
2. Assess and compare and describe the links and differences in self compassion approaches and self forgiveness approaches.
3. Apply new evidence based approaches to current client needs.

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Please use the following index to determine which sessions feature these presenters (excluding Chapter/SIG meetings.) The individuals listed include chairs, discussants, and all oral presenters during WC13.

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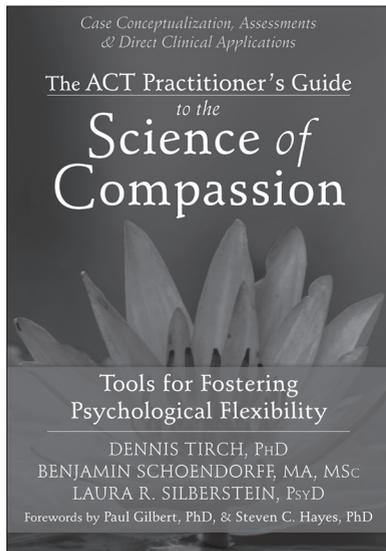
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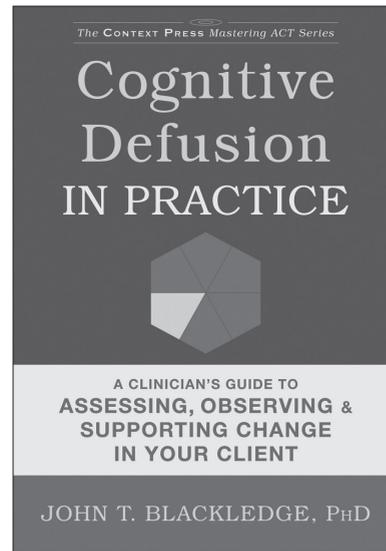


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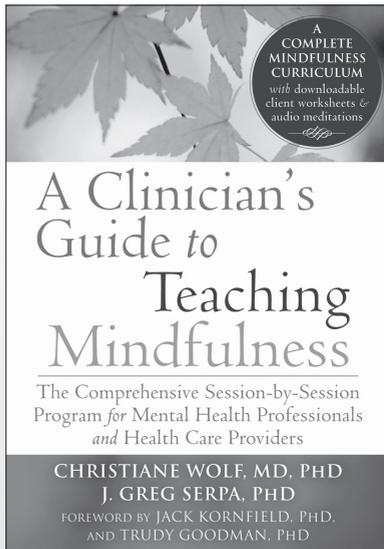
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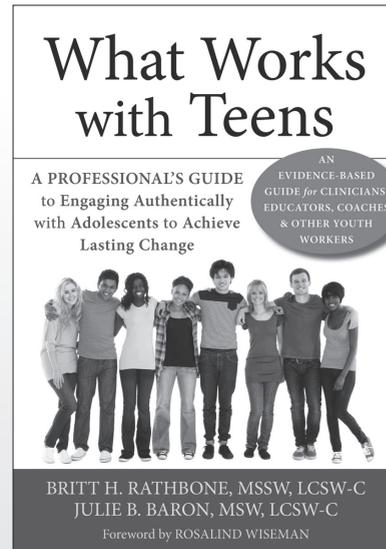
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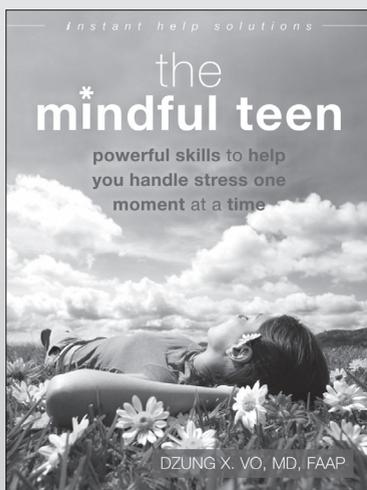
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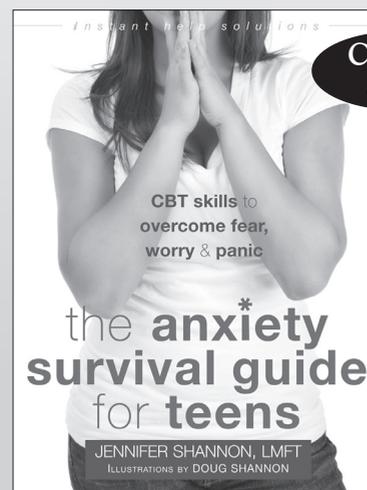
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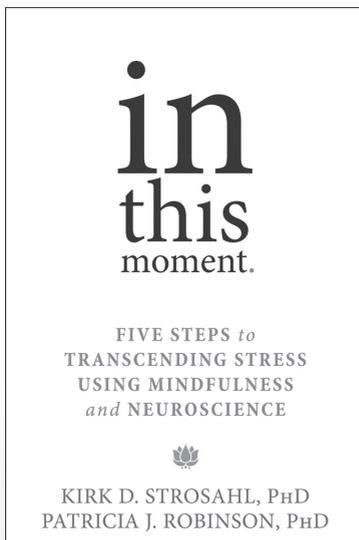
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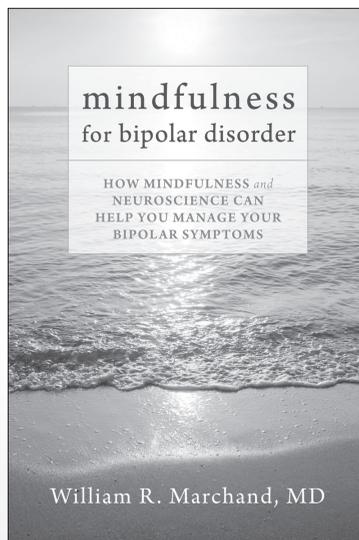
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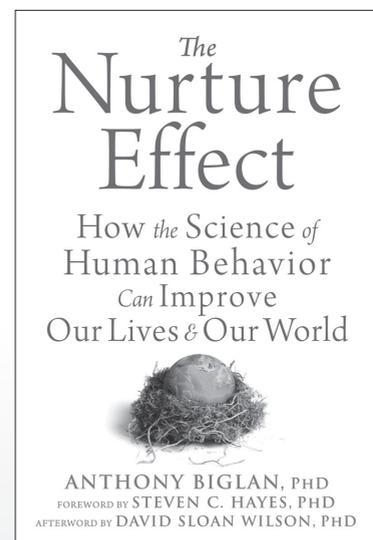
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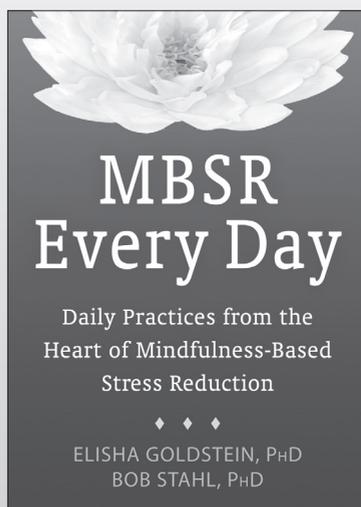


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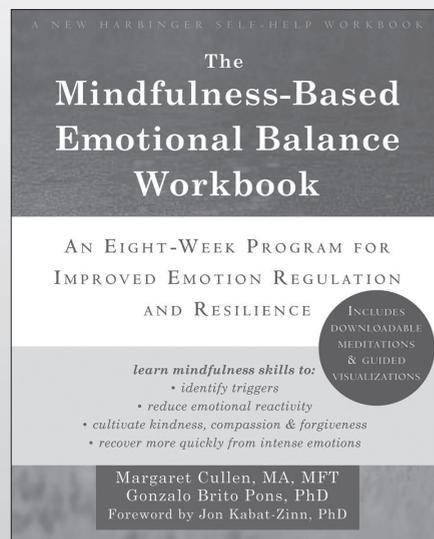


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Thursday, 16 July (Morning)								
ROOM		7:00-7:50	8:00-8:50	9:00-10:15	10:15-10:30	10:30-12:00	12:00-13:15	
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ECC Room 1 (1st floor)						Let's Talk About Sex ACBS! (5)-Curtin (Workshop)		
ECC Room 4 (2nd floor)						Hexa-Shift: From the Left to the Right & From the Right to the Left... (6)-Zurita Ona (Workshop)		
ECC Room 5 (2nd floor)			Morning Mindfulness Workshop (1)-Martz (Workshop)				Schnelleinsteig in die ACT-GERMAN (7)-Kiel, Annen (Workshop)	
Estrel Saal A							When it takes two for ACTing Mindfully: Embodied ACT Experiential Exercises for Couples Work (8)-O'Connell (Workshop)	Mitgliederversammlung der DGKV - Deutschsprachige Gesellschaft für Kontextuelle Verhaltenswissenschaften (C)-Martz, Ebert
Estrel Saal C5			Movement into Psychological Flexibility (2)-Hartlein, Hall (Workshop)		B R E A K	RFT and Therapy Relationships: Basic Principles and Applications (9)-Holman, Wilson, McHugh (Panel)	L U N C H Spanish Chapter Meeting (D)-Budziszewska, Gil Luciano	
Estrel Saal C6						Fix my Kid: Involving Parents in an Integrative ACT Approach for Adolescents and Families (10)-Turrell, Gordon, Bell, Schoendorff* (Workshop)	ACT for Health SIG Meeting (AI)-Deledda, Rabitti, Ronchei, Moran	
Estrel Saal C7						Applying CBS to Disadvantaged Groups in the Global Community: Data, Action Research and Implications (11)-Ebert, White, Ta, Bockarie, C. Stewart, Lloyd, Thompson (Symposium)	College/University Student Mental Health SIG Meeting (E)-Pistorello, Armelle, Levin	
Estrel Saal C8	Hotel Meeting Space			Easy intro to ACT for Partners, Spouses and Kids of any age - Kienast, Ackermann, Pinkall (Workshop for Partners and Kids)		ACT in Practice: Navigating Tricky Currents in Building a Business (12)-Rombouts, Fraser, Coyne (Tentative)* (Workshop)	L G B T Q A S I G M E E T I N G (F)-Curtin, Skinta	
Paris			ACT Peer Reviewed Trainers Community Meeting (A)-Gillanders, Westrup		B R E A K	Prevention from a CBS Perspective (13)-Malicki, Biglan, Walsler, R. Lappalainen, D. Moran, Polk (Panel)	L U N C H Swedish Chapter Meeting (G)-Larsson, Lundgren	
Strassburg							New Methods of Assessment on Self-Compassion: Implicit and explicit measures (14)-Presti, Brock, Bast, Oppo, Tirsch (Symposium)	Turkey Chapter Meeting (H)-Ulusoy
Room 30241 (3rd floor)							ACT in Sports: Enhancing Performance and Measuring Sport-Related Psychological Flexibility (15)-Carraça, Ciarrochi, Lundgren, Holmström, F. Ruiz (Symposium)	
Room 30341 (3rd floor)							The role of Defusion in brief ACT Interventions (16)-Deledda, Taggaard Nielsen, Keinonen, Blackledge, Cattivell (Symposium)	
Nizza			Student SIG Meeting (B)-Borushok				Online ACT for Chronic Pain: Content, novel methods of delivery, feasibility, and efficacy across three cultural contexts (17)-McCracken, Scott, Lin, Yang (Symposium)	Prevention SIG Organizational Meeting (I)-Malicki, Biglan
Cannes							A Path from Psychological Inflexibility to Psychological Flexibility (18)-J.C. Lopez, Levin, Eisenbeck, Barbero-Rubio, Vasileiou (Symposium)	Israeli and Hebrew Speaking Chapter (J)-Almog

Thursday, 16 July (Afternoon)						
	13:15-14:30	14:30-14:45	14:45-16:15	16:15-16:30	16:30-17:45	18:30-22:00
ROOM	PLENARY		SESSIONS			
ECC A	Well-being is a skill: Perspectives from Affective and Contemplative Neuroscience (19)-Luoma, Davidson (Plenary)		Compassion Focused ACT in the treatment of Trauma Related Problems (20)-Tirch, Follette* (Workshop)			
ECC Room 1 (1st floor)			Sticky Thoughts & Other Unwanted Experiences (21)-Waiser*, Brock* (Workshop)			
ECC Room 4 (2nd floor)			The Self in Practice (22)-McHugh, I. Stewart, Sandoz* (Workshop)			
ECC Room 5 (2nd floor)			Defusion and Self-as-Context as Hierarchical-Deictic framing. Applications at Different Moments in ACT (23)-Luciano*, F. Ruiz, Gil-Luciano (Workshop)			
Estrel Saal A			ACT gegen Burnout-GERMAN (24)-Waadt (Workshop)			
Estrel Saal C5			How to Implement ACT in a Psychiatric Setting (25)-Morris, Benoy, Nordstrand Jacobsen, Lundgren, Pleger, Corthouts (Panel)		CBS Approach to Furthering Weight-Related Treatment: What's on our Research Agenda? (35)-Potts, Bricker, Ciarrochi, Dahl, R. Lappalainen (Panel)	
Estrel Saal C6			ACT and Culture: Flexibility in Diversity (26)-Fung, Masuda (Workshop)			
Estrel Saal C7			To Start Learning RFT (27)-Törneke* (Workshop)			
Estrel Saal C8			Unveiling the Invisible: Boost therapeutic precision by tracking primary emotional systems in Functional Analytic Psychotherapy (28)-Mandell, Holman (Workshop)		ACT for People with Severe Personality Problems (36)-Goessens, Cornelissen (Workshop)	
Paris			Positive Psychology and CBS Across Levels of Analysis (29)-Gloster, Fredrickson, S. Hayes, Davidson, Ciarrochi (Panel)		The Matrix, Functional Contextualism, RFT and basic processes: A Match Made in Heaven or Middle-Level terms hell? (37)-Schoendorff, Y. Barnes-Holmes, Polk, Webster (Panel)	
Strassburg			ACTing for Global Smoking Cessation (30)-Kelly, Karekla, Hooper, Dack, Savvides (Symposium)		Moving Forward on a Contextual Approach to Public Health (38)-Biglan, Twohig, Gloster, Levin, P. Lappalainen (Symposium)	
Room 30241 (3rd floor)			Living well with Illness: The Contribution of Psychological Flexibility to Identifying Transdiagnostic Treatment Targets (31)-N. Ferreira, Gillanders, Brassington (Symposium)		Brief ACT Interventions: Understanding their benefit and processes of change (39)-Engeli, Strosahl, Larsson, Hooper, Reyes, Kohtala (Symposium)	
Room 30341 (3rd floor)			Toward a Coherent Model of Scientific Progress: Translational Research in CBS (32)-B. Smith, Levin, N. Williams, C. Stewart (Symposium)		Experimental analysis of brief Mindfulness and Defusion-based interventions (40)-Ruiz-Sanchez, S. Hayes, Kornel Schlosser, Callejon Ruiz, Eisenbeck (Symposium)	
Nizza			Mindfulness & Acceptance with Children and Parents (33)-Pergolizzi, Coyne (Tentative), Ristallo, M. Schweiger, Vanzin, Prevedini (Symposium)		Advances in ACT for Psychosis: Adaptations, Expansions, Adherence and Mechanisms (41)-Morris, Johns, Jansen, White (Symposium)	
Cannes			Programs for Children and Parents: Implementation and Effectiveness (34)-Bolderston, Presti, Dixon, Swain, Melchiorri, Rossi, Singla (Symposium)		The Assessment of the six core processes: Development, Optimization and Validation of new Instruments (42)-N. Ferreira, Karekla, Loverich, Blackledge, Morgan (Symposium)	

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Offsite Dinner Social, Hofbräu München

**Friday, 17 July (Morning)**

	7:30	8:00-8:50	9:00-10:15	10:15-10:30	10:30-12:00	12:00-13:15
ROOM			PLENARY		SESSIONS	
ECC A	Convention Center		Positivity Resonates (44)-S. Hayes, Fredrickson (Plenary)		Inside this moment; Mastering the use of Present Moment Awareness Interventions to Promote Radical Change (Part 1) (45)-Strosahl*, Robinson* (Workshop)	
ECC Room 1 (1st floor)					A New ACT Protocol for Treating Couples (46)-Lev, McKay (Workshop)	
ECC Room 4 (2nd floor)					The Power of Peer Intervention: Experience the value first-hand of learning from and with your peers (47)-Kiel, McConnell, Gordon, Cazauvielh (Workshop)	
ECC Room 5 (2nd floor)			Morning Mindfulness Workshop (1) -Martz (Workshop)		Selbst als Kontext erfahren: Techniken für wirkungsvollen Perspektivenwechsel-GERMAN (48)-Kienast, Kensch, Burian (Workshop)	
Estrel Saal A					Accelerating Performance in the Workplace (49)-Batten*, D. Moran* (Workshop)	ACBS Junior Investigator Poster Award Recipients - Oral Presentations (M)-Wicksell
Estrel Saal C5		Aikido Introduction (43)-Engels (Workshop)		Advice on Publishing in the Journal of Contextual Behavioral Science (50)-Twohig, Ciarrochi, Masuda, Sandoz (Panel)		
Estrel Saal C6				ACT, willingness and the Ethics of Informed Consent (51)-Niolon, Georgescu* (Workshop)	BeNe Chapter Meeting (N)-A-Tjak, Batink	
Estrel Saal C7				A Systematic RFT Analysis of Typical Defusion Exercises in ACT (52)-Luciano, Törneke, J.C. Lopez, Gil-Luciano, F. Ruiz (Symposium)	Applying ACT to Addictions SIG (O)-Steinberger	
Estrel Saal C8		ACBS Membership Committee Meeting (K)-Rovner		Acceptance and Values-Based Approaches for Youth and Young Adults (53)-Lundgren, P. Lappalainen, Räsänen, Frögéli, Livheim (Symposium)	Gender Diversity & Equality SIG Meeting (P)-Silberstein	
Paris	Hotel Meeting Space	ACBS Chapter and SIG Committee Meeting (L)-Sisti, Pilecki, Rodrigues		Global Mental Health and ACBS (54)-Gregg, Patel, White, Biglan, Bockarie, L. Hayes (Panel)	Denmark Chapter Meeting (Q)-Kjelgaard	
Strassburg				Experiential ACT Primer- Learning Therapeutic Skills in Polish: Basics and Beyond-POLISH (55)-Budziszewska, Malicki* (Workshop)	Conference Strategy Committee Meeting (by invitation) (R)-Walser, Rodrigues	
Room 30241 (3rd floor)				The Power of Love: Using FAP's Model of Social Connection to Address Global Concern (56)-Kohlenberg, Reyes Ortega, Kuczynski, Dudek, Thurston-Rattue, Tsai (Symposium)		
Room 30341 (3rd floor)				ACT at Work: The impact of PF on mental health and organizational factors (57)-Hofer, Bond, Finnes, Gebhard, Pulschen, Hassinen, Riihimäki (Symposium)		
Nizza				Clinical Applications of RFT: Assessment and Formulation using Deictic Frames: A Case Series Analysis (58)-Y. Barnes-Holmes, Thompson, Boorman, J. Oliver (Symposium)	ANZACBS Chapter Meeting (S)-Cairns	
Cannes			Shame, ACT Processes and their relation to Eating Disorders and Sexual Orientation (59)-Kassinopoulos, Dewar, C. Ferreira, C. Duarte, Matos, Carvalho (Symposium)	CBS dissemination in Developing Nations SIG (T)-White, Ebert		

**Friday, 17 July (Afternoon)**

	13:15-14:30	14:30-14:45	14:45-16:15	16:15-16:30	16:30-16:45	16:45-17:45		
ROOM	PLENARY		SESSIONS					
<b>ECC A</b>	Designing Psychological Treatments for Scalability: Lessons from Global Mental Health (60)-L. Hayes, Patel ( <a href="#">Plenary</a> )		Inside this Moment: Using Present Moment Awareness Interventions to Promote Radical Changes (Part 2) (61)-Strosahl*, Robinson* ( <a href="#">Workshop</a> )					Free Night and Informal Biergarten party
<b>ECC Room 1 (1st floor)</b>			Delivering ACT in Group Format (62)-Livheim* ( <a href="#">Workshop</a> )					
<b>ECC Room 4 (2nd floor)</b>			There's no one right answer: Using the Matrix to Support Gender Diverse Clients in Counseling (63)-Groud ( <a href="#">Workshop</a> )		ACT Loops: An Introduction to Applied Functional Contextualism (85)-Webster ( <a href="#">Workshop</a> )			
<b>ECC Room 5 (2nd floor)</b>			ACT for Health Coaching: A Practical Workshop (64)-Ciarrochi* ( <a href="#">Workshop</a> )		Accepting the Unacceptable: How to integrate components of ACT in psychotherapy of severely abused women with Borderline Personality Disorder (86)-Sonntag, Bohus ( <a href="#">Invited</a> )			
<b>Estrel Saal A</b>			Creating a Context to Provide ACT (65)-based Contextual Behavioral Supervision: Fundamentals and Practice-Batten*, Walsler* ( <a href="#">Workshop</a> )					
<b>Estrel Saal C5</b>			Experiences and Reflections of ACT in Different Psychiatric Settings (66)-Sakarya, Burian, Loftus, Oser ( <a href="#">Panel</a> )		ACT, Psychological Flexibility, and College Students: Relevance Across the World (76)-Pistorello, Levin, Aydin, Renner, Räsänen, Morse ( <a href="#">Panel</a> )			
<b>Estrel Saal C6</b>			Fatigue Buster Workshop: Immunising yourself to Prevent Potential Burn Out: Become a Self-Compassionate ACT Therapist-Sawyer*, Brock* ( <a href="#">Workshop</a> )		Ignite Session #1 (77)-Panzeria, Hankinson, Williams, Lemon, Robichaud, Beauchesne, Ramsey-Wade, Bennett, Gajiev, Leys, Kotsou ( <a href="#">Ignite</a> )			
<b>Estrel Saal C7</b>			The Flexible and Compassionate Therapist. How to use safeness, compassionate love and the sense of purpose in clinical work-An Integrative Approach (68)-Malicki* ( <a href="#">Workshop</a> )		ACT, Behavior Medicine and Neuroscience: What's the Clinical Utility of Brain Activity Patterns, Inflammatory Cytokines and Executive Functions (87)-Twohig, Wicksell ( <a href="#">Invited Lecture</a> )			
<b>Estrel Saal C8</b>			Mindfulness-Based Compassionate Living; A new Training Programme to Deepen Mindfulness with Heartfulness (69)-van den Brink ( <a href="#">Workshop</a> )		The Challenges of Self Forgiveness: A Workshop that Provides ACT and RFT based responses to produce compassionate and workable responses to struggle (78)-Dewar ( <a href="#">Workshop</a> )			
<b>Paris</b>			The Growing, and The Growing Pains, of ACBS (70)-Robb, Y. Barnes-Holmes, Dahl, Eifert, S. Hayes, Luoma, Rodrigues ( <a href="#">Panel</a> )		RFT & ACT (79)-I. Stewart, S. Hayes, Y Barnes-Holmes, Luciano, Blackledge ( <a href="#">Panel</a> )			
<b>Strassburg</b>			Von den Grundlage zur Praxis: drei kontextuelle Psychotherapiemethoden in der Depressionsbehandlung-GERMAN (71)-U. Schweiger, Kienast, Kensche, Klein ( <a href="#">Symposium</a> )		Advances in Assessment and Training in Perspective-taking (80)-J.C. Lopez, McHugh, O. Moran, Montoya Rodriguez, Barbero-Rubio ( <a href="#">Symposium</a> )			
<b>Room 30241 (3rd floor)</b>			Healthier lifestyle and Better Wellbeing by using ACT: Affecting Intuitive Eating, Physical Activity and Self-Stigma (72)-P. Lappalainen, Karekla, Kangasniemi, Sairanen, Wallin ( <a href="#">Symposium</a> )		Working the Matrix on Interpersonal Settings: Building Empathy, Pro-Sociability and ACL (81)-Polk, Schoendorff, Reyes Ortega, Olaz ( <a href="#">Symposium</a> )			
<b>Room 30341 (3rd floor)</b>			RFT-Based Analysis of Complex Human Behavior: Time, Hierarchy and False Memories (73)-Barbero-Rubio, Guinther, J. C. Lopez, Budziszewska, Ruiz-Sánchez ( <a href="#">Symposium</a> )		Using Basic Science and RFT to Study ACT Processor of Change (82)-B. Smith, Sandoz, Hooper, Eisenbeck, Haeger ( <a href="#">Symposium</a> )			
<b>Nizza</b>			Self-Acceptance: The Compassionate Alternative to Self-Esteem (74)-Bennett ( <a href="#">Workshop</a> )		Implementing 3rd Wave Therapies in Multidisciplinary Psychiatric Settings-Is it Feasible, is it working? (83)-Corthouts, Morris, Pleger, Treppner, Burian, Tyrberg, Lillelien, Nordstrand Jacobsen ( <a href="#">Symposium</a> )			
<b>Cannes</b>			Training Therapists in Awareness, Courage, and Love: New Data for the Functional Analytic Psychotherapy Group Training Model (75)-Holman, Tirsch, Reyes Ortega, Weddington ( <a href="#">Symposium</a> )		ACT for Autism, Classroom-stress, and At-risk parents (84)-Vasiliou, A-Tjak, Donovan, Pülschen, Gebhard, Pahnke ( <a href="#">Symposium</a> )			

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**Saturday, 18 July (Morning)**

		8:00-8:50	9:00-10:15	10:15-10:30	10:30-12:00	12:00-13:15
ROOM			PLENARY		SESSIONS	
ECC A	Convention Center		Things That Happened Along the Way to an ACT "Success" Story (88)-Ciarrochi, Dahl, McCracken (Invited Lecture)		Uncovering the Process of 'Creative Hopelessness' (89)-Kjelgaard*, Walser* (Workshop)	
ECC Room 1 (1st floor)					ACT in Groups (90)-Wright (Workshop)	Evolutionary Science SIG (Z)-Rovner, Loftus
ECC Room 4 (2nd floor)					Mindfulness and Acceptance for Gender and Sexual Minorities: Contextual Strategies to Foster Self-Compassion, Connection, and Equality (91)-Skinta, Curtin (Workshop)	ACT Netzwerktreffen für deutschsprachige Therapeuten (AH)-Kienast, Kiel, Martz, Ebert
ECC Room 5 (2nd floor)		Morning Mindfulness Workshop (1)-Martz (Workshop)			Einführung in die Matrix für Gruppen-GERMAN (92)-M. Webster, Ackermann (Workshop)	ACT-Italia, ACBS Italian Chapter Meeting (AJ)-Ronchei, Prevedini
Estrel Saal A	Hotel Meeting Space			B R E A K	Psychological Flexibility, ACT and Parent Training: Science and Experience (93)-Miselli, Tani (Workshop)	
Estrel Saal C5		Movement into Psychological Flexibility (2)-Hartlein, Hall (Workshop)			The Human Condition and Human Conditioning: Addressing the Socio-cultural Roots of Human Pain and Suffering (94)-Rombouts, Tirch, Schoendorff, White (Panel)	ACT and the Christian Client SIG Meeting (AA)-Ord
Estrel Saal C6		Coordination of ideas and plans regarding organizing training in Europe (U)-Sanida, Rovner			Continuing Developments in Measuring ACT Processes (95)-Jeffcoat, Bolderston, Gillanders, Trompetter (Symposium)	FAP SIG Meeting (AB)-Curtin, Skinta
Estrel Saal C7		Dutch Speaking ACT trainers event (V)-A-Tjak, Batink			Values, Flexibility in Eating disorders (96)-Ming, Eifert, LeBleu, C. Duarte, Carvalho (Symposium)	Sport, Health, and Human Performance SIG business meeting (AC)-Leeming
Estrel Saal C8		Getting ACT out to the Public SIG Meeting (W)-Curtin			Ignite Session #2 (97)-Kaipainen, Noetel, Kotsou, Cameron, Geda, Glasenapp, Hoyndorf, McCabe-Austin (Ignite)	ACTing with Technology SIG (AD)-Batink
Paris		Children, Youth & Families SIG Meeting (X)-Rombouts			Act for Spiritual Development: Accept, Choose, Teach Others (98)-Robb* (Workshop)	Greece & Cyprus Chapter Meeting (AE)-Vasilioi, Karekla
Strassburg		ACBS Board Meeting (by invitation)-Twhog			Applying CBS to meet the needs of people with Intellectual Disabilities and those who support them: A Multiple Systems Approach (99)-Noone, Gore, M. Oliver, Harrison, Selman (Symposium)	
Room 30241 (3rd floor)					New findings and procedures in the field of Relational Frame Theory (100)-Y. Barnes-Holmes, Dudek, Hyla, Baran, Rai, Bast (Symposium)	
Room 30341 (3rd floor)			Deepening into the ACT (101)-Budziszewska, McCracken, Ruiz Sanchez, Callejón Ruiz, Eisenbeck (Symposium)			
Nizza	Contextual Medicine SIG Annual Meeting (Y)-Lewis, Aalberse		From Computer Games to Avatar Led Treatments: Adapting ACT to Creative Based Programs for the Prevention and Treatment of Various Problems (102)-Karekla, R. Lappalainen, P. Lappalainen, Nicolaou, Kassinosopoulos (Symposium)	Pain SIG Meeting (AF)-Hull		
Cannes			Embracing Psychological Flexibility: Relationship with life quality and satisfaction and executive function (103)-Benoy, Olaz, Ruisoto, Rossi, Melchiorri, Svanberg, Munck (Symposium)	Diversity Committee Meeting (AG)-Weinstein, Afari		

**Saturday, 18 July (Afternoon)**

	13:15-14:30	14:30-14:45	14:45-16:15	16:15-16:30	16:30-17:45	20:30-late	
ROOM	PLENARY		SESSIONS				
<b>ECC A</b>	Big heart, open wide: Moving from shame and fear to empathy, compassion, and connection in our clinical work and communities (104)-Batten, Luoma ( <a href="#">Presidential Address</a> )		FAP: Applying a Model of Awareness, Courage and Love to Global Concerns (105)-Tsai, Kohlenberg, Manduchi, Holman ( <a href="#">Workshop</a> )				<b>Follies with Dance Party to follow</b>
<b>ECC Room 1 (1st floor)</b>			The New ACT for Chronic Pain and Headache Treatment Approach (106)-Karekla*, Dahl* ( <a href="#">Workshop</a> )				
<b>ECC Room 4 (2nd floor)</b>			The RFT of the Matrix (Made Simple) (107)-Schoendorff* ( <a href="#">Workshop</a> )				
<b>ECC Room 5 (2nd floor)</b>			Meditation and Perspective-Taking: A Perfect Couple? (108)-Eifert* ( <a href="#">Workshop</a> )				
<b>Estrel Saal A</b>			A Functional Contextual Approach to the Treatment of the Obsessive Compulsive and Related Disorders (109)-Twhig* ( <a href="#">Workshop</a> )				
<b>Estrel Saal C5</b>			ACT and Spirituality - A Dialogue of 3 Perspectives (110)-Fung, Zhu, Alli ( <a href="#">Panel</a> )		The Self and RFT (120)-F. Ruiz, Luciano, Wilson, Y. Barnes-Holmes, Tórneke ( <a href="#">Panel</a> )		
<b>Estrel Saal C6</b>			Using web/mobile technology to enhance your clinical work (111)-Levin, Oser, Haeger ( <a href="#">Workshop</a> )		Using Positive Psychology to Enhance Psychological Flexibility and Therapist Self-Care (121)-Ethington ( <a href="#">Workshop</a> )		
<b>Estrel Saal C7</b>			Case Studies of ACT with Children (112)-Budziszewska, Coyne (Tentative), Presti, J.C. Lopez, F. Ruiz ( <a href="#">Symposium</a> )		Overcoming the Stigma of getting Therapy: New Technology-based ACT Interventions with Potential for Broad Scale Impact on Mental Health (122)-Bricker, Follette, Levin, McLean, Kaipainen ( <a href="#">Symposium</a> )		
<b>Estrel Saal C8</b>			RFT, ACT, and Developing Accounts of Coercion, Prosocial Behavior, and Social conflict (113)-Jeffcoat, Biglan, Almada, McHugh ( <a href="#">Symposium</a> )		One of us: A Sierra Leonan Health Worker uses CBS to Prevent the Further Spread of Ebola in her Country (123)-White, Bockarie ( <a href="#">Invited</a> )		
<b>Paris</b>			Using ACT to Treat Individuals with Eating Disorders in an Outpatient Setting (114)-Hill, Masuda ( <a href="#">Workshop</a> )				
<b>Strassburg</b>			Love in the room - How to Spread Therapeutic Love within Ethical Boundaries: Addressing the Stigma of Patient-Therapist Attraction, Management and Prevention (115)-Mandell, Skinta, Curtin ( <a href="#">Panel</a> )		Brief Mindfulness and Acceptance-Based Interventions in Group Setting (124)-Carreno, Coyne (Tentative), Eisenbeck, Rivera, J.C. Lopez, Barbero-Rubio ( <a href="#">Symposium</a> )		
<b>Room 30241 (3rd floor)</b>			The Role of ACT for Improving Sleep (116)-Meadows, Bond, Christodoulou, J. Oliver ( <a href="#">Symposium</a> )	<b>B R E A K</b>	Mindfulness Interventions: Reducing stress and promoting wellbeing and valued behavior (125)-Funke, Gillanders, Puolakanaho, Kinnunen, De Rivas, J. Duarte ( <a href="#">Symposium</a> )		
<b>Room 30341 (3rd floor)</b>			Do it yourself: Innovative Delivery Methods on the Rise (117)-McLoughlin, Hoffmann Jensen, Mak, Larsson ( <a href="#">Symposium</a> )		Valued living: Assessment and Interventions (126)-Butcher, Sandoz, Gebhard, Pülschen, Hoyer ( <a href="#">Symposium</a> )		
<b>Nizza</b>			ACT for Psychosis - Recovery and Connection through Psychological Flexibility (118)-Morris, Johns, O'Donoghue ( <a href="#">Workshop</a> )				
<b>Cannes</b>			Prosociality and Prevention (119)-Gismervik, L. Hayes, Brown, Loftus, Dumka ( <a href="#">Symposium</a> )		ACT for sleeping problems and PTSD (127)-C. Stewart, Westrup, Hertenstein, D'Avanzato, Morgan, R. Lappalainen, P. Lappalainen ( <a href="#">Symposium</a> )		
			<p align="center"><b>FIELD TRIP!</b></p> <p align="center"><b>ACT in an Inpatient Hospital Setting: A Hands-On Workshop 16:30-19:00</b> (128)-Dambacher, Hoermann, Meissner, Schade, Burian, Dreher (<a href="#">Workshop</a>)</p>				

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**Sunday, 19 July (Morning)**

		9:00-10:15	10:15-10:30	10:30-12:00	12:00
ROOM		SESSIONS		SESSIONS	
<b>ECC Room 1 (1st floor)</b>	<b>Convention Center</b>	<b>The Flexible Therapist: ACTing on your values when facing struggle</b> (129)-Kjelgaard*, Nordstrand Jacobsen* ( <a href="#">Workshop</a> )			
<b>ECC Room 4 (2nd floor)</b>		<b>A new Development Model of ACT for Young People 12 to 24 Years</b> (130)-L. Hayes* ( <a href="#">Workshop</a> )			
<b>ECC Room 5 (2nd floor)</b>		<b>Das Monster füttern - ACT bei Zwangserkrankungen-GERMAN</b> (131)-Rotthaus, Schriefer ( <a href="#">Workshop</a> )			
<b>Estrel Saal A</b>	<b>Hotel Meeting Space</b>	<b>Rapid Role Play: Flexible Integrating the ACT Core Process in Therapy</b> (132)-Walser*, Westrup* ( <a href="#">Workshop</a> )			
<b>Estrel Saal C5</b>		<b>Frontiers of CBS of Self-Compassion</b> (133)-Luoma, Aalberse, Malicki, Tirsch, Wilson ( <a href="#">Panel</a> )	<b>B R E A K</b>	<b>Values Measurement: Clinically Useful but (and) a Research Headache?</b> (143)-N. Ferreira, Karekla, Lundgren, Chauan ( <a href="#">Panel</a> )	
<b>Estrel Saal C6</b>		<b>Advanced Matrix Skills: Working with 'yes and'</b> (134)-Webster ( <a href="#">Workshop</a> )		<b>The Future of Human Connection: What Therapists Should Know about Sex, Lies, Love, and Relating on the Internet - and Some Key Skills</b> (144)-Allegri, Holman, Manduchi ( <a href="#">Workshop</a> )	
<b>Estrel Saal C7</b>		<b>Taking to the field: Applying the Third-Wave to Sports and Athletics</b> (135)-R. Lappalainen, Bond, Lundgren, P. Smith, Leeming ( <a href="#">Symposium</a> )		<b>RFT and Reading: From Textual Behavior, to reading comprehension and dyslexia</b> (145)-Moderato, I. Stewart, Presti, Scagnelli, Gurrieri ( <a href="#">Symposium</a> )	
<b>Estrel Saal C8</b>		<b>ACT for Groups: Moving Beyond Protocols to Personalizing your own ACT Curriculum</b> (136)-Weinstein, Halene ( <a href="#">Workshop</a> )			
<b>Paris</b>		<b>Contextual Science in Diverse Cultural Settings: Connecting-Caring-Creating</b> (137)-C. Stewart, Bockarie, Ebert*, White ( <a href="#">Workshop</a> )			
<b>Strassburg</b>		<b>ACTing Across Contexts: Religion, Diagnostics and Private Events</b> (138)-Burian, Budziszewska, Seghatoleslam, Mesquita Pompermaier, De Rubeis ( <a href="#">Symposium</a> )	<b>B R E A K</b>	<b>ACT for physical health problems: Benefits for patients with headache, cancer and chronic health problems</b> (146)-Kleszcz, Frostholm, Deledda, Hulbert-Williams, Chong ( <a href="#">Symposium</a> )	
<b>Room 30241 (3rd floor)</b>		<b>Current RFT Research on Analogical Reasoning</b> (139)-Luciano, I. Stewart, McLoughlin, F. Ruiz, J.C. Lopez ( <a href="#">Symposium</a> )		<b>University Students and Psychological Flexibility: Deepening our Understanding</b> (147)-Ethington, Biglan, Pistorello, Haeger, Renner ( <a href="#">Symposium</a> )	
<b>Room 30341 (3rd floor)</b>	<b>Treatment of Personality Disorder and Comorbid Substance Addiction: Clinical Approaches Suggested by ACT, DBT and Schema Therapy</b> (140)-Kienast, U. Schweiger, Roediger, Kensche ( <a href="#">Symposium</a> )	<b>Basic Research on RFT and its Implications for Global Concern Problems</b> (148)-Eisenbeck, Y. Barnes-Holmes, Carreno, Callejón Ruiz, J.C. Lopez, Greville, Hooper, Monestes ( <a href="#">Symposium</a> )			
<b>Nizza</b>	<b>Thinking Outside the Box: ACT Interventions with Non-Clinical Populations</b> (141)-Ramos, Biglan, LeBleu, Molander ( <a href="#">Symposium</a> )	<b>Applying Functional Contextualism to Issues of Gender, Sexuality, and Identity</b> (149)-Butcher, Curtin, Cantu, Silberstein ( <a href="#">Symposium</a> )			
<b>Cannes</b>	<b>The Many Faces of FAP: International Perspectives</b> (142)-Vandenbergh, Schoendorff, Manduchi, J. Dudek ( <a href="#">Symposium</a> )	<b>Current findings in RFT and Implications</b> (150)-de Luca, F. Ruiz, Dewar, Munnelly, Guinther ( <a href="#">Symposium</a> )			

Good-byes... until next year in Seattle, June 14-19, 2016!

## Estrel Convention Center

- Convention Hall
  - Festival Center
  - 1. Etage / First Floor
  - 2. Etage / Second Floor
- 28. Foyer 1
  - 29. ECC Convention Hall – Penary/Follies
  - 30. Innenhof (1+2) / Inner Courtyard (1+2)
  - 31. Foyer 3
  - 32. ECC – Raum 4 (2. Etage) / Room 4 (2<sup>nd</sup> Floor)
  - 33. ECC – Raum 5 (2. Etage) / Room 5 (2<sup>nd</sup> Floor)
  - 34. Zufahrt / Entrance Estrel Convention Center
  - 35. Zugang Rotunde
  - 36. Nebeneingang Räume 1-3
  - 37. Konferenzräume 30241 & 30341 / Conference Rooms 30241 & 30341

## Estrel Hotel

- Flügel 1  
Designer Wing
  - Flügel 2  
Central Wing
  - Flügel 3  
Conference Wing
  - Flügel 4  
Residence Wing
  - Restaurants / Gastro
  - Conference
  - Lift
  - Toiletten / Toilets
  - Rauchbereich / Smoking Area
- ACBS Registration Desk
  - 1. Business Center
  - 2. Estrel Stube
  - 3. Gepäckraum / Luggage Room
  - 4. Rezeption / Reception
  - 5. Concierge / Ticket counter / Conference Service
  - 6. Geldautomat / ATM
  - 7. Konferenzraum Strassburg / Conference Room Strassburg
  - 8. Mini Markt / Mini Market
  - 9. Kleine Galerie / Small Gallery
  - 10. ACBS Bookstore – Konferenzraum Lyon / Conference Room Lyon
  - 11. Große Galerie / Large Gallery
  - 12. Konferenzraum Paris / Conference Room Paris
  - 13. Estrel Saal A, B, C / Estrel Hall A, B, C
  - 14. Foyer Estrel Saal / Foyer Estrel Hall
  - 15. Passage Estrel Saal / Passage Estrel Hall
  - 16. Sun-Thai
  - 18. Portofino
  - 19. La Patisserie
  - 20. Sanssouci
  - 21. Atrium Bar
  - 22. Orangerie (1. Etage / 1<sup>st</sup> Floor) / Konferenzraum Nizza / Conference Room Nizza
  - 23. Konferenzraum Cannes / Conference Room Cannes
  - 24. Konferenzraum Cannes / Conference Room Cannes
  - 25. Taxistand / Taxi Rank
  - 26. Biergarten / Beer Garden
  - 27. Rotunde / Rotunda (Übergang zum Festival- und Convention Center / Passage to Festival and Convention Center)

