



Acceptance and Commitment Training Creating a Space for Success

January 19, 2022

4:30pm – 7:45 pm

Presenter:

Eilis O'Connell, MA, BCBA, LBA

LOCATION: Presented via Zoom

Instructions for log-in will be sent
2 days prior to session

Presented By:

Kidz Conference Services

1400 Old Country Road, Suite C103N, Westbury, NY 11590

Target Audience:

- Teachers School Leaders Social Workers
- Speech/Language Pathologists LMHCs
- Psychologists (Licensed & School)

Course Level/Learning Methods: Intermediate;
Lecture

Method of Presentation: Live-Virtual Online

Course Requirements:

To receive Certificates of Attendance and CEUs, participants must: arrive on time, stay for the entire session, and submit a completed Evaluation Form.

Acceptance and Commitment Training Creating a Space for Success

Course Description

*Do you have students who feel defeated in the classroom?
Does their anxiety interfere with their learning?*

Then this workshop may be for you!

Acceptance and Commitment Training (ACT) is a research-based intervention that has been proven to increase positive behaviors of individuals. This is important for educators, as children who are suffering emotionally may not be available to learn effectively. ACT differs from some other kinds of cognitive behavioral therapy in that rather than trying to teach people to better control their thoughts, feelings, sensations, memories and other private events, ACT teaches them to notice, accept, and embrace them. Participants will learn how to use mindfulness and other strategies in the classroom and other settings to help students implement replacement behaviors and learn more effectively.

Learner Objectives - As a result of this activity, participant will be able to:

- Explain how ACT differs from other kinds of cognitive behavioral therapy
- Describe core principles of values, commitment, and self as context in ACT
- Provide two examples of how ACT can be implemented in classroom and related service settings

Agenda

- 4:30 - Overview of ACT and related research
- 5:00 - Core values of ACT
- 5:45 - Shaping
- 6:15 - Break
- 6:30 - Implementation and Strategies

Biographical Information:

Eilis O'Connell is a Board Certified Behavior Analyst (BCBA), Licensed Behavior Analyst (LBA) in New York State, and certified special education teacher. She has years of experience applying evidence based practices within schools, centers, clinics, and the home and community for a variety of learners. She received her Masters of Arts in Intellectual Disabilities and Autism from Teachers College, Columbia University and an advanced certificate in Applied Behavior Analysis from Florida Institute of Technology. She is pursuing a PhD in Applied Behavior Analysis at Endicott College.

DISCLOSURE INFORMATION: Financial: Ms. O'Connell is receiving a speaker's fee for presenting this session. She is a former employee of Family of Kidz. **Non-financial:** There are no non-financial disclosures.

Kidz Conference Services, LLC is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors MHC#-0118. (3 contact hrs.)

Kidz Conference Services, LLC is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #0040. (3 NYSED PsychBd Contact Hrs.)



Ensuring High Quality
Professional Development

Kidz Conference Services, LLC is approved by the National Association of School Psychologists to offer continuing professional development for school psychologists. Kidz Conference Services, LLC maintains responsibility for the program. NASP Approved Provider # 1048 (3 NASP CPDs)

Kidz Conference Services, LLC SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0147. (3 contact hrs.)



ASHA CE
APPROVED PROVIDER

Kidz Conference Services

Intermediate Level
.3 ASHA CEUs

ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures.

Kidz Conference Services, LLC is approved by the New York State Education Department as a sponsor of Continuing Teacher and Leader Education (CTLE), #23368. (3 hrs.)

Register Online: www.kidztherapy.com –

\$65 non-Kidz staff \$55 Family of Kidz staff (with active cases)

If you have difficulty, email Tesa at:

KidzConferenceServices@familyofkidz.com

Info or Special Accommodations: Tesa @

KidzConferenceServices@familyofkidz.com Should you require a reasonable accommodation to attend, all such requests must be received no less than four weeks prior to the date.

Refund Policy: All cancellations will be subject to the handling fee noted below. Refund requests must be received by mail/e-mail at least 10 calendar days prior to the conference date or the full amount will be charged. Full refunds will be given if workshop is cancelled due to inclement weather or other unforeseen circumstances. **Handling Fee for cancellations: \$10**