



## **CDP Presents Acceptance and Commitment Therapy (ACT) as a Treatment Approach for Military-connected Children and Teens**

In this 90 minute webinar, participants will learn about an evidence-based approach for a variety of presenting concerns, Acceptance and Commitment Therapy (ACT). The underlying principles and components of ACT will be explained as well as the positive impact that ACT can have on children and youth. Time will be spent discussing how this approach can be adapted to younger children and the role caregivers can play in implementing strategies with this population. Lastly, the webinar will provide some ACT-based strategies that can be helpful to support military-connected families.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Level:** Introductory

### **Learning Objectives:**

Attendees will be able to:

- Evaluate Acceptance and Commitment Therapy (ACT) as an effective tool for military-connected children and youth
- Modify ACT for use at various developmental stages, emphasizing when to involve caregivers
- Demonstrate a brief ACT strategy that can be used with a wide range of military-connected children and youth (as well as adults).

### **Agenda for CDP Presents Webinar**

<b>Webinar room prep and Lobby time</b>	<b>11:30 am - 12:00 PM</b>
<b>Welcome to CDPP and Speaker Intro</b>	<b>12:00 pm - 12:05 PM</b>
<b>Speaker Presents</b>	<b>12:05 pm - 1:25 PM</b>
<b>Question and Answer</b>	<b>1:25 pm - 1:30 PM</b>



## Location Information

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**Address:**

[http://deploymentpsych.ce21.com/item/cdpp\\_april\\_2024](http://deploymentpsych.ce21.com/item/cdpp_april_2024)

April 24th, 2024, 12:00 - 1:30 PM

## Participate

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**Registration Information:**

Participants can register via the link provided above, utilizing the CE21 system.

**Cost/Refunds:** Zero cost, no refund policy

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Micah Norgard at [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu) 2 weeks prior to the training so that we may provide you with appropriate service.



## **Presenters**

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### **Jaime Benson, Ph.D.**

Dr. Jaime Benson is a licensed psychologist and Associate Director of the Behavior Management Clinic at the Kennedy Krieger Institute. She oversees the postdoctoral fellowship training program and is a certified within-agency trainer for parent child interaction therapy. She also co-leads the department's training program focused on developing competency in working with military-connected families and is a member of the Military and Family Committee for the Fort Meade Alliance.

### **Michelle Bubnik-Harrison, Ph.D.**

Dr. Bubnik-Harrison is a licensed psychologist with Kennedy Krieger Institute's Child and Family Therapy Clinic. She provides therapy for children, adolescents, young adults, and their caregivers. Dr. Bubnik-Harrison also developed and runs groups therapy (e.g., Dialectical Behavior Therapy- DBT) as well as supervises in the clinic's training programs. Further, Dr. Bubnik-Harrison serves as a coordinator of the department's Behavior Health Program for Military Families and enjoys helping military families thrive.

### **Sara Hinojosa, Ph.D.**

Dr. Sara Hinojosa is a licensed psychologist and supervisor with the Behavior Management Clinic in the Department of Behavioral Psychology at Kennedy Krieger Institute. She is also a program coordinator for the Behavior Health Services for Military Families. Dr. Hinojosa serves as a supervisor for the postdoctoral fellowship and is a certified within-agency trainer for Parent Child Interaction Therapy and runs the group therapy program for the Behavior Management Clinic.

There is no commercial support or conflict of interest to report for these presenters.



## **Continuing Education**

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The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 1.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. If you do not wish to complete the evaluation, please contact the training event's POC after the training event. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Micah Norgard at [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu).

CEs provided by American Psychological Association sponsors are acceptable for most licensed professionals when renewing their license and it is our experience that these CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of these CE credits for this activity.