



ACBS UK & ROI Chapter Conference,
16th & 17th November 2020,

UNITED KINGDOM & REPUBLIC OF IRELAND CHAPTER

Monday 16th November

Time	Stream A	Stream B	Stream C
09:00	<p>Conference Welcome & Plenary: Dr Steve Noone, Northumbria University. "What can the field of Intellectually Disability gain from CBS and what can CBS gain from the field of Intellectual Disability?"</p>		
10:00	<p>Open short papers (15 minutes each): An examination of the relationship between psychological flexibility and loneliness in older adults. Holly, Edgar & Gillanders.</p> <p>Investigating the usability of a digital ACT intervention for older adults with multi-morbidities. Moran & Doyle.</p> <p>Champions for Health: Randomised cluster study of a web-delivered Acceptance and Commitment Therapy (ACT) intervention to enhance subjective wellbeing and encourage engagement with lifestyle behaviour change. Brown.</p>	<p>Symposium: The role of ACT components. Bolderston, Logeswaran, Turner, & Kingston.</p>	<p>Skills Class: DNA-V: The Youth Model of ACT. Lemon & Roe</p>

	<p>A Single Case Experimental Design (SCED) evaluating a brief Acceptance and Commitment Therapy (ACT) intervention for stress in Inflammatory Bowel Disease (IBD). Lavelle, Storan, De Dominicis, Hussey, Mulcahy, & McHugh</p> <p>A computer-aided investigation of the role of perspective taking in online peer support for anxiety and depression. Rawsthorne.</p> <p>An acceptance and commitment therapy-based experimental investigation of the effects of perspective-taking on emotional discomfort, cognitive fusion and self-compassion. Boland, Campbell & Gillanders</p>		
11:30	Break		
11:45	<p>Symposium: Third wave approaches to paranoia. Bolderston, Kingston & J. Oliver</p>	<p>Skills Class: Shaping supervision: How do we train ACT supervision skills? Lucas & Bradley.</p>	<p>Symposium: Recent theoretical and empirical advances in understanding rule governed behaviour. Stapleton, Murthy, & McHugh</p>

Updated 6th October 2020. Subject to change

13:00	Lunch		
14:00	Symposium: Contemporary applications of contextual behavioural science within UK intellectual disability services. Johnson, Noone, Brosh, M. Oliver, & Jackson Brown	Skills Class: The person is not the problem: Integrating social models of disability and stigma into ACT-based interventions. Maher-Edwards, Liersch, & Gillanders	Symposium: ACT in three hours? Developing and evaluating school based ACT workshops for adolescents: The InTER-ACT trial. Samuel, Constable, Knight, & Roberts
15:30	Break		
15:45	Panel Discussion: Delivering ACT in NHS Settings: Challenges, Adaptations and advances. Samuel, Sinclair, Tarrant, Donnelly, & Prudenzi	Panel discussion: Lessons learnt from COVID-19 Rehab: Working flexibly in chaos. Harenwall, Wang, Heywood, Godsell & Curvis	Panel discussion: From ballet shoes to Whitehall – the challenges of delivering ACT in a variety of workplace contexts. Persson, Gascoyne, Stanley-Duke, Thomas & McIntosh
16:30	Plenary: Dr Ray Owen, Wye Valley NHS. "A Matter of Life and Death: Psychological Flexibility, Health & Mortality"		
17:30	Poster session		
20:00	Follies		

Tuesday 17th November

Time	Stream A	Stream B	Stream C
09:00	Plenary: Prof Louise McHugh, "Ruled by rules: Relational Frame Theory, Rule Following and the Self"		
10:00	Skills Class: Mindfulness & Acceptance for Self Esteem: Using a metaphor to build a healthy relationship with the self. J. Oliver & Bennett	ACT now on Climate Emergency. Wilks	Skills Class: ACT for Psychedelic-Assisted Therapy - skills to support deeper changes. Whitfield & Krause
11:30	Break		
11:45	Skills Class: Awareness, Courage and Love Meetups: Using Functional Analytic Therapy to Enhance Social Connection Within Communities. Johnson & Bennett	Open short papers (15 minutes): Acceptance and Commitment Therapy-Based Interventions to Improve Wellbeing and Reduce Burnout in Healthcare Professionals: A Systematic Review and Meta-Analysis. Prudenzi, Graham, Clancy, Hill, O'Driscoll, Day & O'Connor. Developing resilience in surgeons: An RCT evaluation of an ACT-based training intervention. Bolderston. Exposure to Challenging Behaviour and Clinical Distress: The Importance of Psychological Flexibility and Organisational Support in Special	Skills Class: Playing with relational frames in session. Steinkopff.

		<p>Education Settings. Paris, Grindle, Green, Baker, Jackson-Brown & Ferreira.</p> <p>A pilot RCT of ACT targeting shame and promoting wellbeing in adults experiencing homelessness. Murthy & McHugh</p> <p>Returning to Grenfell Tower: Use of the ACT Matrix to Support Psychological Safety & Planning for the Unknown. Sinclair.</p>	
13:00	Lunch		
	Choice of one of three in-conference workshops:*		
14:00	<p>Intermediate: Rikke Kjelgaard, 'Creative Hopelessness'</p>	<p>Open to all: Jim Lemon, 'Introduction to the ACT Matrix'</p>	<p>Open to all: Ray Owen, 'ACT for long term health conditions'</p>
17:30	Closing remarks and conference close		

*There will be an afternoon break at approximately 15:30 for 15 minutes