

Association for Contextual Behavioural Science (ACBS) Annual World Conference 13
14th to 19th July 2015, Berlin

The World Conference brings together clinicians and researchers to present cutting-edge research in Acceptance and Commitment Therapy (ACT), Relational Frame Theory (RFT), and Contextual Behavioral Science, as well as experienced trainers to lead experiential workshops. It is aimed at a broad range of professionals and researchers related to therapeutic care.

I am a Trainee Clinical Psychologist, currently on my final placement in Child Health Psychology, before I start my first qualified post in an adolescent inpatient unit. I have a particular interest in working with children, young people and their families, and doing so using ACT, mindfulness and compassion-based approaches. I wanted to further develop my understanding of ACT and RFT, as well as further develop my skills in applying ACT to clinical work, and I had plenty of opportunity to do this in the many experiential workshops I attended.

The world conference began with intensive two-day pre-conference workshops, and I attended the workshop entitled Understanding Relational Responding in Coercive Families & Helping Families and Children develop Psychological Flexibility. This helped me think about how to target specific relational aspects within the family dynamic, and included many useful experiential exercises how to model skills of psychological flexibility for young people and their parents. Of particular interest were also the workshops on the development of an ACT model specifically for adolescents, adapting ACT to group work, as well as the ACT for psychosis workshop.

The conference was also a great opportunity to meet and network with other clinicians, and I was able to connect with professionals working in similar areas and exchange ideas about using ACT with young people and families, and establish connections for future peer supervision.

I am very grateful to the FPSA for so generously funding my attendance at the conference, as well as my travel to Berlin and accommodation while there, without which I would not have had this amazing opportunity and fantastic CPD experience. Thank you. I have learned so much, both personally and professionally, and I look forward to using these advanced skills and knowledge

Emily Bloxham

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