

**Beth Israel Deaconess Medical Center
Institute for Training in Evidence-Based Assessment and Treatment**

Co-sponsored by the Department of Psychiatry at Beth Israel Deaconess Medical Center

Advances in Mindfulness and Acceptance Based Clinical Tools for Treating Adolescents and Young Adults

Course Director: Michelle Friedman-Yakoobian

Saturday, May 2, 2020 at Sherman Auditorium, Beth Israel Deaconess Medical Center

Start time	End time	Session	Faculty
8:45	9:10	Registration	
9:10	9:20	Welcome/ Introduction—What is special about treating adolescents and young adults?	Michelle Friedman-Yakoobian/ Matcheri Keshavan
9:20	10:10	Acceptance and Commitment Therapy for Perfectionism	Jesse Crosby
10:10	11	Dialectical Exposure Therapy: A Trans-diagnostic Model for Assessment and Treatment of Emotion Disorders	Ryan Madigan
11	11:20	Coffee and networking- lobby	
11:20	12:10	Acceptance and Commitment Therapy for Early Psychosis: Opportunities and Challenges	Brandon Gaudiano
12:10	1	Applying the Acceptance and Commitment Therapy Matrix to Technology Overuse	Carmine DiChiara
1	2	Lunch- on your own (see nearby options attached)	
2	2:40	ACTing Intersectionally in the Face of Minority Stress: Theory and Clinical Applications	Nestor Noyola
2:40	3:20	Affirming Counseling Practices in Support of Students of Color using ACT and Critical Race Theory	Latoya Thomas
3:20-	3:25	Quick coffee break- lobby	

3:25	4:05	Data Blitz: Series of 5-minute talks covering a bite-sized bit of the latest research in acceptance /mindfulness treatments for youth.	
4:05	4:20	Wrap up/ closing remarks	Michelle Friedman-Yakoobian

This one-day symposium brings together experts to provide state of the art updates on evidence-based mindfulness and acceptance approaches to improving lives of adolescents and young adults struggling with a broad array of obstacles to living a rich, full and meaningful life. The symposium is appropriate for mental health professionals and students who are new to ACT and mindfulness as well as those who are well versed in practicing these approaches in their clinical work. Participants will learn from case examples, experiential exercises, and group discussions, and will have opportunities to network with professionals with shared interests in treating adolescents and young adults. A “data-blitz” in the afternoon will provide opportunities to learn a snapshot of some of the latest clinical research in this area.

Upon completion of this activity, participants will be able to:

1. *Discuss unique aspects and challenges of treating adolescents and young adults.*
2. *Identify acceptance and mindfulness tools as they are applied to working with adolescents and young adults dealing with a variety of stressors including trauma, anxiety, minority stress, emerging and intersecting identities, and challenges of school.*
3. *Assess current thinking on the rationale for acceptance and mindfulness based approaches to treatment of adolescents and young adults.*
4. *Explain the state of the field regarding emerging and new research on acceptance and mindfulness approaches to treating adolescents and young adults.*
5. *Identify current limitations and future directions for enhancing practice of acceptance and mindfulness tools for treating youth and young adults.*

Faculty

Jesse Crosby, PhD.	Instructor in Psychology , Department of Psychiatry, Harvard Medical School; Assistant Psychologist, McLean Hospital; Senior Research Consultant, OCD Institute Office, McLean Hospital; Psychologist in Private Practice
Carmine DiChiara, PsyD.	Clinical Psychologist in Private Practice; ACT and Clinical RFT Trainer; Former Senior Software Engineer at Ireward Health, Inc.
Michelle Friedman-Yakoobian, PhD	Harvard Medical School Instructor in Psychology, Department of Psychiatry, BIDMC; Clinical Director Cedar Clinic
Brandon Gaudiano, PhD.	Associate Professor, Department of Psychiatry and Human Behavior, Alpert Medical School, and Department of Behavioral and Social Sciences, Brown School of Public Health; Senior Investigator in the Mindfulness Center at Brown University; Research Psychologist at Butler Hospital and the

	Providence VA Medical Center
Matcheri Keshavan, MD	Stanley Cobb Professor and Academic Head of Psychiatry, Department of Psychiatry, Beth Israel Deaconess Medical Center and Massachusetts Mental Health Center, Harvard Medical School
Ryan Madigan, PhD.	Co-Founder, 3 East DBT Trauma and Exposure Program, McLean Hospital; Founder and Co-Director of Boston Child Study Center; Instructor of Psychology, Department of Psychiatry, Harvard Medical School
Nestor Noyola, MA	Doctoral student, Department of Psychology at Clark University, Psychology Trainee, 2 South Adult Inpatient Psychiatry at Brigham and Women's Faulkner Hospital; Graduate Research Assistant, Worcester Polytechnic University
Latoya Thomas, LMHC	Psychotherapist at Insight Psychotherapy, Mental Health Consultant for City Year's Transformative Justice Day.

Accreditation:

Physicians: There are no Category I credits available to Physicians for this conference. This conference qualifies for Category II credits.

Psychologists: The Department of Psychiatry at Beth Israel Deaconess Medical School, a major teaching hospital of Harvard Medical School, is approved by the American Psychological Association to offer continuing education for psychologists. The Department of Psychiatry at Beth Israel Deaconess Medical School, a major teaching hospital of Harvard Medical School, maintains responsibility for this program. This Symposium offers 5.5 CE credits

Counselors: The Department of Psychiatry at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School, has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5689. Programs that do not qualify for NBCC credit are clearly identified. The Department of Psychiatry at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School, is solely responsible for all aspects of the programs. **This seminar meets the criteria for 5.5 clock hours**

Nurses: This symposium meets the specifications of the Board of Registration in Nursing in Massachusetts (244 CMR).

Social Workers: For information on the status of the application to the Massachusetts Chapter of the National Association of Social Workers, please email pdimaano@bidmc.harvard.edu

Registration:

<https://continuingeducationprogram.org/upcoming-courses/>

Fees (includes CEU's and coffee/ snacks):

Registration before 4/1/20	\$195
Student registration before 4/1/20	\$99
Registration 4/2/20-5/1/20	\$250
Student registration 4/2/20-5/1/20	\$150

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- The email notification registrants will receive after they have registered and paid for the course.