

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

Sponsored by the Beth Israel Deaconess Department of Psychiatry Foundation

**2nd Annual Virtual Conference:
Advances in Mindfulness and Acceptance Based Clinical Tools for
Treating Adolescents and Young Adults**

Course Director: Michelle Friedman-Yakoobian

Friday, April 30, 2021 via zoom teleconference

Start time	End time	Session	Faculty
8:45	9:00	Log in – check out our virtual poster session!	
9:00	9:05	Welcome/ Introduction	Michelle Friedman-Yakoobian/ Matcheri Keshavan
9:10	10:00	What makes a good life? Lessons from studying lives across eight decades	Robert J. Waldinger
10:00	10:05	screen break	
10:05	10:50	Acceptance and Commitment Therapy in Daily Life (ACT-DL) in early psychosis	Inez Myin-Germeys
10:50	10:55	screen break	
10:55	11:40	The Link Between Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach	Tahirah Abdullah-Swain
11:45	12:45	lunch	
12:45	1:30	Shaping Bravery in Adolescents with Anxiety and OCD: Integrating ACT and Exposure and Response Prevention	Lisa Coyne
1:30	1:35	screen break	
1:35	2:20	Acceptance and Mindfulness through a Gender and Sexual Minority Stress Lens: Working with Adolescents and Young Adults	Matthew Skinta

2:20	2:25	screen break	
2:25-	2:50	Discussion/ audience questions with Drs. Waldinger, Abdullah-Swain, Coyne, Skinta, Keshavan and Friedman-Yakoobian	
2:50	3:50	<i>Data Blitz</i> : Series of 5-minute talks covering a bite-sized bit of the latest research in acceptance /mindfulness treatments for youth.	
3:50	4:00	Wrap up/ closing remarks	Michelle Friedman-Yakoobian

This one-day virtual 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 providing culturally informed mindfulness- and acceptance-based treatments for 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 anxiety, minority stress, emerging and intersecting identities, and emerging psychosis.*
3. *Assess current thinking on the rationale for acceptance and mindfulness-based approaches to treatment of adolescents and young adults.*
4. *Determine factors that have been associated with happiness and fulfillment across the lifespan.*
5. *Identify current limitations and future directions for enhancing practice of acceptance and mindfulness tools for treating youth and young adults.*

Faculty

Tahirah Abdullah-Swain, Ph.D.	Co-founder of BARE Mental Health & Wellness, and an Associate Professor of Psychology at the University of Massachusetts Boston.
Lisa Coyne, PhD	Assistant Professor, Harvard Medical School, Senior Clinical Consultant at McLean Hospital, President, Association for Contextual Behavior Science
Michelle Friedman-Yakoobian, PhD	Assistant Professor of Psychology, Harvard Medical School, Department of Psychiatry, BIDMC; Clinical Director Cedar Clinic
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
Inez Myin-Germeys PhD.	Professor of Contextual Psychiatry and head of the Center for Contextual Psychiatry, Department of Neurosciences, KU Leuven.
Matthew Skinta Ph.D., ABPP	Assistant Professor, Roosevelt University; Fellow of the Academy of Clinical Health Psychology
Robert J. Waldinger, M.D.	Director, Harvard Study of Adult Development, Director, MGH Center for Psychodynamic Therapy, Department of Psychiatry, Massachusetts General Hospital

Networking:

Conference participants will have opportunities to network with other professionals and trainees with similar interest in two ways 1) Participants can interact with colleagues during the frequent screen breaks, 2) Use the zoom chat feature to say hello and connect, 3) Participants are encouraged to share their own work via the conference virtual poster session and data blitz (information coming soon on how to submit an abstract).

Recording:

The conference presentations will be recorded and made available for registrants to view for up to 2 months following the conference program. Participating in live sessions will be required for claiming continuing education credits (see below for details).

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 mfriedm3@bidmc.harvard.edu.

Registration:

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

Fees (includes CEU's and two months access to conference recording):

Registration before 3/1/21	\$99
Student registration before 3/1/21	\$50
Registration 3/2/21-4/29/21	\$125
Student registration 3/2/21-4/29/21	\$75