

NEUROACT International Course Schedule

2023-03-01 (Day 1)

8.00-8.20	Introduction and presentation of the lecturer and participants
8.20-9.15	Stressors in individuals on the autism spectrum Executive function challenges as a perpetuation of stress and mental distress Previous research and treatment recommendations
9.15-9.30	<i>Paus</i>
9.30-10.45	Rational for acceptance and commitment therapy (ACT) and contextual neuroscience as stress management and skills training for individuals on the autism spectrum Conceptualizing of the NEUROACT model. Motivation, Acceptance, and Perspective as an alternative to Perseveration, Avoidance, and Mindlessness. Modifications to meet autistic challenges NEUROACT provider skills and challenges
10.45-11.00	<i>Paus</i>
11.00-12.00	Introduction to NEUROACT – stress management for flexibility & health program manual MODULE 1. STRESS & AVOIDANCE Stressors and avoidance behaviors Experience-based exercises from the NEUROACT work-material

8.00-9.15

MODULE 2. PERSPECTIVE & FOCUS TRAINING

Focus training and perspective taking on thoughts
Experience-based exercises from the NEUROACT work-material

9.15-9.30

Expert modeling of techniques and approaches
Paus

MODULE 3. WHAT IS IMPORTANT

9.30-10.45

Own life values and goal behaviors
Experience-based exercises from the NEUROACT work-material
Expert modeling of techniques and approaches

10.45-11.00

Paus

MODULE 4. ACCEPTANCE & COMPASSION

11.00-12.00

Regulation of emotions, sensory input, and body signals
Experience-based exercises from the NEUROACT work-material
Expert modeling of techniques and approaches

MODULE 5. SOCIALIZING AND RECOVERING

8.00-9.15 NEUROACT skills in social situations and restoration from stress
Experience-based exercises from the NEUROACT work-material

9.15-9.30 *Paus*

MODULE 6. THE LIFE MAP

9.30-10.45 The Life Map – a practical tool to help yourself after the training
Experience-based exercises from the NEUROACT work-material

10.45-11.00 *Paus*

WRAPPING UP

11.00-12.00 Expert modeling of techniques and approaches

Roleplay to summarize experiences and practical training

Summary evaluation and reflection on the training