

# NEUROACT International Course Schedule

2023-09-19 (Day 1)

3.00-3.20 pm (GMT+10)	Introduction and presentation of the lecturer and participants
3.20-4.15 pm (GMT+10)	Stressors in individuals on the autism spectrum Executive function challenges as a perpetuation of stress and mental distress Previous research and treatment recommendations
4.15-4.30 pm (GMT+10)	<i>Paus</i>
4.30-5.45 pm (GMT+10)	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
5.45-6.00 pm (GMT+10)	<i>Paus</i>
6.00-7.00 pm (GMT+10)	Introduction to NEUROACT – stress management for flexibility & health program manual  <b>MODULE 1. STRESS &amp; AVOIDANCE</b> Stressors and avoidance behaviors Experience-based exercises from the NEUROACT work-material

2023-09-20 (Day 2)

3.00-4.15 pm  
(GMT+10)

**MODULE 2. PERSPECTIVE**

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

4.15-4.30 pm  
(GMT+10)

Expert modeling of techniques and approaches  
*Paus*

4.30-5.45 pm  
(GMT+10)

**MODULE 3. WHAT IS IMPORTANT**

Own life values and goal behaviors  
Experience-based exercises from the NEUROACT work-material

Expert modeling of techniques and approaches

5.45-6.00 pm  
(GMT+10)

*Paus*

6.00-7.00 pm  
(GMT+10)

**MODULE 4. ACCEPTANCE & COMPASSION**

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

Expert modeling of techniques and approaches

3.00-4.15 pm  
(GMT+10)

**MODULE 5. SOCIALIZE & SELF-CARE**

NEUROACT skills in social situations and restoration from stress

Experience-based exercises from the NEUROACT work-material

4.15-4.30 pm  
(GMT+10)

*Paus*

4.30-5.45 pm  
(GMT+10)

**MODULE 6. THE LIFE MAP**

The Life Map – a practical tool to help yourself after the training

Experience-based exercises from the NEUROACT work-material

5.45-6.00 pm  
(GMT+10)

*Paus*

6.00-7.00 pm  
(GMT+10)

**WRAPPING UP**

Expert modeling of techniques and approaches

Roleplay to summarize experiences and practical training

Summary evaluation and reflection on the training