

# NEUROACT® International Course Schedule

2024-06-11 (Day 1)

10.00-10.20 am (GMT-4)	Introduction and presentation of the lecturer and participants
10.20-11.15 am (GMT-4)	Stressors in autistic individuals Executive function challenges as a perpetuation of stress and mental distress Previous research and treatment recommendations
11.15-11.30 am (GMT-4)	<i>Break</i>
11.30 am-12.45 pm (GMT-4)	Rational for acceptance and commitment therapy (ACT) and contextual neuroscience as stress management for autistic individuals  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
12.45-13.00 pm (GMT-4)	<i>Break</i>
13.00-14.00 pm (GMT-4)	Introduction to the NEUROACT® – stress management for flexibility & health program manual and work material  <b>MODULE 1. STRESS &amp; AVOIDANCE</b> Stressors and avoidance behaviors Experience-based exercises from the NEUROACT® work-material

2024-06-12 (Day 2)

10.00-11.15 am  
(GMT-4)

**MODULE 2. PERSPECTIVE**

Focus training and perspective taking on thoughts  
Experience-based exercises from the NEUROACT® work-material  
Expert modeling of techniques and approaches

11.15-11.30 am  
(GMT-4)

*Break*

11.30 am-12.45 pm  
(GMT-4)

**MODULE 3. WHAT IS IMPORTANT**

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

12.45-13.00 pm  
(GMT-4)

*Break*

13.00-14.00 pm  
(GMT-4)

**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

2024-06-13 (Day 3)

10.00-11.15 am  
(GMT-4)

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

NEUROACT® skills in social situations and restoration from stress

Experience-based exercises from the NEUROACT® work-material

11.15-11.30 am  
(GMT-4)

*Break*

11.30 am-12.45 pm  
(GMT-4)

**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

12.45-13.00 am  
(GMT-4)

*Break*

13.00-14.00 pm  
(GMT-4)

**WRAPPING UP**

Expert modeling of techniques and approaches

Roleplay to summarize experiences and practical training

Summary evaluation and reflection on the training