

NEUROACT® International Course Schedule

2024-08-29 (Day 1)

09.00-09.20 am (UTC+2)	Introduction and presentation of the lecturer and participants
09.20-10.15 am (UTC+2)	Stressors in autistic individuals Executive function challenges as a perpetuation of stress and mental distress Previous research and treatment recommendations
10.15-10.30 am (UTC+2)	<i>Break</i>
10.30 am-12.00 am (UTC+2)	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. Introduction to the NEUROACT® – stress management for flexibility & health program manual and work material
12.00 am-13.00 pm (UTC+2)	<i>Break</i>
13.00-14.20 pm (UTC+2)	MODULE 1. STRESS & AVOIDANCE Stressors and avoidance behaviors Experience-based exercises from the NEUROACT® work-material
14.30-14.45 pm (UTC+2)	<i>Break</i>
14.45-16.30 pm (UTC+2)	MODULE 2. PERSPECTIVE Focus training and perspective taking on thoughts Experience-based exercises from the NEUROACT® work-material

09.00 am-10.15 pm
(UTC+2)

MODULE 3. WHAT IS IMPORTANT

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

10.15-10.30 pm
(UTC+2)

Break

10.30-12.00 pm
(UTC+2)

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

12.00-13.00 pm
(UTC+2)

Break

13.00-14.15 am
(UTC+2)

MODULE 5. SOCIALIZE & SELF-CARE

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

14.15-14.30 am
(UTC+2)

Break

14.30-16.00 am
(UTC+2)

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
Summary evaluation and reflection on the training