

NEUROACT® International Course Schedule

2025-05-22 (Day 1)

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| 09.00-09.20 am (UTC+2) | Introduction and presentation of the lecturer and participants |
| 09.20-10.15 am (UTC+2) | Stressors in autism och ADHD – a neuropsychological perspective Executive function challenges as a perpetuation of stress and mental distress Research and treatment recommendations |
| 10.15-10.30 am (UTC+2) | <i>Break</i> |
| 10.30 am-12.00 pm (UTC+2) | 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 |
| 12.00-13.00 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 |

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| 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) | <i>Break</i> |
| 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) | <i>Break</i> |
| 13.00-14.00 pm (UTC+2) | MODULE 5. SOCIALIZE & SELF-CARE NEUROACT® skills in social situations and restoration from stress Experience-based exercises from the NEUROACT® work-material |
| 14.00-14.15 pm (UTC+2) | <i>Break</i> |
| 14.15-16.00 pm (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 |