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**BEA Award in Support of Conferences and Workshop**

**2018**

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**Grant ID:** 71828

**Workshop or Conference name:** Disseminating Acceptance-Based Behavioral Therapy: Engaging Faculty and Supervisors

**Sponsoring Organization:** The Ohio State University Wexner Medical Center, ,

**Contact Name:** Sophie Lazarus Lazarus, PhD

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***Goals and objectives***

*The clarity and nature of the conference or workshop goals and objectives and how they will enhance the training of faculty and supervisors of graduate students, interns, and/or postdoctoral fellows in psychology.*

The Department of Psychiatry and Behavioral Health has an accredited internship training program and provides practica for graduate students from OSU and other universities. While the faculty has extensive training in cognitive behavior therapy, they have limited expertise with mindfulness/acceptance-based behavioral approaches. In addition, we would invite faculty from across the main and medical campus to participate to extend the impact of this training. Training in acceptance-based behavioral therapy (ABBT) would benefit faculty/clinical supervisors by increasing competence in and implementation of mindfulness-based interventions that have empirical support for a variety of populations. This workshop will solidify use of this treatment for faculty supervisors, permitting supervisors to expand training opportunities for interns and practicum students. Ultimately, this workshop will help to further disseminate ABBT. The goal is to teach participants to effectively integrate mindfulness strategies into therapy for persons presenting with anxiety and comorbid disorders. Objectives include: 1) Develop a mindfulness/acceptance-based conceptualization 2) Infuse therapeutic relationship with mindfulness 3) Use self-monitoring to cultivate awareness/acceptance 4) Select, present, and debrief formal mindfulness practices 5) Address the specific challenge of anxious thoughts 6) Address obstacles in using mindfulness-based strategies 7) Adapt ABBT to diverse patient groups

***Leadership***

*The qualifications of the person(s) identified to plan and lead the conference or workshop, relative to the topic of focus. Included in the qualifications should be evidence of national or regional leadership (e.g., publication of scholarly works related to education and training, participation in past workshops, etc.).*

We have invited Susan Orsillo, PhD to lead this day-long program. Dr. Orsillo has been involved in developing, refining and disseminating acceptance-based behavioral approaches to improving psychological functioning, health and quality of life. Acceptance-based behavior therapy (ABBT) involves integrating acceptance and mindfulness-based approaches (such as ACT, MBCT, DBT and MBSR) with more traditionally behavioral approaches to therapy (e.g., psychoeducation, skills training, exposure therapy). With funding from the NIMH, along with her colleague Liz Roemer, PhD, they developed an ABBT to treat generalized anxiety disorder and examined its efficacy in a randomized control trial comparing ABBT to applied relaxation. Dr. Orsillo is involved in translational research that is committed to coupling conceptually driven basic research with treatment development and efficacy efforts in order to gain a better understanding for the complex mechanisms that underlie psychopathology, particularly generalized anxiety disorder, posttraumatic stress disorder and substance use related disorders. She is specifically interested in examining how particular responses to internal

experiences (images, psychophysiological states, emotions, and thoughts), such as avoidance or suppression, can impact the development and maintenance of problems in psychological functioning.

### **Participants**

*The qualifications of conference or workshop participants relative to the topic of focus, including their potential for implementing outcomes of the conference or workshop toward enhancing graduate education.*

The workshop participants will include faculty and staff in the Department of Psychiatry and Behavioral Health at OSUWMC. In addition, mental health professionals from affiliated organizations (e.g., Nationwide Children's Hospital, OSU Counseling Center and Psychology Department) will be invited. All of these sites train post-doctoral fellows, interns and graduate students. We anticipate that the majority of attendees will be psychologists. However, based on interest in a Grand Rounds on this topic, physicians, nurse practitioners and social workers from the department have also expressed considerable interest as a means of incorporating mindfulness into outpatient, inpatient, and intensive outpatient mental health care. In so doing, mindfulness/AABT will be implemented in a variety of setting by a diverse group of mental health professionals. As an internship training site, we strive to provide opportunities for faculty members to stay current with evidence based trends in the field. As such, bringing experts to OSUWMC allows us to reach the greatest number of supervisors and clinicians in a dynamic exchange of ideas which similarly allows us to disseminate training by an acknowledged leader in the field. Thus, this is a means of training the trainers.

### **Impact**

*The estimated or potential impact of the conference or workshop in terms of the diffusion of new ideas resulting from its outcomes in the education community appropriate to the proposal's focus.*

Numerous faculty/supervisors have expressed an interest in obtaining training in how best to integrate mindfulness into their clinical practice. Research indicates that mindfulness has positive effects on emotional well-being, burnout, and depressive and anxiety symptoms. Faculty and trainees are increasingly requesting training in third-wave treatments and this workshop would provide our faculty with the opportunity to expand their evidence-based skill set in this area and disseminate this practice to trainees. Furthermore, given the focus on mindfulness, values, and acceptance, this training has the potential for broader application within the healthcare setting. Therefore, exposure to these practices may help faculty supervisors flexibly and skillfully use these strategies as part of their intervention approach and to help trainees develop their expertise in the use of AABT with patients in order to address mental health issues and improve resilience. AABT has most often been applied in traditional mental health settings. Within the medical center more broadly, this would allow for the extension of this intervention to medically compromised individuals where more traditional interventions are less feasible (e.g., behavioral activation for depression may not be possible for individuals with physical limitations). This also provides opportunities for expanding this intervention to unique patient populations but also opens up new avenues for research.

**Budget**

*The clarity and completeness of the conference or workshop budget, how realistic it is, and how the grant funds are to be used to offset expenses incurred (e.g., travel, registration, speaker fees).*

Airfare \$ 300 Hotel \$ 200 Honorarium \$1500 Total \$2000