

Dr. Melissa Holland

December 3rd, 2021

9 am. - 12 p.m., virtual

Acceptance and
Commitment Therapy
(ACT) in the Schools

Register today @
<https://ccasponline.org/events>

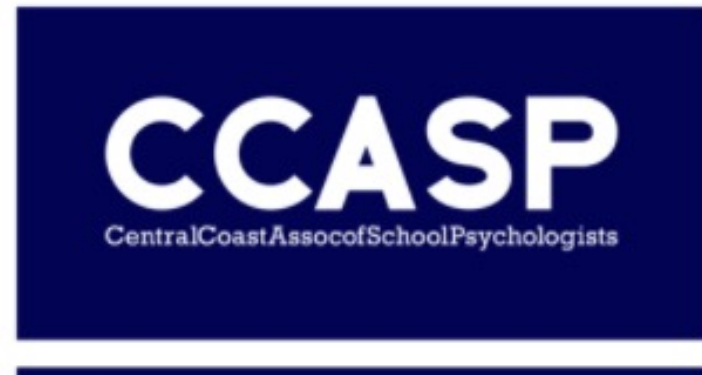
Members \$30 | Non-Members \$60



TRAINING EVENT

Dr. Melissa Holland

Melissa L. Holland, PhD, is a Professor of School Psychology at the California State University, Sacramento (CSUS) and has a private practice specializing in work with children, adolescents, and their families. She is both a licensed clinical psychologist and a certified school psychologist. Her publications and presentations focus on the emotional health of children, along with the prevention and intervention of burnout and compassion fatigue for providers in the helping professions. She acts as a consultant in schools on the topic of social emotional learning and the use of mindfulness, acceptance, cognitive, and behavioral strategies with students. She has worked extensively in the area of trauma and mental health in the schools, including clinical work, trainings for school districts, and research-related activities.



Dr. Melissa
Holland,
Acceptance
and
Commitment
Therapy (ACT)
in the school
setting.

Learning Objectives

- The applicability of ACT in the schools, including the research backing, for a variety of presenting concerns.
- The components of ACT and how they all work together
- Hands-on experience with the various metaphors and techniques used in ACT, with discussion of developmental adaptations throughout.

Agenda:

- What is ACT?
- The Research Supporting ACT
- The Components of ACT
- How ACT can be used in the social emotional health of students, along with provider self-care to help prevent burnout
- Hands-on Practice of each Component
- Wrap up and Discussion

