

Workshop - Nordic Meeting in Neuropsychology 2024

Title of workshop: Evidence based practice in the clinic: Acceptance and Commitment Therapy for people with acquired brain injury

Presenters:

- Johanne Rauwenhoff, PhD
Postdoctoral researcher at the Norwegian University of Science and Technology and Clinical Neuroscience Laboratory.
- Anne-Fleur Domensino, PhD
Postdoctoral researcher at Maastricht University and Limburg Brain Injury Centre, Netherlands.

Brief description of workshop:

Brain injury can have widespread and long-lasting consequences, which can profoundly impact overall well-being. One in three people affected by brain injuries experience depressive or anxiety symptoms. Acknowledging the importance of addressing these psychological challenges, Acceptance and Commitment Therapy (ACT) emerges as a promising treatment option. ACT teaches people not to avoid or fight negative thoughts, but to adopt a flexible approach while making choices based on what is truly important to them. This is called psychological flexibility. However, since people with a brain injury can experience cognitive complaints, psychotherapy for mood problems after brain injury needs to be adapted accordingly. Therefore, we recently developed an ACT treatment adjusted to the challenges and needs of people with a brain injury: BrainACT.

In this interactive workshop, participants will have the opportunity to become familiar with ACT, BrainACT, and the various ACT processes through experiential exercises.

In addition to exploring the clinical implications of ACT, the workshop will delve into the research evidence supporting the use of ACT and psychotherapy for people with a brain injury. Furthermore, it will be discussed how to measure the effectiveness of ACT within a clinical context. As ACT strives to improve psychological flexibility and not symptom improvement, the question arises: How do we define treatment success? Various outcomes and measurement techniques will be discussed and explored.

This workshop aims to provide attendees with a comprehensive understanding of the therapeutic approaches involved in the BrainACT treatment. Additionally, it focuses on providing knowledge and strategies for evaluating treatment success, enabling participants to implement evidence-based practices in their clinical settings.

Learning-goals:

- Gain an in-depth understanding of Acceptance and Commitment Therapy
- Learn how to deliver Acceptance and Commitment Therapy to patients with brain injuries
- Learn how to evaluate treatment success in the context of Acceptance and Commitment Therapy

