

# A Trial of Acceptance & Commitment Therapy for Caregivers

A research project evaluating Acceptance & Commitment Therapy (ACT) for parents of individuals with autism

## What is the research about?

This is a research project evaluating the benefits of Acceptance & Commitment Therapy (ACT) for parents. ACT seeks to help individuals to struggle less with difficult things in their lives and mindfully connect with things that are most important in a way that is loving and respectful. With an introduction to the concept of ‘mindfulness,’ ACT does not attempt to directly change or stop unwanted thoughts or feelings, but to develop a new mindful relationship with those experiences that can free a person up to being open, and to take action consistent with what they care about. Each workshop is facilitated by a parent of an individual with autism and a trained clinician.

## Who should attend?

- Mothers and fathers of children, youth and adults with autism. Fluency in English is required.

## What does participation involve?

Participating involves attending three workshop sessions held in London, Ontario:

<b>WORKSHOP 1:</b>	<b>Friday April 12</b> 5:30pm-9:00pm	<b>Saturday April 13</b> 9:00am-4:30pm	<b>Saturday May 11</b> 1:00pm-4:30pm
<b>WORKSHOP 2:</b>	<b>Friday September 13</b> 5:30pm-9:00pm	<b>Saturday September 14</b> 9:00am-4:30pm	<b>Saturday October 19</b> 1:00pm-4:30pm

- You will be randomly allocated to attend either Workshop 1 or Workshop 2.
- As a participant, you will need to attend all three sessions and complete some questionnaires before the workshop, and again three times after that. Participation in the workshop is free.

## I'm interested! What next?

For more information, please contact Andrea Maughan, at [amaughan@yorku.ca](mailto:amaughan@yorku.ca)