

ACT NOW



August, 2019; 2019-2020 School Year
Woodbridge, NJ & Mount Laurel, NJ

- The Average age of depression is 14.5 years old as compared to 29 in 1978
- Mental Health and behavioral disorders are diagnosed in 1 out of 7 children ages 2-8
- 16% of high school students have seriously thought about suicide.

EVERY INDIVIDUAL DESERVES TO BE CONFIDENT, RESILIENT, AND STRONG. THE RESEARCH HAS GIVEN US THE TOOLS TO DO IT, AND THE TIME TO ACT IS NOW.

Led by Erin Bertroli, M.S., BCBA, and Kate Harrison, M.Ed., BCBA, 200RYT,

This twice-weekly course is geared towards adolescents, and uses research-backed techniques based on Acceptance and Commitment Therapy (ACT) and Applied Behavior Analysis (ABA) to teach your child how to identify values, practice mindfulness, and increase psychological flexibility. Lessons will incorporate yoga, and two ACT models: The AIM Curriculum and The DNA-V Model.

The AIM Curriculum is a behavior analytic curriculum to increase social & emotional development. It blends together the concepts of Mindfulness, Acceptance and Commitment Therapy, and Applied Behavior Analysis to improve the lives of children with or without disabilities who struggle with social and emotional challenges (Dixon & Paliliunas, 2017).

The DNA-V Model is based on the latest scientific knowledge on ACT and growth and development for kids. It's a holistic approach to helping kids discover their talents, connect with their feelings, use their minds, learn how to be with themselves, and make friends and social connections (Hayes & Ciarrochi 2015)

If you're interested in having your child participate, or would like more information, please help us by filling out the survey linked to this post!

