

COUN7627 : Acceptance and Mindfulness Approaches with Children and Adolescents

In this course, students will be invited to explore the use of Acceptance and Commitment Therapy (ACT), as well as other related approaches, to treat common mental health issues experienced by children and adolescents. Students will learn various creative applications of the ACT model to this population, including DNA-V, Superhero Therapy, The Action Heroes Power Wheel, and mindfulness adaptations for students of all ages. Building on previous knowledge of the ACT model of psychological flexibility, students will be prepared to creatively adapt the model for students of all ages. **Fee:** Additional fee required.

Credits 1

Fees

\$50