

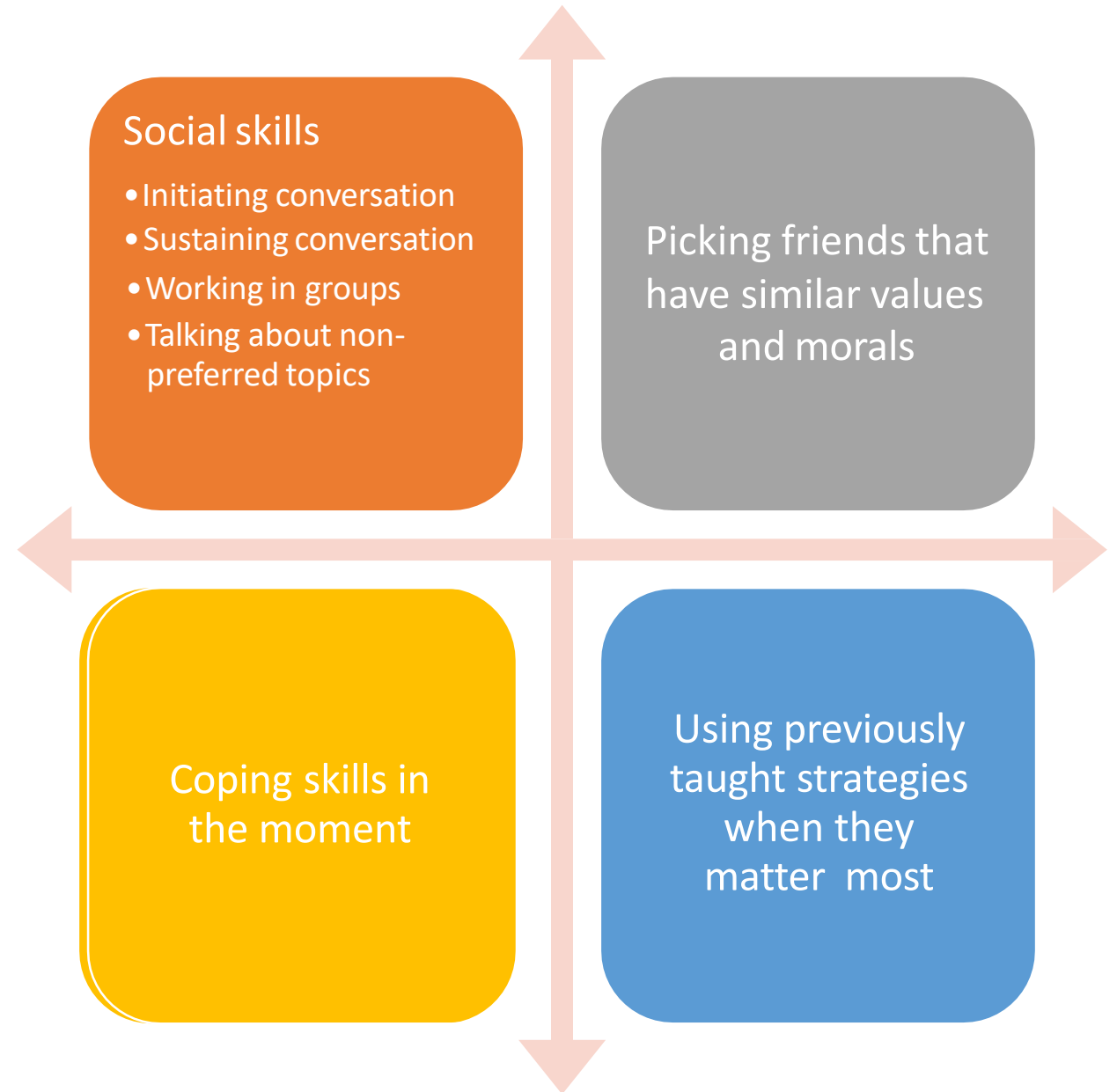
# Mindfulness, Acceptance and Commitment Therapy (ACT) and the use of the Accept Identify and Move (AIM) Programs for Teens on the Autism Spectrum

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# Skills Teens Need to Develop for HS and Beyond





# What is ABA?

- **Baer, Wolf, & Risley: 1968**
- **“Applied Behavior Analysis is the process of systematically applying interventions based upon the principles of learning theory to improve socially significant behaviors to a meaningful degree, *and to demonstrate that the interventions employed are responsible for the improvement in behavior*“**
- Is not about changing a person
- ABA in real life example: paycheck

# Mindfulness vs. Mindfulness



Mind Full, or Mindful?

# Mindfulness

- Being aware of what is happening right now
- Not living in the past
- Not worrying about the future
- **Being in the now**

# The Hexaflex



- Present awareness: Be aware. Be here now. (mindfulness)
- Values: What is important to you?
- Committed Action: Do not give up, even when it is hard.
- Self- As- Context: You are you, not a label.
- Defusion: Separate from your thoughts
- Acceptance: Be ok with things and move on




# What is Acceptance and Commitment Therapy (ACT)?

- **Acceptance and Commitment Therapy (ACT)**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4788652/>

- ACT is an evidence based practice which focuses on mindfulness and relational frame theory (RFT) and how one relates and processes private events in their own lives. ACT focuses on the hexaflex and flexible thinking. There are no right or wrong answers in ACT, which leads to clients thinking outside of the box.
- Rule governed or private events
- Developed based on principles of RFT and ABA



# What is Accept, Identify and Move (AIM)?

- **Accept Identify Move (AIM)**

- <https://www.acceptidentifymove.com/about-aim>

- AIM is an evidence based social emotional curriculum that combines the use of ABA, ACT and mindfulness to help with daily behavioral concerns and daily struggles one must learn to interact with on a daily basis. This program was created by Dr. Mark Dixon BCBA-D and Dana Paliliunas, MS, BCBA.
- 180 lessons focusing on social, emotional and coping skills using mindfulness and the hexaflex