



THE ROSENBERRY CONFERENCE

Acceptance and Commitment Therapy (ACT)

Clinical Applications of ACT: Moving Towards Growth-Focused Treatments to Shape Psychological Flexibility in Children and Adolescents

May 2, 2025

Children's Hospital Colorado
Anschutz Medical Campus

Provided by

Children's Hospital Colorado, Pediatric Mental Health Institute



Children's Hospital Colorado



Affiliated with
University of Colorado
Anschutz Medical Campus

The Rosenberry Conference

Course Overview and Target Audience

Acceptance and Commitment Therapy (ACT) is an evidence-supported exposure-based treatment that has been found to be helpful treating pediatric anxiety disorders and chronic health conditions. This conference will review this innovative and evidence-based treatment for youth and explore the nuances of different anxiety presentations and treatment approaches including individual and group psychotherapy.

This conference will be of interest to Physicians, Psychologists, Advanced Practice Providers, Social Workers, Counselors, Family Navigators, School Behavioral Health Providers, Nurses, and Health Professionals.

Learning Objectives

- Explore Acceptance and Commitment Therapy (ACT) and its adaptation, the DNA-V, for work with pediatric populations
- Shape psychological flexibility with growth-focused interventions in young people with avoidance-based disorders and their parents
- Use values-based interventions to support engagement in behavioral health interventions for pediatric populations
- Incorporate ACT into work with parents and caregivers of children and adolescents to enhance family functioning and quality of life
- Recognize how the core principles of ACT can be applied in working with youth in medical settings
- Identify key adaptations for ACT in working with youth in medical settings.
- Describe how to tailor ACT interventions for youth across inpatient, outpatient, and multidisciplinary clinic settings.

Agenda

Friday, May 3, 2024

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| 7:30a | Check-In – Breakfast (provided) |
| 8:00 | Welcome
<i>Morgan Spellman, PsyD</i>
<i>Ron-Li Liaw, MD</i> |
| 8:15 | Introduction to ACT: Moving Towards Growth-Focused Treatments to Shape Psychological Flexibility in Children
<i>Lisa W. Coyne, PhD</i> |
| 9:45 | Break |
| 10:00 | Incorporating ACT Values Work into Pediatric Interventions
<i>Lisa W. Coyne, PhD</i> |
| 11:45 | Lunch (provided) |
| 12:30 | ACT for Youth in Medical Settings
<i>Ann Lantagne, PhD</i>
<i>Michelle Clementi, PhD</i>
<i>Alison Colbert, PhD</i> |
| 2:00 | ACT with Parents: The Role of Parent Cognition & Emotion
<i>Lisa W. Coyne, PhD</i> |
| 3:30 | Closing Comments |
| 3:45 | Evaluation and Adjourn |

Guest Faculty



Lisa W. Coyne, PhD

Licensed Psychologist
Founder and CEO, New England Center for OCD and Anxiety (NECOA)
Founder and Senior Clinical Consultant, McLean OCD Institute for Children and Adolescents (OCIDI Jr)
Assistant Professor, Harvard Medical School
Past President, Association for Contextual Behavioral Science (ACBS)
Pediatric & Clinical and Scientific Advisory Boards, International OCD Foundation (IOCDF)

Dr. Coyne is the Founder and Senior Clinical Consultant of the McLean OCD Institute for Children and Adolescents at McLean Hospital and is an Assistant Professor at Harvard Medical School. She is the Founder and Executive Director of the New England Center for OCD and Anxiety (NECOA) and is Past President of the Association of Contextual Behavioral Science (ACBS). She is member of the Clinical and Scientific Advisory Board and is on the Faculty of the Behavior Therapy Training Institute (BTTI) of the International OCD Foundation (IOCDF).

She is also a licensed psychologist, a peer-reviewed ACT trainer, and author. She has authored multiple articles and chapters on ACT with children and adolescents and is a co-author of the books *Acceptance and Commitment Therapy: The Clinician's Guide for Supporting Parents* (Elsevier), and *The Joy of Parenting* (New Harbinger).

Her new books, *Stuff That's Loud: A Teen's Guide to Unspiralling When OCD Gets Noisy* (New Harbinger & Little Brown), *Stop Avoiding Stuff: 25 Microskills to Face Your Fears and Do It Anyway*, were published in 2020. With Sarah Cassidy, she has co-authored *Tired of Anxiety: A Kid's Guide to Befriending Scary Thoughts and Living Your Life Anyway* (2022) and *Tired of Teen Anxiety: A Young Person's Guide to Discovering Your Best Life and Becoming Your Best Self* (2024).

Local Faculty

Ann Lantagne, PhD is an Assistant Professor of Physical Medicine and Rehabilitation at the University of Colorado School of Medicine. Ann received her doctorate degree in child clinical psychology from the University of Denver. She is a pediatric rehabilitation psychologist who provides outpatient therapy services to youth with brain injuries ranging from concussion to severe TBI.

Michelle Clementi, PhD is an Associate Professor in the Department of Psychiatry at the University of Colorado School of Medicine. She is a pain psychologist in the Pediatric Headache Program at Children's Hospital Colorado and founded the Headache Coping Clinic, a clinic dedicated to providing behavioral health care to youth with chronic headaches. Her clinical and research expertise is in psychological interventions that address the intersection between mental health and physical health in youth with pain conditions.

Alison Colbert, PhD is a pediatric rehabilitation neuropsychologist. She is board certified in neuropsychology and pursuing board certification in rehabilitation psychology. She is an Assistant Professor in the Department of Physical Medicine & Rehabilitation at the University of Colorado School of Medicine, and her primary clinical role is on the inpatient rehabilitation unit at Children's Hospital Colorado.

Acknowledgement

The Rosenberry Conference is an annual event held in honor of Walter S. Rosenberry III, a former board member and benefactor of Children's Hospital Colorado. Mr. Rosenberry's support of Children's Hospital Colorado and Department of Psychiatry and Behavioral Sciences provides us with an opportunity to recognize and honor those individuals who have made significant contributions to the field of psychology and behavioral sciences.

Registration

[Register Here](#)

This conference is being hosted in-person at our Conference Center at Children's Hospital Colorado. A virtual option is also available for those unable to join us live at Children's Hospital Colorado.

Register Early! A confirmation email will be sent with important details after registering.

Live registration will close at maximum capacity.

Select your location at check out.

Registration Fees: Live or Virtual

Community Professionals - **\$100.00**

Children's Hospital Colorado/Anschutz - **\$75.00**

Verified Students* - **\$50.00**

*Email student status verification to shaun.ayon@childrenscolorado.org prior to.

Virtual attendees will be provided with course access link 1-2 days prior to the course.



Payment and Cancellation Policy

Online payment is required at the time of registration. The registration fee is non-refundable, however if you are unable to attend, you may send a substitute (notification required). The Planning Committee reserves the right to modify the agenda or cancel this conference in the event of an unforeseen circumstance or of minimum acceptable registration is not attained by April 18, 2025, with a full refund to participants.

Continuing Education Credit

Medical: Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this Live activity for a maximum of 6.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Licensed Clinical Social Work: An application to award NASWCO Continuing Education Credits has been submitted. NASWCO CE credit is pending.

Other: General certificate of attendance provided with completion of the evaluation.

Parking

Free - Conference Visitor Lot 10. Enter from Victor Street only. Directions to Children's CO – Aurora.

<https://www.childrenscolorado.org/locations/anschutz-medical-campus-aurora/>

Further Information

For questions or to request arrangements to accommodate a disability, contact Shaun Ayon at 720-777-2700 or shaun.ayon@childrenscolorado.org at least 3 weeks prior to the conference.

Save the Date – May 1, 2026

Please join us.