

Positive Behavioral Outcomes, LLC

BACB ACE Provider OP-16-2689

Session 50: Get Your ACT Together with Jonathan Tarbox

Dear fellow Behavior Analyst,

Acceptance and Commitment Therapy (ACT) is an exciting development in Behavior Analysis. In this episode of The Behavioral Observations Podcast, Jonathan Tarbox not only describes the basic ACT processes, he relates each one to basic, understandable behavioral principles. In doing so, he adds clarity as it relates to the applicability of the ACT processes, as well as provides guidance so that Behavior Analysts can stay within their scope of practice.

There are 1.5 Type 2 Continuing Education credits earned for participating in this event.

Objectives of this training:

1. The participant will be able to describe why ACT is similar to a Differential Reinforcement of Alternative behavior (DRA) procedure.
2. The participant will be able to describe a Defusion procedure.
3. The participant will be able to describe how to stay within their scope of practice when utilizing ACT principles.
4. The participant will describe how use Values identification to improve paperwork compliance.
5. The participant will describe one technique for practicing Present Moment Awareness.

Instructions for this event:

1. Listen to Session 50 of The Behavioral Observations Podcast. Click [here](https://www.behavioralobservations.com/start-here/) for the various places to download and listen to it (note: if the link does not work, cut and paste the following into your browser: <https://www.behavioralobservations.com/start-here/>)
2. [Purchase the CE](#). This will require creating an account for first time purchases, or logging in for returning customers.
3. Check your email for a link to a quiz.
4. Take the quiz in order to demonstrate attendance. NOTE: prior to taking the quiz, you will be prompted to enter your name and BACB Certificant #. ***Please enter your name in the way you want it to appear on your CE attendance certificate.*** This is important because some customers will occasionally enter their user names into this field, and in the event of a CE audit, the BACB will likely refuse to accept documentation with incorrect names.
5. Download the certificate of completion.
6. Save all materials, including emails confirming purchase.
7. Optional: complete C.E. feedback survey, again you may need to cut and paste this URL into your browser: (<https://goo.gl/forms/vA1Uyd5hsCcCdZAG2>)

Thank you so much for participating in this Type 2 Continuing Education event. If you have any questions about this event or anything else related to the podcast, please feel free to email me at Matt@behavioralobservations.com!