

Spring 2018 University Professional Development Workshop Series

Overarching Theme:

“Innovative Approaches for the Holistic Learning & Development of our Gen Z Students”

(Friday, February 23, 2018 and Friday, March 2, 2018)

February 23, 2018 (Susquehanna Room, Hadley Union Building)

Title: Acceptance and Commitment Training (ACT) at IUP: Applying the ACT Matrix across Generations of Students

Description: Acceptance and Commitment Training (ACT) is an empirically supported, experiential model for increasing psychological flexibility by bringing mindfulness (as awareness and openness) to emotional and behavioral obstacles, and by broadening possibilities for engaged actions towards desired values and meaning in life. The ACT Matrix, a visual diagrammatic form of the model, is particularly well-suited for assisting faculty and staff in facilitating cross-generational student adjustment to the collegiate environment.

Workshop Objectives:

1. Discuss examples of stressors seen in our current IUP students, and offer feedback regarding systems of support and response to those students of concern.
2. Define “Psychological Flexibility” as used within the Acceptance and Commitment Training model in terms of the skills of awareness, openness, and engagement;
3. Explain the ACT Matrix in terms of the two key discriminations represented by the horizontal (towards/away) axis and the vertical (5 senses/mental behavior) axis;
4. Specify the questions that accompany each of the 4 quadrants of the ACT Matrix;
5. Practice applying the ACT Matrix towards facilitating personal and student engagement in valued life pursuits.

Guest Speaker Biography

Stuart Libman, M.D. is a Child, Adolescent and Family Psychiatrist with further sub-specialization in Sports Psychiatry. After graduating from Ohio University and then the School of Medicine at Case Western Reserve University, he completed training in Pediatrics, General Psychiatry, and Child and Adolescent Psychiatry at the University of Pittsburgh. He brings an understanding of modern neuroscience and behavior science as well as a systems perspective from his work with families to the way he functions in his roles as the Medical Director of the PLEA School Based Partial Hospital Program for children and adolescents with diagnoses on the Autistic Spectrum, and as an organizational consultant. Dr. Libman has extensive experience as a practitioner of Acceptance and Commitment Training (ACT), and he also brings his experience training athletes and other performers in “mental toughness skills” to the implementation of ACT’s model for building “psychological flexibility skills” in his work with individuals and organizations.

Dr. Libman has presented at local, national, and international meetings. His topics have ranged from a developmental perspective in Sports Psychiatry, based in working with athletes from youth through professional levels, to both the theory and application of ACT-based psychological flexibility. He has experience providing individualized coaching to senior executives in business, legal, and judicial circles, and group consultation and training in such organizational settings as sports teams and school districts as well as law firms, hospitals, and business corporations.

Morning Workshop Schedule ¹	Workshop Sessions	Afternoon Workshop Schedule ¹
9:00 a.m. – 9:05 a.m.	Welcome and Introduction	1:00 p.m. – 1:05 p.m.
9:05 a.m. – 9:15 a.m.	An Overview of Our Students and Their Stressors, Generation Z – Zach Clark	1:05 p.m. – 1:15 p.m.
9:15 a.m. – 10:00 a.m.	<p>Panel Discussion: Supporting and Responding to Students and Their Stressors at IUP.</p> <p>Panel Members:</p> <ul style="list-style-type: none"> ▪ Kim Weiner, Ph.D. – Professor and Licensed Psychologist, The Counseling Center ▪ Malaika Turner, Ph.D. – Director, Residential Living and Well Being ▪ Stephanie Taylor-Davis, Ph.D., R.D., L.D.N. – Professor and Director, Center for Teaching Excellence ▪ Dan Burkett, Ph.D. – Associate Professor, Dean’s Associate, College of Natural Sciences and Mathematics ▪ Tiffany Eicher, Associate Director, Financial Aid ▪ Megan McCue, Assistant Director, (ASC@IUP) 	1:15 p.m. – 2:00 p.m.
10:00 a.m. – 12:00 p.m.	<p>Acceptance and Commitment Training - “The ACT Matrix” - Training in an experiential model that enhances psychological flexibility, awareness, and engaged action within and between individuals and groups.</p> <p>Guest Speaker: Stuart Libman, M.D</p>	2:00 p.m. – 4:00 p.m.
12:00 p.m. – 12:15 p.m.	Concluding Thoughts	4:00 p.m. – 4:15 p.m.

¹The content for the morning program and afternoon program is the same. Both a morning and afternoon session are offered to allow individuals to attend the program during the time that best fits their schedule.