

## **Healthy Coping for Caregivers Using Acceptance & Commitment Therapy (ACT) Strategies:**

This webinar will provide caregivers with strategies based on self-compassion and Acceptance and Commitment Therapy (ACT) to stay true to their values, handle challenges, and improve their well-being while supporting their autistic loved ones.

[View the entire presentation here.](#)

### **Autism Ontario Webinars and Resources**

- [Caring for the Caregiver](#), Guidebook.
- [Finding Balance: Navigating the Tension Between Intervention and Neurodiversity](#) with Katy Albert featuring Jane Vincent, Webinar.
- [Mental Health Matters](#), YouTube series.
- [Navigating a New Diagnosis](#), Workshops for Families.
- [“Now What?” New Diagnosis](#), Video series.
- [Online Support Groups for Families](#), Events.
- [Supporting Emotional Regulation Through Neuro-affirmative Care](#) with Kathleen Patterson, Webinar.
- [Understanding Autistic Burnout, Inertia, Meltdown & Shutdown](#) with Dr. Christie Welch, Webinar.
- [Understanding Challenging Behaviour](#), Guidebook.

**Visit Autism Ontario’s [New Diagnosis & Learning Resources](#) web pages for more family-friendly resources and information.**

### **Online Resources**

- [ACT for Caregivers](#), Website.
- [ACT Made Simple: The Extra Bits](#), Dr. Russ Harris.
- [The Complete Set of Client Handouts and Worksheets from ACT books](#), Dr. Russ Harris.
- [The Happiness Trap](#), Free resources by Dr. Russ Harris.

### **Research Articles**

- [Acceptance and commitment therapy for autistic adults: A randomized controlled pilot study in a psychiatric outpatient setting](#), Pahnke, Jansson-Fröjmark, Andersson, Bjureberg, Jokinen, Bohman, & Lundgren (2023).
- [Systematic Review of Acceptance and Commitment Therapy in Individuals with Neurodevelopmental Disorders, Caregivers, and Staff](#), Garcia, Keller-Collins, Andrews, Kurumiya, Imlay, Umphrey, & Foster (2022).
- [Using Acceptance and Commitment Training in the Support of Parents of Children Diagnosed with Autism](#), Blackledge, & Hayes (2006).

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This resource list supplements the webinar,

**[Healthy Coping for Caregivers Using ACT Strategies](#), click to view.**