

# Interested in Joining our Research Team?

*You are Invited!*

## What is Acceptance and Commitment Training?

ACT aims to help individuals address stressful situations and mindfully connect with personal values in a loving way. We deliver ACT workshops for caregivers of individuals with developmental disabilities (DD). An innovative aspect of our ACT intervention is its co-development and co-delivery *by parents*.

### Why are we conducting research on ACT groups?

- To determine if ACT workshops are effective in reducing psychological distress among caregivers

### As a parent, what will be your role?

- Your role will include, but is not limited to, recruitment efforts, delivery of ACT workshop, providing guidance and suggestions re: the delivery and content of the ACT workshops



### What is a benefit of being a parent in this research?

- Providing hope and introducing a unique model of self-care for parents

### What is a potential challenge of being a parent in this research?

- The level of vulnerability and transparency to build trust and be an effective co-facilitator

### Advice to a parent interested in joining the ACT research team as a parent currently a part of the ACT research team:

Be *authentic*, your lived experience is invaluable. Working with your team is essential. Be willing to spend your own time learning more about ACT. The more you understand ACT and practice it in your own life, the more confident you will feel about providing context to participants.



## Want more information?

*Contact us!*

Lee Steel (**Parent**):

lee.steel@camh.ca

Bri Redquest (**Researcher**):

brianne.redquest@camh.ca