

How to INCREASE your
Psychological Flexibility
when Advocating for your
Special Needs Child



THRIVE

CONSULTATION AND THERAPY



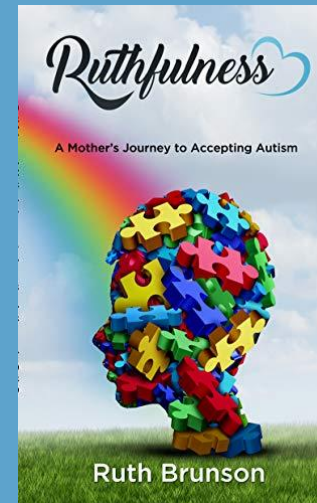
Introduction

Kathryn Bovino, M.A., BCBA

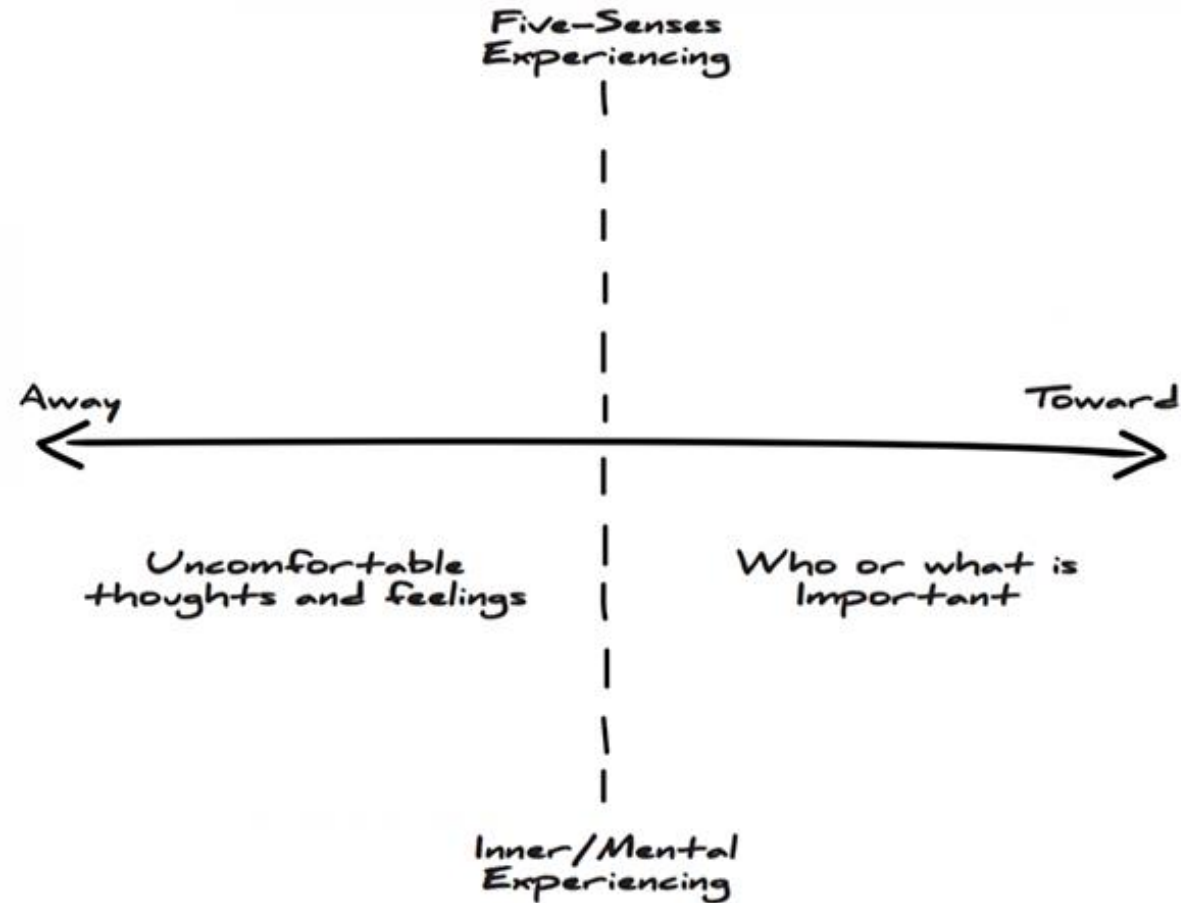
- Currently attending the ACT Matrix Academy to receive certification as an ACT Matrix Facilitator
- Provides services for autism and related challenges through telehealth and in the Northern Virginia area.

Ruth Brunson, B.A.

- Parent, Author, Educator and Advocate
- Supports families through the diagnosis and advocacy process.

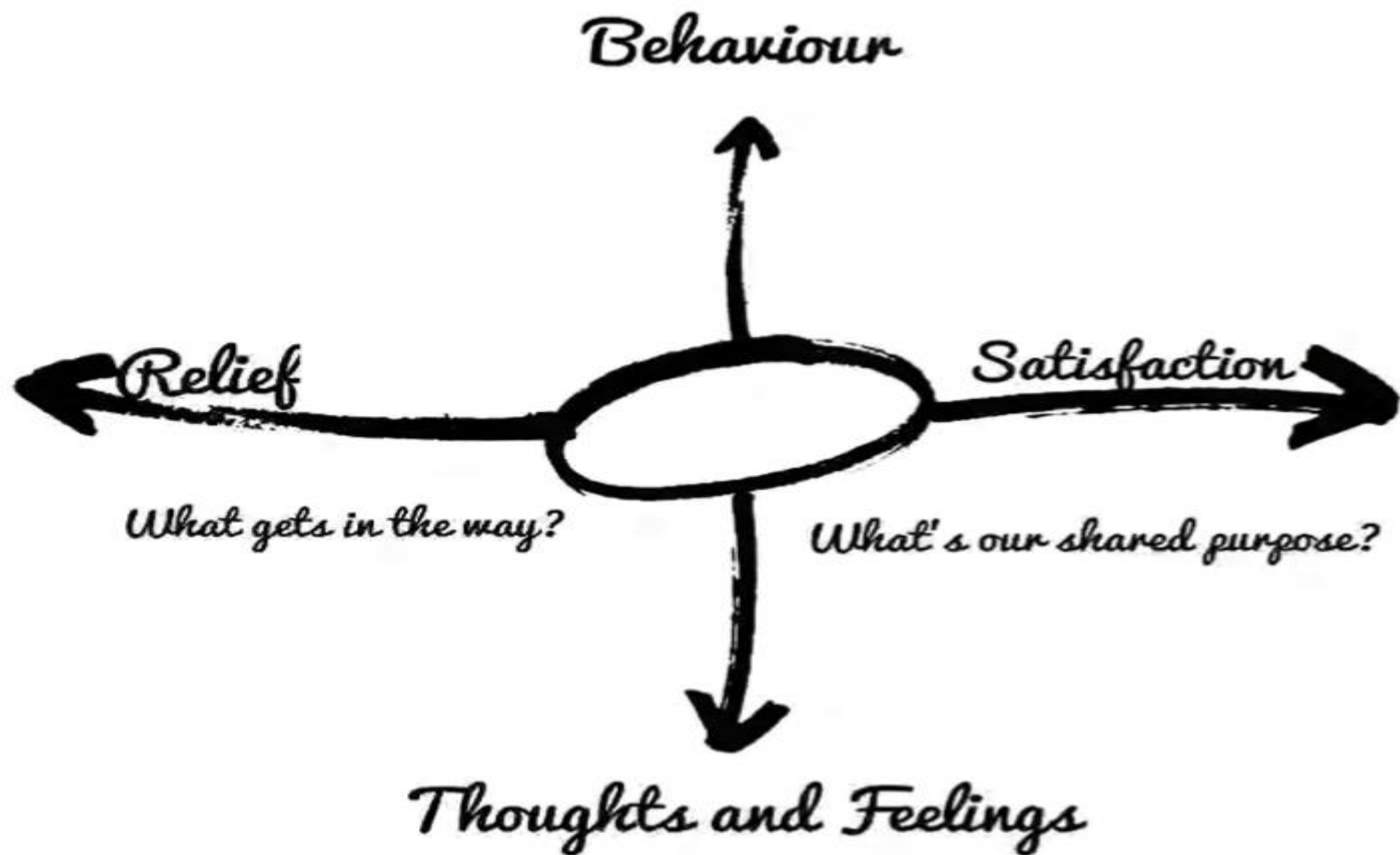


A New Point of View with the ACT Matrix



**Using the
Pro-social ACT
Matrix
when working with
your Advocacy
Team**





Reflection on the Matrix





General Tips for Advocating for your Child

- **Get Ready:** Shift your mindset
- **Equip Yourself:** Know the language
- **Understand:** Acceptance and understanding of the diagnosis
- **Flex up:** Learn all that is available for protection and funding.

Reflection and Wrap up



Questions & answers

Reach out!

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Find us on Social Media!





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THANK YOU!!