

Dr Louise McHugh

KEYNOTE

Title: *Language as intervention: A review of recent evidence*

Abstract: Language is the clinical instrument of the psychotherapist and so a functional account (i.e., an account based on behaviour environment relations) of how language 'works' is potentially beneficial. Relational Frame Theory (RFT) is an empirically supported functional account of language that affords new insights into the underlying behavioural processes involved. The current talk will look at recent clinically relevant conceptual and empirical advances in the area of RFT including a number of studies in the areas of task persistence and rigid rule following that illustrate how advances are yielding clinically useful new insights.