

Dr Louise McHugh

PRE-CONFERENCE WORKSHOP

Title: *Language as a tool in the clinical environment*

Abstract: One of the main tools any practitioner interested in changing human behaviour has is language. In this workshop I will (1) introduce a behavioural account of language and cognition called Relational Frame Theory (RFT) and (2) look at how this understanding of language can enhance clinical work and help practitioners develop more effective techniques to move clients in meaningful life directions. Overall this workshop aims to provide delegates with an RFT inspired understanding of clinical intervention that will help them become more flexible practitioners.