

**Join the 2024 Annual Stephen Hawking MND Lecture:
*Acceptance and Commitment Therapy (ACT) – a proven
intervention that supports quality of life.***

12 November 2024 6-8pm - online

Booking is open for the MND Association's 2024 Annual Stephen Hawking MND Lecture. These annual lectures present current research on motor neurone disease (MND) to all professions of the multidisciplinary team, and demonstrate how this research can inform and enhance their practice. The lecture will be held online on Tuesday 12 November, from 6-8 pm, and is free to attend.

This year's lecture will focus on the psychological impact of MND, highlighting the role of Acceptance and Commitment Therapy (ACT) in improving the quality of life for people with MND. ACT is a type of mindful psychotherapy that helps you stay focused on the present moment and accept thoughts and feelings without judgment. Attendees will gain practical insights into how ACT principles can be integrated into their professional practice.

The session will be led by Rebecca Gould, Professor of Psychological Therapies in the Division of Psychiatry at University College London and an Honorary Clinical Psychologist in Camden and Islington NHS Foundation Trust.

Professor Gould will provide an overview of ACT and present findings from the groundbreaking COMMEND research study, which investigated the effectiveness of ACT for people living with MND. She will also discuss the psychological support needs of people with MND and review available psychological therapies, in line with the NICE Guideline on MND. Most importantly, Professor Gould will demonstrate how allied health professionals can apply ACT principles to their everyday practice.

Don't miss this opportunity to enhance practice and deepen your understanding in the psychological aspects of MND. Visit <https://bit.ly/HawkingLecture2024> to find out more and book your place.