

Abigail Martin

Association for Behavioral and Cognitive Therapies

Seattle, Washington | November 16th – 19th

ABCT Conference Travel Report

I was able to attend the Association for Behavioral and Cognitive Therapies 57th Annual Convention in Seattle, Washington. I attended a poster presentation symposium where my graduate mentor presented her poster titled *A Person-centered Approach to Emerging Adults' Empathy: Associations with Emotion Dysregulation and Functional Impairment*. Following the poster presentations, I was able to attend a Lifetime Achievement Award Talk that discussed Dr. Dean G. Kilpatrick's experiences in the traumatic stress field. Dr. Killpatrick discussed how research alone does not generate the changes we need in public awareness and public policy. Law makers and the public don't attend psychological conferences. To improve public awareness about research, we must work with news outlets and publication sources to ensure our findings reach the public. This presentation opened my eyes to a side of research that I had never experienced before.

Following Dr. Killpatrick's discussion, I was able to present my first-authored poster titled *Emotion Dysregulations Influence on PTSD Symptoms and Social Competency*. Presenting was intimidating but led to interesting discussions and lots of networking! Discussing my research with so many people increased my confidence and ability to communicate my research findings. After my poster presentation, I attended a panel discussion about child and family resistance in the context of childhood maltreatment and other adversity. I was also able to attend the "Are You Sure You Want to Be Well?" session, which discussed holistic wellness and discussed ideas/habits that set people up for a lifetime of joy.

Attending the ABCT Conference was an amazing experience that not only allowed me to highlight my research findings at a national level, but also proved me the opportunity to connect with fellow researchers, exchange ideas, and grow professionally and personally. The connections I made are invaluable to my studies and future career in the field. I am incredibly thankful for the Shackouls Honors College for providing me with such an amazing opportunity!