

Mental Health Treatment for Individuals with Intellectual & Developmental Disabilities:

An introductory continuing education series

Use your camera
for more info!



Register here:
https://bit.ly/MHDD_ContinuingEd



Dr. Ty B. Aller

Dr. Aller is a licensed marriage and family therapist (LMFT) that also earned a Ph.D. in Human Development and Family Studies from Utah State University. He currently serves as a senior program coordinator at the Center for Persons with Disabilities, a University Center for Excellence in Developmental Disabilities. Dr. Aller has training and practice in applying Trauma-Focused Cognitive Behavioral Therapy and Acceptance and Commitment Therapy with individuals with developmental disabilities. Dr. Aller also conducts research that explores psychological flexibility in individuals with Autism.



Dr. Shelley R. Upton

Dr. Upton is a postdoctoral fellow at Utah State University. She received her PhD in School Psychology from Louisiana State University in 2020 and completed her predoctoral internship at the University Center for the Child and Family at the University of Michigan where her primary focus was providing services to children with autism spectrum disorder, attention-deficit/hyperactivity disorder, and specific learning disabilities. Dr. Upton's research focuses on the utilization of mindfulness-based interventions and Acceptance and Commitment Therapy.

Free Continuing Education Series:

1 CE hour per webinar
approved by:

- UPA
- UAMFT
- NASW

Tuesdays @ 12-1pm MST

February 2

Insights in Working with Clients with IDD

February 16

Case Conceptualization for Clients with IDD: The utility of
the Bio-Psycho-Social (BPS) Model

March 2

Evidence-Based Interventions for Clients with IDD