

Fran's Field Notes

September 27 - October 10

⚠️🚨ANNOUNCEMENT #1: NO LAB MEETING 10/3 ⚠️🚨

The lab will not meet this Friday, October 3rd. The next lab meeting is scheduled for next Friday, October 10th.

⚠️🚨ANNOUNCEMENT #2: ABAI 2026 SUBMISSIONS DUE 10/22 ⚠️🚨

ABAI has posted the Call for Submissions for the ABAI Annual Conference. The conference is May 23 - May 25, 2026 in San Francisco, CA. **Labbies interested in submitting and/or offering support are asked to add to the 🔗 ABAI 2026 Submission Ideas spreadsheet**. More info is provided below in the "Events" section of the newsletter!

It's your weekly roundup of lab happenings, upcoming opportunities, and a few fun things sprinkled in!

🔗 **VISIT THE LAB WEBSITE**

> 👉 **Want to get involved in helping maintain the lab website? Check out the "How to Support the Lab Website" document. We're not asking for monetary donations, I promise. Just a teenie tiny bit of your time + a little bit of effort and communication.**

🌟Lab Meeting

Tl;dr

- Discussed upcoming events: ACBS Global CBS Exchange (Oct 10) and ABAI 2026 submissions (due Oct 22).
- Emily emphasized the importance of contextualizing our work and encouraged adding tasks to the shared task list.
- The group practiced short creative writing exercises on "Moments of Reflection."

- Clinical chat led by Emily & Abbey: noticing our own processes as therapists, exploring emotional responses to client scenarios, and discussing how labeling and self-observation can deepen therapeutic connection.

📚 *Resources*

🔗 **WATCH HERE**

- Passcode: **5#pGHnY8**
- Read the 🔗 **MEETING SUMMARY**

💻 *Next Lab Meeting*

🔗 **JOIN HERE**

- **Date & Time**: October 10 — 1:30 to 4:00 p.m. (Central Time, U.S.)
- **Flexibility Practice Lead:** None (🔗 **SIGN UP HERE**)
- **Discussion Topic & Lead:** None (🔗 **SIGN UP HERE**)

🌟 Lab Happenings

📊 *Lab Project List*

🔗 **FALL 2025 PROJECT LIST**

> 👉 ***What's on the Project List?*** **This sheet tracks ongoing projects in the lab (and beyond), showing what stage they're in and where support is needed. Add projects you'd like the lab to support.**

Project Spotlight + Needs:

- **Project:** Pilot Evaluation of Year-Long Acceptance and Commitment Sandtray Therapy Training Program (data collection)
  Lead: Doris (📧 **email Doris**)
  Needs: Feedback on training slides; support with ongoing data collection.
- **Project:** Evaluation of the Motivation for Solitude–Short Form (thesis in writing stage)
  Lead: Stephanie (📧 **email Stephanie**)
  Needs: Tips on preparing for a proposal presentation meeting and fielding questions effectively.
- **Project:** *Perpetration of Nonconsensual Sexual Experiences Acknowledgment: Predictors and Associated Outcomes* (paper under review)
  Leads: Wesley & Cassidy
  Needs: None at this time (currently revising per editor feedback).

📝 *Lab Task List (Needs, Resources, & Opportunities)*

🔗 **TASK LIST**

👉 ***What's on the Task List?*** **Each week, labbies share needs, resources, and opportunities to keep projects moving and support each other. Add your own or sign up by clicking the link above!**

Needs:

- 🔗 **How to Support the Lab Website** — Abbey (📧 **email Abbey** | DM on Discord)
- IGNITE rehearsal for ACBS Global Exchange — Ahmad (📧 **email Ahmad**)
- Meet with Doris this week to review and give feedback on her training slides — Doris (📧 **email Doris**)
- Feedback on thesis draft — MaKensey (💬 769-798-3304)
- Discussions on using Prolific and Qualtrics — MaKensey (💬 769-798-3304)

Resources:

- Coworking — MaKensey (💬 769-798-3304)
- Case discussions or friendly chat — Doris (📧 **email Doris**)

Opportunities:

- Weekly Journal Article Writing Group — Lauren (📧 **email Lauren**)
- Virtual Hotel Room for folks attending the ACBS Global Exchange on October 10 — Emily (will send Zoom link via Discord)
- 🔗 **ABAI 2026 Annual Convention: Call for Submissions**; be on the lookout for more info in the #abai2026 Discord channel — Emily

👥 *Lab Groups & Clubs*

👉 ***What are Groups & Clubs?*** **These are ongoing spaces created by labbies to connect, collaborate, and support each other outside of lab meetings.**

Active Groups:

- **Group**: Journal Article Writing Focus Group
  - Contact: Lauren (📧 **email Lauren**)
  - Focus: Writing articles, sharing drafts, and giving/receiving feedback
  - Meetings: Sundays beginning at 5:59pm CST
- **Group**: PhD Program Application Prep Group
  - Contact: Vane (📧 **email Vane**)
  - Focus: Make progress on PhD applications. Applicants are warmly invited to join for support and accountability. Current PhD students, feel free to drop by or share helpful resources (personal statements, CVs, etc.) in the 🔗 **SHARED DRIVE**
  - Meetings: Sundays at 10am CST (🔗 **ZOOM LINK**; Passcode: 117826)

📅 *Events*

👉 **Stay tuned in for upcoming opportunities to learn, share, and connect with the lab as well as the broader CBS community!**

Upcoming Events:

- ***ACBS Global Exchange:*** The first Global CBS Exchange, a fully virtual, international gathering dedicated to advancing Contextual Behavioral Science (CBS) research and practice. Values-based registration options are available.
    - Date & Time: October 10 from 5:30 a.m. — 9:00 p.m. (GMT)
    - 🔗 **GLOBAL CBS EXCHANGE** | 🔗 **REGISTER**
    - *Emily will be hosting a "Virtual Hotel Room" on Zoom. Be on the lookout for the Zoom link in Discord!*
- ***ABAI 2026 Annual Convention Call for Submissions:*** ABAI 2026 will be May 23 — May 25 and will be hosted in San Francisco.
    - Date & Time: Call for Submissions closes on October 22
    - Labbies interested in submitting symposia, panels, papers, etc. to the conference should be on the lookout for updates via the **#abai2026** channel on Discord!
    - Add your 🔗 **ABAI 2026 SUBMISSION IDEAS** here!
    - Other links:
        - 🔗 **ABAI 2026 GOOGLE FOLDER**
        - 🔗 **ABAI 2026 CONFERENCE**
        - 🔗 **CALL FOR SUBMISSIONS**

Extra Links

📂 **LAB GOOGLE DRIVE**

🗓️ **EM'S CALENDAR**

👥 **CONTACT LIST**

📃 **PREVIOUS NEWSLETTERS**

📽️ **PREVIOUS LAB RECORDINGS**

🎵 **LABBIE JAMZ**

💬 **JOIN DISCORD**

Questions?

Want to get involved but don't know where to start? Want to opt-out of these emails? Reply here or Ping us on Discord!