

Intentional Leadership: Shaping the Next Generation of Leaders

- Adrienne Bradley

Abstract:

The rapid growth of behavioral health services has created an urgent need for effective leaders who can guide organizations while maintaining clinical excellence. This presentation will discuss the integration of Acceptance and Commitment Therapy (ACT) principles into leadership development programs, proposing a framework that enhances both personal leadership effectiveness and organizational outcomes. As behavioral health fields expand, the demand for skilled leaders who can navigate complex challenges while fostering team development becomes increasingly critical. ACT's core processes—acceptance, cognitive defusion, present moment awareness, self-as-context, values, and committed action—provide a unique foundation for developing resilient leaders capable of creating psychologically flexible work environments.

About the Speaker:

Adrienne Bradley is a Board Certified Behavior Analyst, graduate school teacher, and Behavior Analyst who promotes Applied Behavior Analysis (ABA) to underserved communities. A 2014 graduate of Central Michigan University with a degree in Exercise Science and Psychology, she became interested in human behavior and saw a pressing need to help students with autism in the public school system. Her love for ABA began there.

She earned a Master's degree in Educational Psychology with a concentration in Applied Behavior Analysis from Wayne State University. Adrienne has extensive experience working with children and adolescents in home, school, and clinical settings, committing to ethical leadership and high-quality therapeutic and parenting services.

Adrienne is a renowned speaker, focusing on Acceptance and Commitment training for parents and Leadership development. She is the past president of Black Applied Behavior Analysts, Inc, where she promotes the Black community in ABA. She is passionate about diversity, equity, and inclusion in ABA, serving in research and as a research consultant for the Michigan Interagency Coordinating Council. Adrienne serves on several professional development boards, using empathy and understanding to advance the science of ABA.

