

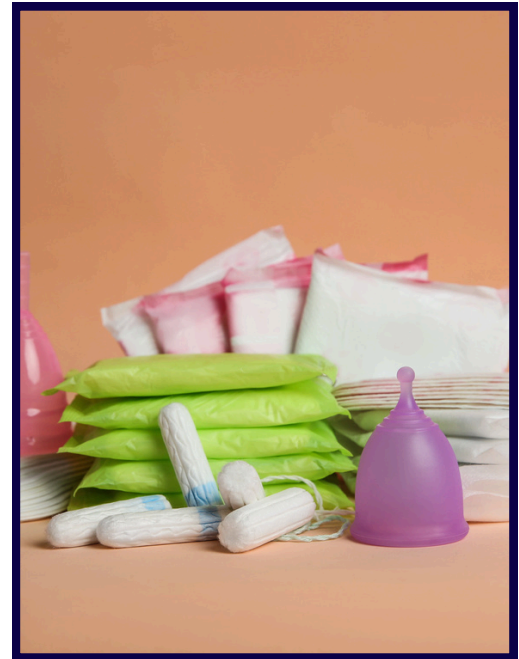
# ABACLive Cambridge Center Series Presents Sarah Kristiansen and Rebecca J. Barall

## Teaching and Supporting Menstrual Health and Hygiene for Individuals with Neurodevelopmental Disorders



CAMBRIDGE CENTER  
FOR  
BEHAVIORAL STUDIES

**Live! Wednesday, November 18, 2026**  
**5:30 PM to 8:00 PM Eastern Standard Time**  
**Recordings Available through December 3, 2026**



Menstrual health and hygiene is an essential health and human rights issue, yet it remains understudied and infrequently discussed within the discipline of behavior analysis.

This event aims to provide attendees with increased knowledge in supporting and teaching menstrual care skills to individuals with neurodevelopmental disabilities. Presenters will review the current literature and address important considerations for individualized clinical programming, including personal preferences, cultural considerations, prerequisite skills, and supported decision-making.

Attendees will also be introduced to assessment tools and resources for menstrual health available outside of behavior analysis, as well as tools currently being developed within the field by the presenters, in addition to emerging research and important gaps in the current evidence base. This event highlights the value of fostering greater collaboration around menstrual health both within and beyond behavior analysis.

### Target Audience

Behavior analysts and allied health providers seeking to expand their knowledge of menstrual health and hygiene for individuals with neurodevelopmental disabilities or disorders (NDD). The event will provide an overview of the current literature and evidence base in applied behavior analysis, along with practical insights from the presenters' research and clinical experiences supporting individuals with NDD.

### Learning Objectives

By the end of this presentation, attendees will be able to:

1. Select individual, cultural, and clinical considerations when developing an intervention plan to support menstrual health and teach menstrual care skills.
2. Identify empirically supported and evidence-based teaching strategies and intervention components for supporting menstrual care from the current literature base.
3. Select assessment tools and resources to inform individualized menstrual health and hygiene programming.
4. Identify gaps in the current literature and priorities for future research on menstrual health and hygiene for individuals with neurodevelopmental disabilities.
5. Identify opportunities for collaborating across behavior analysis and allied health fields to advance menstrual health research and practice.

### Continuing Education

This Program is Approved for the Following CE Credit Types:

- 0.25 IACET CEUs
- 2.5 BACB CEUs (Learning)
- 2.5 QABA CEUs
- 2.5 IBAO CEUs (General)
- 2.5 Credit Hours for Psychologists
- See Page 2 for Applicable CE Provider Statements

### Live Schedule

- 5:15 PM: Attendees arrive
- 5:30 PM: Welcome, Introduction, Presentation begins
- 6:45 PM: 5- minute break
- 8:00 PM: Event Ends
- 8:00 PM: Optional: How to check out and find your certificate (CE only)

Learners are encouraged to submit questions throughout, and the presenter includes multiple learner-presenter interaction opportunities throughout the live workshop.

## EVENT APPLICABLE CONTINUING EDUCATION ACE PROVIDER/SPONSOR & ACCREDITATION STATEMENTS

- The Applied Behavior Analysis Center, LLC (ABAC) is accredited by the International Accreditors for Continuing Education and Training (IACET) and offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. IACET is recognized internationally as a standard development organization and accrediting body that promotes quality of continuing education and training.
- The Applied Behavior Analysis Center has been approved by the Behavior Analyst Certification Board, Inc. (BACB) as an ACE provider of continuing education events. BACB ACE Provider # OP-19-2957. MANDATORY DISCLAIMER: The Behavior Analyst Certification Board ("BACB") does not sponsor, approve or endorse ABAC, LLC, the materials, information or sessions identified herein.
- The Applied Behavior Analysis Center has been approved as a Qualified Applied Behavior Analysis Credentialing Board (QABA) Continuing Education Provider. QABA Provider #QCB-22274
- The Applied Behavior Analysis Center has been approved as a International Behavior Analysis Organization (IBAO) Continuing Education Provider. Approval Date 08/21/2024
- The Applied Behavior Analysis Center (ABAC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Applied Behavior Analysis Center maintains responsibility for this program and its content.
- Variable credit for partial attendance will not be awarded. The Applied Behavior Analysis Center is approved to sponsor CESA/Live and Homestudy programs for continuing education for psychologists.



## PRESENTER BIOS

**Sarah Kristiansen, BCBA, LBA**, is a Board-Certified Behavior Analyst, adjunct professor, and researcher. She graduated with her master's degree from Auburn University in 2012 and is currently working on her doctoral degree at the Institute for Applied Behavioral Sciences at Endicott College. Her research and clinical interests focus on teaching independent living skills, including menstrual care and other puberty-related skills. She is particularly interested in identifying effective ways to adapt instructional strategies within this domain to align with individuals' cultural preferences.

Her recent work in this area has focused on incorporating community-informed, participatory research strategies to advance menstrual care research in East Africa. This work was supported by the Society for the Advancement of Behavior Analysis International Development Grant.

Sarah's career as a behavior analyst has included roles as a clinical case manager, ethics committee member, applied researcher, and clinical supervisor. She has spent most of her career supervising behavior analytic services in Houston, Texas. She serves as an Advisor to the Cambridge Center for Behavioral Studies, where she was previously nominated for and participated in the Distinguished Scholar program. Sarah currently works as an adjunct professor at Endicott College.

**Presenter Meets July 2026 BACB CE Instructor Requirements:** BCBA and Topic related- peer reviewed research or books

**Disclosure:** Sarah does not earn a speaker fee for this presentation. All proceeds will be donated to the Cambridge Center for Behavioral Studies.

**Dr. Rebecca J. Barall, PhD, BCBA, CBIS, LBA**, is a researcher focused on supporting individuals with neurodevelopmental and acquired disabilities, including autism, intellectual and developmental disabilities, rare genetic disorders, and brain injury. She earned her doctorate in Applied Behavior Analysis from the University of Nebraska Medical Center's Munroe-Meyer Institute and is currently a Postdoctoral Research Fellow at the University of Texas at San Antonio. As a Principal Investigator, her research has been supported by the Organization for Autism Research (OAR), the Child Health Research Institute (CHRI), and the Society for the Advancement of Behavior Analysis (SABA). She also serves as an Advisor to the Cambridge Center for Behavioral Studies, where she was previously nominated for and participated in the Distinguished Scholar program.

Dr. Barall's current scholarship includes menstrual health for individuals with disabilities, with a focus on developing and evaluating assessment and curriculum approaches that promote autonomy, independence, dignity, and health. More broadly, her work seeks to advance equitable inclusion and representation of individuals with disabilities in research.

**Presenter Meets July 2026 BACB CE Instructor Requirements:** BCBA-D and a minimum of 5 years of practical and research experience.

**Disclosures:** Dr. Barall does not earn a speaker fee for this presentation. All proceeds will be donated to the Cambridge Center for Behavioral Studies. Dr. Barall has recently received funding from OAR and SABA to support the publication and dissemination of menstrual health resources. She has no additional conflicts of interest related to this work to disclose.

# ABACLive Cambridge Center Series CE Requirements– Live AND Recording



CAMBRIDGE CENTER  
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**ABAC OFFERS A 14-DAY POST LIVE EVENT RECORDING  
ACCESS PERIOD. PLEASE SEE THE BROCHURE ON THE NEXT  
PAGE FOR THE EXACT DATES.**

## **Attendance Codes**

- Learners should view the entire presentation for the content. Attendance codes are periodically shown and read out loud. You are required to submit all codes correctly via our attendance code submission form.

## **Quiz**

- Following the video, learners will complete a multiple-choice quiz
- Total anticipated time to complete: Approximately 3-5 minutes per quiz
- Time to complete assessments is not eligible for CE credit unless otherwise indicated.
- **You must answer a minimum of 80% of the questions correctly to earn credit.**
  - You will be provided 3 retake opportunities.
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## **Evaluation**

- The evaluation is required to complete the course. Your responses do not influence your eligibility to earn a continuing education or professional development certificate.

If the abovementioned continuing education credit requirements are not met, participants will not receive continuing education credit. Partial credit will not be awarded. Refunds and transfers are not granted if requirements are not met. In the event additional support is necessary to achieve the expected outcomes please reach out to [continuinged@abacnj.com](mailto:continuinged@abacnj.com) to request assistance.

## The Fine Print and Other Details

### LIVE EVENT GROUP DISCOUNTS

- 15% discount: registration for 5+ group of professionals
- 20% discount: registration for 20+ group of professionals
- 25% discount: registration for 30+ group of professionals
- Not Eligible for ABACLive Cambridge Center Series
- To enroll a group please email us at [continuinged@abacnj.com](mailto:continuinged@abacnj.com)

### LIVE EVENT ATTENDANCE VERIFICATION

- Attendance Verification: Attendance Code Submission Forms
- Total anticipated time to complete: 2 minutes per form
- Total Attendance Code Submission Forms is equal to the total number of presentations in a live event.

### LIVE EVENT ASSISTANCE

Queries about any Program (current, past, or future) and technical support are available via email or phone. If you are new to ABAC we strongly recommend logging in a day or so before a Live Event to ensure there are no issues the day of.

Calls are answered during normal business hours

908-276-6500 | [continuinged@abacnj.com](mailto:continuinged@abacnj.com)

(9:00 am – 5:00 pm EDT/EST)

Calls are answered during events however we will not answer calls 10 minutes prior to or 10 minutes after, the start time of a Live Event.

Learn More: <https://abacnj.com/technical-assistance/>

### LIVE EVENT PAYMENT AND POLICIES

- ABAC Accepts all major credit cards and Paypal
- Coupon codes are not eligible on ABACLive Cambridge Center Series, ABAI VB-SIG (except if issued through the SIG) and ABACGives Events and are not eligible for ABAC Fidelity-based training program tuition, private training tuition, bundles, books and other special products unless otherwise indicated.
- Scholarships are available for most events
- Cancellation, missed event, and grievance procedures are found on the website.

<https://abacnj.com/abac-help-center/#policies>

### LIVE EVENT EVALUATION

Following the completion of the entire workshop, participants will complete an evaluation.

### LIVE EVENT TIPS FOR BEST EXPERIENCE

**For the best experience you should use the following:**

- The most current version of Zoom.
- A desktop or laptop computer, a Chromebook, or a recent version of a tablet device.
- An updated version of Chrome, Firefox, or Safari | DO NOT use Internet Explorer
- A high-speed internet connection.

**To improve your experience:**

- Feel free to use the screen reader and other accessibility options provided to you. To explore these options, click on the floating User Way icon found on the left side of the website or press CTRL + U.
- Closed-Captioning available
- Accessibility at ABAC: <https://abacnj.com/abac-accessibility>

### ABAC CONTINUING EDUCATION CREDIT REQUIREMENTS

Attendance Verification and Passing Score on Post-tests (80%) required to earn Continuing Education Credit. Participants are provided multiple opportunities to pass the post-test and provide attendance verification.

If the abovementioned continuing education credit requirements are not met, participants will not receive continuing education credit. Partial credit will not be awarded. Refunds and transfers are not granted if requirements are not met. In the event additional support is necessary to achieve the expected outcomes please reach out to [continuinged@abacnj.com](mailto:continuinged@abacnj.com) to request assistance.

Attendees who meet the continuing education credit requirements must also fill out an evaluation. Once everything has been submitted, the certificate can be found in the "My Certificates" tab in an attendee's [abacnj.com](https://abacnj.com) personal dashboard.

### PROFESSIONAL DEVELOPMENT REQUIREMENTS

Certificate of attendance are offered to those who do not need or require CE credit. Does not apply to ABACLive Cambridge Center Series Free Access Registration (NoCe).