

Acceptance And Commitment Therapy An Experiential Approach To Behavior Change

Acceptance and Commitment Therapy for Christian Clients is an indispensable companion to Faith-Based ACT for Christian Clients. The workbook offers a basic overview of the goals of ACT, including concepts that overlap with Christianity. Chapters devoted to each of the six ACT processes include biblical examples, equivalent concepts from the writings of early desert Christians, worksheets for clients to better understand and apply the material, and strategies for clients to integrate a Christian worldview with the ACT-based processes. Each chapter also includes several exercises devoted to contemplative prayer and other psychospiritual interventions.

Acceptance and Commitment Therapy: 100 Key Points and Techniques offers a comprehensive, yet concise, overview of the central features of the philosophy, theory, and practical application of ACT. It explains and demonstrates the range of acceptance, mindfulness, and behaviour change strategies that can be used in the service of helping people increase their psychological flexibility and wellbeing. Divided into three main parts, the book covers the 'Head, Hands, and Heart' of the approach, moving from the basics of behavioural psychology, via the key principles of Relational Frame Theory and the Psychological Flexibility model, to a detailed description of how ACT is practiced, providing the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. It concludes by addressing key decisions to make in practice and how best to attend to the therapeutic process. The authors of Acceptance and Commitment Therapy bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach. This book will appeal to practitioners looking to further their theoretical knowledge and hands-on skills and those seeking a useful reference for all aspects of their ACT practice.

Acceptance and Commitment Therapy and Brain Injury discusses how acceptance and

commitment therapy (ACT) can be integrated into existing approaches to neuropsychological rehabilitation and therapy used with people who have experienced a brain injury. Written by practicing clinical psychologists and clinical neuropsychologists, this text is the first to integrate available research with innovative clinical practice. The book discusses how ACT principles can be adapted to meet the broad and varying physical, cognitive, emotional and behavioural needs of people who have experienced brain injury, including supporting families of people who have experienced brain injury and healthcare professionals working in brain injury services. It offers considerations for direct and indirect, systemic and multi-disciplinary working through discussion of ACT concepts alongside examples taken from clinical practice and consideration of real-world brain injury cases, across a range of clinical settings and contexts. The book will be relevant to a range of psychologists and related professionals, including those working in neuropsychology settings and those working in more general physical or mental health contexts.

"Acceptance and Commitment Therapy for Interpersonal Problems presents a three-phase professional protocol therapists can use with clients who experience interpersonal disruptions and repeatedly fall into unhealthy patterns in their relationships with friends, family members, coworkers, and romantic partners. These clients may blame others, withdraw when threatened, react defensively in conflicts, act with contempt, continually find fault with others, or have a deep-seated sense of distrust. Most often, these forms of social dysfunction are rooted in maladaptive schemas, that is, unhelpful strongly held beliefs that clients may rely on to avoid feelings of inadequacy, rejection, and pain. This professional book presents a complete acceptance and commitment therapy (ACT) approach to working with these clients and helping them overcome their maladaptive social tendencies. It examines ten core schemas and describes the accompanying avoidance strategies that damage clients' relationships. First, clients will learn creative hopelessness and practice mindfulness skills. Second, clients examine what they value in their relationships and what they hope to gain from them, and translate their values into clear intentions for acting differently in the future. Lastly, clients

face the barriers standing between them and values-based behavior in their relationships. By learning to "defuse" from schema-influenced thinking, clients can eventually overcome the patterns of avoidance that hold them back. Appendix I of the book examines the research design and treatment outcome data for this protocol. Appendix II offers a complete acceptance and commitment therapy for interpersonal disorders group protocol"--
Essentials of Acceptance and Commitment Therapy

The ACT Approach

A Clinician's Guide to Using Acceptance and Commitment Therapy in Treating Depression

A Practitioner's Guide to Using Mindfulness & Acceptance Strategies

An Acceptance and Commitment Therapy Skills Training Manual for Therapists

Using Acceptance and Commitment Therapy to Ease Chronic Pain

Acceptance and Commitment Therapy for Couples

Harness ACT to live a healthier life Do you want to change your relationship with painful thoughts and feelings that are holding you back from making changes to improve your life? In Acceptance and Commitment Therapy For Dummies, you'll discover how to identify negative and unhealthy modes of thinking and apply Acceptance and Commitment Therapy (ACT) principles throughout your day-to-day life, creating a healthier, richer and more meaningful existence with yourself and others. Closely connected to Cognitive Behavioural Therapy (CBT), ACT is an evidence-based, NICE-approved therapy that uses acceptance and mindfulness strategies mixed in with commitment and behaviour-changing strategies to help people increase their psychological flexibility in both their personal and professional lives. With the help of this straightforward and authoritative guide, you'll find out how to target unpleasant feelings and not act upon them—without sending yourself spiraling down the rabbit hole. The objective is not happiness; rather, it is to be present with what life brings you and to move toward valued behaviour. Shows you how to banish unhelpful thoughts Guides you to making room for painful feelings Teaches you how to engage fully with your here-and-now experience Helps you cope with anxiety, depression, stress, OCD and psychosis Whether you're looking to practice self care at home or are thinking about seeing an ACT therapist, Acceptance and Commitment Therapy For Dummies makes it easier to live a healthier and more productive life in spite of—and alongside—unpleasantness.

This user-friendly workbook provides adults with obsessive compulsive disorder (OCD), the tools they need to move beyond their disorder using Acceptance and Commitment Therapy (ACT) and it also serves as compact text for clinicians/practitioners to use with clients suffering from OCD at any point in treatment. The workbook offers readers hands-on ACT and Exposure Response Prevention (ERP) skills for taming disturbing obsessions and filling the gap of where one stands and where one wants to go. Dr.

Zurita provides evidence-based exercises to guide adults through the process of ACT. This includes learning to step back from one's thoughts and memories, opening up to all types of unwanted thoughts and feelings, paying attention to the physical world, observing one's thoughts and feelings, getting rid of barriers to values-based living, and developing consistent patterns of values-based behavior. Written from the office of a full-time therapist in a simple, uncomplicated, and unpretentious manner, this workbook will be useful for all clients suffering from OCD and for the therapists who work with them.

Cognitive behavioral therapy (CBT) practitioners who have integrated acceptance and commitment therapy (ACT) strategies into their practices find this revolutionary third-wave treatment enormously effective. However, many encounter challenges due to the differences between the two therapeutic models. The CBT-Practitioner's Guide to ACT explains how to bridge the CBT-ACT divide and utilize both therapies for a powerful treatment approach. This practical guide, grounded in current research, clarifies how CBT and ACT differ, how they are similar, and includes all the information you need to begin incorporating ACT techniques into your clinical practice. Worksheets and exercises for both you and your clients appear throughout to help you seamlessly integrate the two therapies.

Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles. In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behavior change.

Distinctive Features

An Acceptance and Commitment Therapy Skills-Training Manual for Therapists

Acceptance and Commitment Therapy and Brain Injury

ACT for Depression

A CBT-practitioner's Guide to ACT

ACT on Life Not on Anger

100 Key Points and Techniques

The ancient wisdom of yoga meets the evidence-based effectiveness of acceptance and commitment therapy (ACT) in this breakthrough professional guide for both yoga instructors and ACT clinicians. Mindful yoga-based acceptance and commitment therapy (MYACT) is a holistic mind-body program that integrates psychology, yoga, and behavior change. In Mindful Yoga-Based Acceptance and Commitment Therapy, a psychologist, social worker, and yoga instructor team up to offer comprehensive training in MYACT. Using the holistic therapy outlined in this manual, clinicians and yoga instructors alike will discover ways to guide clients toward emotional balance and wellness, with the perspective that healing suffering requires treating both the body and the mind. This

unique book offers proven-effective interventions informed by the model of psychological flexibility—the foundational underpinning of modern third-wave cognitive behavioral therapies. Mental health professionals who are interested in yoga, mindfulness, and holistic approaches to health will rejoice in this evidence-based program, while yoga instructors who wish to incorporate well-researched health care interventions into their yoga practice and teaching will also celebrate this much-needed resource. Whether you are new to yoga or ACT or both, or have a long history with either, this book will provide you with the tools and foundational understanding needed to bring this practice into the scope of yours.

Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; ACT in Practice will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models.

While most applications of mindfulness to clinical psychotherapy come from the Buddhist tradition of formal meditation practice, the approach presented in this volume comes from a very different place: from author Kelly Wilson's self-confessed inability to listen and pay attention to his clients. Wilson, one of the central figures in the exciting field of acceptance and commitment therapy (ACT), discovered early in his career as a therapist that his attention lapsed in therapy sessions, leaving his clients telling their troubles to someone who, for all intents and purposes, wasn't even in the room. Wilson resolved to correct this problem and made a personal commitment to remain present for his clients, to "show up" to whatever they brought to their sessions, no matter how painful, awkward, or even boring. In the process of figuring out how to accomplish this, he also observed a variety of ways in which clients themselves passed in and out of contact with the present moment, with significant consequences upon the degree to which they could effect behavior change during their sessions. This book sets forth, for the first time, Wilson's analysis of mindfulness processes as a central theme in the workings of ACT and develops an experiential technology that therapists can use both to improve their effectiveness in the therapy room and to facilitate positive change in their clients. The book includes a DVD with more than five hours of QuickTime video that shows client-therapist interactions, which illustrate the techniques presented in the book -- some that feature Kelly Wilson himself working with clients. Practicing therapists will find this volume and video to be a close second to actually attending one of Wilson's highly sought-after experiential workshops.

If you want to learn about Acceptance and Commitment Therapy, then keep reading... This book offers a practical overview of Acceptance and Commitment Therapy. Specific techniques for specific applications are given. ACT as it has been implemented for several disorders and problem behaviors is described. You'll learn how ACT has successfully been used or may be used to treat psychological disorders: post-traumatic stress disorder, anxiety disorders, depression, substance abuse (nicotine among the substances), and Obsessive Compulsive Disorder (OCD). Its applications regarding the management of chronic pain are also exposed. This book also covers problem behaviors related to aggression, especially partner aggression, and manifestations of workplace stress. You will

also learn how ACT can serve to assist in weight loss and weight management. In the course of this overview, many research projects in which ACT is used for treating various serious conditions are described and the outcomes provided. Techniques are explored in detail: techniques employed and invented in certain projects and tried and true activities used over the years. Some general mindfulness techniques for managing everyday experiences of daily life are provided, as well as specific techniques to address anxiety, acute stress, substance use, obsessions and compulsions, etc. Whether you are thinking about undergoing treatment or you are a therapist developing your repertoire of methods and refining your approach to providing therapy, this guide is sure to help. Here's just a tiny fraction of what you'll discover: What is ACT? The Six Core Processes of ACT ACT Case Formulation Treating Depression with ACT Treating Post-Traumatic Stress Disorder with ACT How to Treat OCD with ACT Treating Anxiety with ACT Treating Substance Abuse and Addictions with ACT Treating Aggressive Behavior with ACT Treating Chronic Pain with ACT Monitoring Weight Loss with ACT Treating Stress with ACT Stopping the Habit of Smoking with ACT Treating Diabetes with ACT Mindfulness Exercises and Tips Comparing ACT with CBT Comparing ACT with DBT ACT Training Opportunities and Other Resources And much, much more If you want to learn more about ACT, then scroll up and click "add to cart"!

An Easy-to-read Primer on Acceptance and Commitment Therapy

Acceptance and Commitment Therapy for Eating Disorders

A Transdiagnostic Manual for Learning Acceptance and Commitment Therapy

Living Beyond OCD Using Acceptance and Commitment Therapy

A Process-Focused Guide to Treating Anorexia and Bulimia

The Experienced Practitioner's Guide to Optimizing Delivery

Acceptance and Commitment Therapy For Dummies

A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen

values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

From two well-known psychologists, this indispensable resource for mental health professionals offers a practical, accessible and theoretically complete approach to using ACT to treat PTSD and acute trauma-related symptoms. In *Advanced Acceptance and Commitment Therapy*, a licensed clinical psychologist and renowned ACT expert presents the first advanced ACT book for use in client sessions. Inside, readers will hone their understanding of the core processes behind ACT and learn practical strategies for moving past common barriers that can present during therapy, such as over-identifying with clients or difficulty putting theory into practice.

"This book is a guide for new therapists on the use of acceptance and commitment therapy (ACT) for any psychological disorder that involves some level of struggle with inner experiences, but it is not targeted to any particular diagnosis. It is suitable for graduate students who are seeing their first client, clinicians with years of experience who have never done ACT or are just learning about ACT, and anyone who is interested in applying ACT across a range of presentations. The book also includes exercises and worksheets that will continue to be useful for sessions after the therapist is competent in ACT. The chapters walk therapists through a recommended sequence of ACT sessions, including creative hopelessness, control as the problem, acceptance, defusion, mindfulness, values, and committed action, and provide accompanying materials for clients. It also provides information on assessment, case conceptualization, treatment planning, and intervention that therapists can use as a starting point for practicing ACT. The book is intended to serve as a more structured framework from which therapists can learn and experiment with ACT concepts as they begin to learn more about the therapy"--

Using Mindfulness, Acceptance, and Schema Awareness to Change Interpersonal Behaviors

Acceptance and Commitment Therapy, Second Edition

Mindful Yoga-Based Acceptance and Commitment Therapy

A Practitioner's Treatment Guide to Using Mindfulness, Acceptance, and Values-based Behavior Change Strategies

The Process and Practice of Mindful Change

An Acceptance and Commitment Therapy Workbook

Living Beyond Your Pain

This volume is the most practical clinical guide on Acceptance and Commitment Therapy (ACT) yet available. It is designed to show how the ACT

model and techniques apply to various disorders, settings, and delivery options with the goal of allowing researchers and clinicians to begin applying ACT wherever it seems to fit. The book is divided into three sections, with chapters demonstrating the effectiveness of using ACT in the treatment approach for a wide range of clinical problems. The first section describes the theory underlying Acceptance and Commitment Therapy as a treatment approach and the core intervention processes that encompass ACT. The second section presents ACT as it is applied to some typical behavioral disorders encountered by mental health and substance abuse practitioners. The last section examines ACT as it is used with a variety of other populations, problems, settings, and modes of delivery. This volume will be of great value to therapists, practitioners, and students who are interested in new developments in cognitive and behavior therapy.

Offers parents acceptance and commitment therapy skills to help them develop flexibility and mindfulness when parenting their children, and includes exercises covering such topics as handling tantrums and refocusing values.

The first genuinely introductory, UK-focused Acceptance and Commitment Therapy textbook. The guidance on ACT with common clinical problems such as depression, anxiety, and substance abuse is brought to life by numerous case studies and reflective questions to aid learning. Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

Acceptance & Commitment Therapy for Anxiety Disorders

A Workbook for Adults

An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance

A Practical Guide for Clinicians

Learning ACT

ACT in Practice

Stop Struggling, Start Living

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy and proven effective in the treatment of several mental health conditions including depression, anxiety, eating disorders, and more. With updated exercises based on new research and discoveries in contextual behavioral science, this fully revised edition of Learning ACT is an essential

resource for both experienced practitioners and those new to using ACT and its applications."

What are the distinctive theoretical and practical features of acceptance and commitment therapy? Acceptance and commitment therapy (ACT) is a modern behaviour therapy that uses acceptance and mindfulness interventions alongside commitment and behaviour change strategies to enhance psychological flexibility. Psychological flexibility refers to the ability to contact the present moment and change or persist in behaviour that serves one's personally chosen values. Divided into two sections, *The Distinctive Theoretical Features of ACT* and *The Distinctive Practical Features of ACT*, this book summarises the key features of ACT in 30 concise points and explains how this approach differs from traditional cognitive behaviour therapy. *Acceptance and Commitment Therapy* provides an excellent guide to ACT. Its straightforward format will appeal to those who are new to the field and provide a handy reference tool for more experienced clinicians. The importance of improving and maintaining employees' psychological health is now widely recognized by occupational health researchers and practitioners, business leaders, human resource professionals, and policy makers alike. Indeed, a growing body of research has established that psychological well-being is one of the most important factors in job performance. *The Mindful and Effective Employee* offers an evidence-based workplace training program based on acceptance and commitment therapy (ACT). The program is specifically designed to improve employees' psychological health—as well as their effectiveness at work and in their personal lives—through a combination of mindfulness and values-guided behavioral skills. This book is designed for use by psychologists, coaches, occupational health practitioners, and human resource professionals who are interested in improving employee well-being, performance, and quality of life. The training program described in this book is designed to:

- Promote employee self-awareness
- Help employees find purpose, direction, and meaning
- Offer new ways to improve work and life effectiveness
- Help employees identify and pursue valued goals and actions

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment — now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. **NOW UPDATED.** Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far

more effectively; break self-defeating habits; improve performance and find fulfillment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

Acceptance and Commitment Therapy for Chronic Pain

Getting Unstuck in Act

ACT in Steps

The Ultimate Guide to Using ACT to Treat Stress, Anxiety, Depression, Ocd, and More, Including Mindfulness Exercises and a Comparison with CBT and Dbt

A Practical Guide to Acceptance and Commitment Therapy

An Acceptance & Commitment Therapy Guide to Effective Parenting in the Early Years

The Big Book of ACT Metaphors

Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

A Revolutionary Approach to Treating Anxiety Disorders This much-anticipated book is the first how-to guide to offer a detailed and practical application of acceptance and commitment therapy (ACT) to the treatment of persons suffering from any of the broad class of anxiety disorders. In a lucid and readable style, the book brings to life the ACT approach to alleviating human suffering. The book provides clear and flexible, session-by-session guidelines for applying and integrating acceptance, mindfulness, and value-guided behavior change methods into a powerful and effective anxiety treatment approach. It offers strategies that work to remove barriers to change and foster meaningful movement forward. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and experiential exercises-as well as new assessment measures that make learning and teaching these techniques easy and engaging. The book comes with a CD-ROM that includes easily reproducible electronic versions of these materials.

Drop the Rope in Your Tug-of-War with Anger If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in ACT on Life Not on Anger can help you let go of anger and start living your life to the fullest. Your path begins as you learn to accept your angry feelings as they occur, without judging or trying to manage them. Then, using techniques based in mindfulness practice, you'll discover how to observe your feelings of anger without acting on them. Value-identification exercises help you figure out what truly matters to you so that you can commit to short- and long-term goals that turn your values into reality. In the process, anger will lose power over your life-and, amazingly, you'll gain control over your life by simply letting go of your angry feelings.

Explains the six ACT processes--cognitive fusion, acceptance, contact with the present moment, observing the self, discovering individual values, committed action--and how to implement them.

Acceptance & Commitment Therapy for the Treatment of Post-traumatic Stress Disorder & Trauma-related Problems

A Faith-Based Workbook

Learning to Thrive

How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Advanced Acceptance and Commitment Therapy

Acceptance and Commitment Therapy for Interpersonal Problems

Learning Act for Group Treatment

Showcasing the very latest in the theory, research and practice of Acceptance and Commitment Therapy (ACT) across a range of clinical applications, including eating disorders, depression, anxiety, schizophrenia, borderline personality disorder, PTSD and substance abuse, with contributions from leading ACT practitioners including co-founders Kirk Strosahl, Kelly Wilson and Rob Zettle. Chapters range from detailed treatments of the scientific and theoretical aspects of the ACT model and research program, to detailed discussions of how to apply ACT to a variety of human problems. Divided into two parts, the first section features theoretical treatments of ACT, with the second (and larger) section presenting extended descriptions of how to apply ACT in different contexts. This rich content mix reflects the strengths of the contextual behavioral science (CBS) research program espoused by Michael Levin and Steven Hayes from the University of Nevada. In the end, ACT is an applied treatment model, and as such, it lives and dies by its ability to effectively benefit a wide variety of clients. In order to make the treatment increasingly effective and to maximize understanding about precisely how the treatment works, its tenets must be theoretically coherent, firmly based on empirically tried and true principles, and must have its active psychological processes clearly identified and sufficiently assessed. This book clearly demonstrates such a mix of full application, an appreciation of basic-applied research linkage, clear and behaviorally-consistent conceptualization of specific problem areas, and coherent explication of the ACT model. This book will not only tell you what to do with clients struggling with various problems, it will also tell you how those things work.

Psychological research suggests that cognitive behavior therapy (CBT), used alone or in combination with medical therapy, is the most effective treatment for depression. Recent finding, though, suggest that CBT for depression may work through different processes than we had previously suspected. The stated goal of therapeutic work in CBT is the challenging and restructuring of irrational thoughts that can lead to feelings of depression. But the results of recent studies suggest that two other side effects of CBT may actually have a greater impact that thought restructuring on client progress: Distancing and decentering work that helps clients stop identifying with depression and behavior activation, a technique that helps him or her to reengage with naturally pleasurable and rewarding activities. These two components of conventional CBT are central in the treatment approach of the new acceptance and commitment therapy (ACT). This book develops the techniques of ACT into a session-by-session approach that therapists can use to treat clients suffering from depression. The research-proven program outlined in ACT for Depression introduces therapists to the ACT model on theoretical and case-conceptual levels. Then it delves into the specifics of structuring interventions for clients with depression using the ACT method of acceptance and values-based behavior change. Written by one of the pioneering researchers into the effectiveness of ACT for the treatment of depression, this book is a much-needed professional resource for the tens of thousand of therapists who are becoming ever more interested in ACT.

Acceptance and Commitment Therapy: The Clinician's Guide for Supporting Parents constitutes a principles-based guide for clinicians to support parents across various stages of child and adolescent development. It uses Acceptance and Commitment Therapy (ACT) as an axis to integrate evolution science, behaviour analysis, attachment theory, emotion-focused and compassion-focused therapies into a cohesive framework. From this integrated framework, the authors explore practice through presenting specific techniques, experiential exercises, and clinical case studies. Explores the integration of ACT with established parenting approaches Includes a new model - the parent-child hexaflex - and explores each component of this model in depth with clinical techniques and a case study Emphasizes how to foster a strong therapeutic relationship and case conceptualization from an acceptance and commitment therapy perspective Covers the full spectrum of child development from infancy to adolescence Touches upon diverse clinical presentations including: child anxiety, neurodevelopmental disorders, and child disruptive behavior problems, with special emphasis on infant sleep Addresses how best to support parents with mental health concerns, such as postnatal depression Is relevant for both novices and clinicians, students in psychology, social work and educational professionals supporting parents Professional In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, tackles common ACT obstacles faced by both therapists and their clients that can make them feel stuck." These obstacles include sending mixed messages on the part of the therapist, a lack of motivation on the clients' part, as well as confusion regarding the theoretical basis of ACT. This book is a must-have for any ACT therapist looking to streamline their therapeutic approach." Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In *'Getting Unstuck in ACT'*, psychotherapist and bestselling author of *'ACT Made Simple'*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

The New Acceptance and Commitment Therapy Guide to Problem Anger

A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy

Contemporary Theory Research and Practice

Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships

Mindfulness for Two

Case Conceptualization in Acceptance & Commitment Therapy

The Joy of Parenting

Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach

to helping people change. This book provides the definitive statement of ACT--from conceptual and empirical foundations to clinical techniques--written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research. *Psychological flexibility is now the central organizing focus. *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation. *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

Learning ACT for Group Treatment presents a powerful manual for clinicians, therapists, and counselors looking to implement acceptance and commitment therapy (ACT) in group therapy with clients. The book is a composite of stand-alone sessions, and provides detailed explanations of each of the core ACT processes, as well as printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants.

Professionals who work with patients and clients struggling with chronic pain will benefit from this values-based behavior change program for managing the effects of pain. Acceptance and Commitment Therapy for Chronic Pain addresses case formulation and clinical techniques for working with pain patients through a combination of practical instruction and a treatment scenario narrative that follows a patient through an ACT-based intervention. An invaluable resource for rehabilitation specialists, psychologists, physicians, nurses, and others.

It's time to ACT--Acceptance and Commitment Therapy made simple. Now Acceptance and Commitment Therapy (ACT) can be easy. Learning to Thrive simplifies this ordinarily complex self-acceptance therapy and helps you apply its action-oriented principles directly to different aspects of your life. Filled with straightforward and intuitive exercises, Learning to Thrive: An Acceptance and Commitment Therapy Workbook helps you stop thinking of your thoughts, feelings, and emotions as negative and start learning to understand and relate to them in a new way--so you can make meaningful changes to your life. Whether you're looking for ways to improve your personal life, work, or health, you'll find the tools and insights that can help you do it. It's time to get unstuck and start thriving! This Acceptance and Commitment Therapy workbook includes: A practical approach--Understand (and accept) yourself using a workbook that gives you the tools you need to make real, impactful changes. Solutions for everyday concerns--Apply the lessons of Acceptance and Commitment Therapy to specific parts of your life thanks to chapters focused around family, wellness, personal growth, and more. ACT made easy--Keep things simple with techniques written specifically for people new to Acceptance and Commitment Therapy--no psych textbooks needed. Discover how you can truly accept yourself and bring positive change to your life with Learning to Thrive: An Acceptance and Commitment Therapy Workbook.

The Happiness Trap

Acceptance and Commitment Therapy

Simple Postures and Practices to Help Clients Achieve Emotional Balance

An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy

ACT Made Simple

A Clinician's Guide to Overcoming Common Obstacles in Acceptance and Commitment Therapy

A Comprehensive Guide for Acceptance and Commitment Therapy

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, *Learning ACT, Second Edition* includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of *Learning ACT*, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

In "Acceptance and Commitment Therapy for Couples," best-selling author Matthew McKay and psychologist Avigail Lev present the ten most common relationship schemas, and provide an evidence-based acceptance and commitment therapy (ACT) treatment protocol for professionals. With these powerful tools, therapists will be better able to help couples overcome the unhealthy coping behaviors and barriers that hold them back so they can move forward to create happier, healthier relationships.

"Clearly written, entertaining, informative, and very clinically focused." Kirk Strosahl, PhD, cofounder of Acceptance and Commitment Therapy
The ACT Approach is the ultimate Acceptance and Commitment Therapy (ACT) resource all clinicians need to move their clients and therapy forward. Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won't find anywhere else: * Reproducible handouts & worksheets * Mindfulness scripts * Experiential exercises * Transcripts from therapy sessions with line by line analysis Includes specific case examples and treatment strategies for: * Anxiety Disorders * Depression * Chronic Pain * PTSD * OCD * Substance Use * Borderline Personality Disorder * Adults, Children, Couples, Families, and Groups!

Acceptance and Commitment Therapy for Christian Clients

The Mindful and Effective Employee
The Clinician's Guide for Supporting Parents