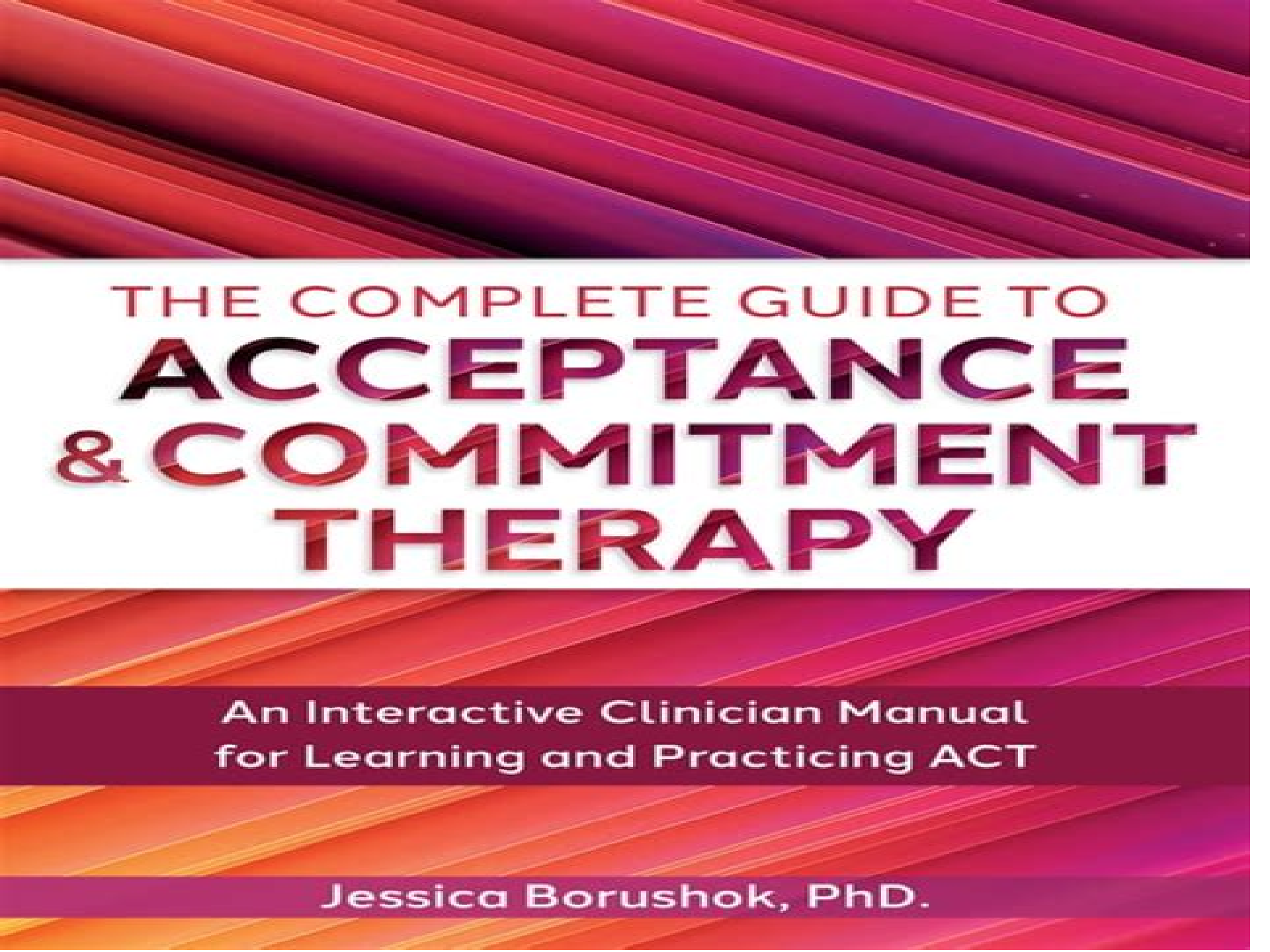




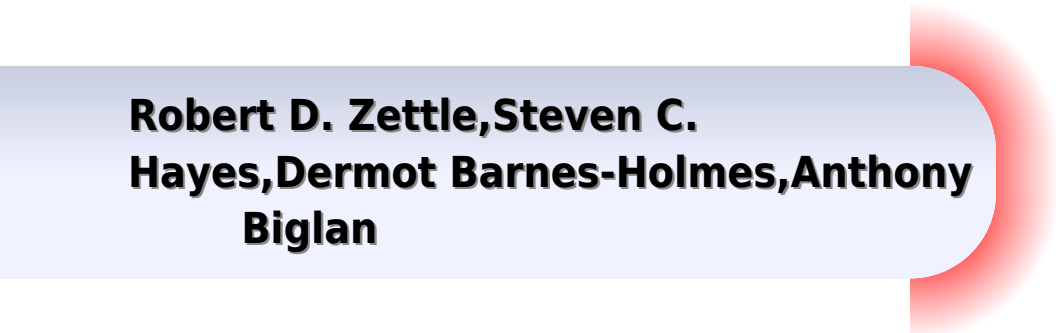
THE COMPLETE GUIDE TO **ACCEPTANCE & COMMITMENT THERAPY**

An Interactive Clinician Manual
for Learning and Practicing ACT

Jessica Borushok, PhD.

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**Robert D. Zettle, Steven C.
Hayes, Dermot Barnes-Holmes, Anthony
Biglan**



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ACT in Steps Michael P. Twohig, Michael E. Levin, Clarissa W. Ong, 2020-08-14 ACT acceptance and commitment therapy can be applied to any psychological disorder that involves struggle with inner experiences. With over 300 randomized clinical trials supporting its effectiveness, ACT has seen rapid growth in popularity, and an increasing number of therapists are being trained in its use. As such, the demand for practical resources on providing ACT has never been greater. ACT in Steps is aimed at any therapist who wants to get familiar with ACT. 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. The book also provides information on assessment, case conceptualization, treatment planning, and intervention that therapists can use as a starting point for practicing ACT. Exercises and worksheets are included, which will continue to be useful long after readers have achieved mastery of ACT. Designed to serve as a more structured framework from which therapists can learn and experiment with ACT concepts, ACT in Steps is suitable for anyone interested in applying ACT across a range of presentations, from graduate students seeing their first clients to clinicians with years of experience interested in learning about ACT for the first time. *Learning ACT*

Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2007-11-01 The groundswell of interest in acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. Whether you are new to the profession or an experienced clinician with an established career seeking to incorporate ACT work into your practice, this book is an essential resource. ACT is both a unique approach and somewhat counterintuitive in its methods. Learning to do ACT well requires practice, patience, and good information. This book is a major contribution to ACT professional literature: a comprehensive, activity-based workbook that will 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. Learning ACT begins with an overview of the ACT model, outlining its theoretical and philosophical underpinnings. Next, you will learn how to understand and make use of the six core ACT processes. In later chapters, you will be introduced to the ACT approach to establishing an effective and powerful therapeutic relationship and learn to conceptualize cases from an ACT perspective. Throughout these chapters are numerous exercises to help you apply what you are learning in order to process the material at a deeper level. Unique to this volume is a DVD that includes role-played examples of the core ACT processes in action. Use this helpful addition to bring to life the concepts developed in the text. An invaluable aid to serious ACT study, the DVD can be reviewed often as you gain facility with the model. **Learning ACT for Group Treatment**

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tips on group session formatting and a wide range of activities that foster willingness cooperation and connection among participants

The Mindful and Effective Employee Paul E. Flaxman, Frank W. Bond, Fredrik Livheim, 2013-05-01 The Mindful and Effective Employee presents a powerful three session acceptance and commitment therapy ACT program for reducing workplace stress and increasing employee effectiveness Psychologists and human resource professionals will use this program to conduct employee training in workplace settings

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and improves the clinical practices of a broad base of front line mental health practitioners including psychiatrists and therapists

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