Acceptance And Commitment Therapy For Eating Disorders A Process Focused Guide To Treating Anorexia And Bulimia

ACTivate Your Life focuses on helping people to be more open, connected and engaged with their lives, demonstrating how Acceptance Commitment Therapy can be used to tackle a range of problems such as low self-esteem, anxiety, anger and depression, as well as providing skills for life enhancement and self-development. Readers are encouraged to consider what matters to them and will learn techniques to set life directions based on meaningful values. Readers will also be introduced to mindfulness and learn how to use it in everyday life to connect with their actions, experiences and the people around them. The ACT approach also teaches that it's a normal part of being human to have thoughts and feelings that are unpleasant and the most important thing is to respond effectively when these kinds of experiences arise. The book is aimed at anyone wanting to enhance their life skills, and character stories are used to demonstrate the spectrum of how they might be employed.

For a scientist committed to empirical evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the distress produced by difficult or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mindfulness, and values. The techniques included exercises, metaphors, and rationales, including several that can be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material. This valuable self-help book for people affected by cancer, their loved ones and friends focuses on self-care when life hurts. It explores the impact of cancer and explains why the usual ways of coping may leave people stuck. The first book of its kind to focus on the scientifically based Acceptance and Commitment Therapy (ACT) approach, it helps people to find ways to cope with painful thoughts and feelings, and to rebuild a meaningful life despite the cancer. With an emphasis on value-based living the book illustrates skills such as mindfulness and the development of acceptance to help people affected by cancer to participate in a fuller life and gain a greater sense of well-being. It combines evidence-based practice with the experiences of people who are living with cancer in the form of numerous quotations throughout, as well as paper and pencil...
‘thought’ exercises. Living Your Life with Cancer through Acceptance and Commitment Therapy helps people affected by cancer to feel more able to sit with the uncertainty of their future, show themselves kindness and compassion and to learn to be true to themselves, no matter what the cancer throws at them. It is also important reading for psychological therapists working in oncology.

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"!

If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are “stuck” in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it’s not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with
clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

"This is the first book to focus on the scientifically based Acceptance and Commitment Therapy (ACT) approach to self-management for people with cancer. Combining this transdiagnostic approach with the lived experiences of people with cancer, the book covers the range of psychological symptoms and conditions as a result of cancer. With a focus on value-based living as well as reducing distress, the book illustrates thought management methods such as mindfulness and the development of acceptance to provide a foundation for enhancing participation and wellbeing. It is valuable reading for all those living with cancer and their carers, as well as psychological therapists working in oncology"--

"In all my years studying personal growth, Acceptance and Commitment Therapy is one of the most useful tools I've ever come across, and in this book, Dr. Hayes describes it with more depth and clarity than ever before."-Mark Manson, #1 New York Times best-selling author of The Subtle Art of Not Giving a F*ck Life is not a problem to be solved. ACT shows how we can live full and meaningful lives by embracing our vulnerability and turning toward what hurts. In this landmark book, the originator and pioneering researcher into Acceptance and Commitment Therapy (ACT) lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer. These skills have been shown to help even where other approaches have failed. Science shows that they are useful in virtually every area--mental health (anxiety, depression, substance abuse, eating disorders, PTSD); physical health (chronic pain, dealing with diabetes, facing cancer); social processes (relationship issues, prejudice, stigma, domestic violence); and performance (sports, business, diet, exercise). How does psychological flexibility help? We struggle because the problem-solving mind tells us to run from what causes us fear and hurt. But we hurt where we care. If we run from a sense of vulnerability, we must also run from what we care about. By learning how to liberate ourselves, we can live with meaning and purpose, along with our pain when there is pain. Although that is a simple idea, it resists our instincts and programming. The flexibility skills counter those ingrained tendencies. They include noticing our thoughts with curiosity, opening to our emotions, attending to what is in the present, learning the art of perspective taking, discovering our deepest values, and building habits based around what we deeply want. Beginning with the epiphany Steven Hayes had during a panic attack, this book is a powerful narrative of scientific discovery filled with moving stories as well as advice for how we can put flexibility skills to work immediately. Hayes shows how allowing ourselves to feel fully and think freely moves us toward commitment to what truly matters to us. Finally, we can live lives that reflect the qualities we choose.

Find anxiety relief with Acceptance and Commitment Therapy (ACT) techniques
Whether you've just been diagnosed with an anxiety disorder or you've lived with it for years, you know how pervasive the symptoms can be in your everyday life. Acceptance and Commitment Therapy for Anxiety Relief is filled with scientifically supported methods and strategies for managing your anxiety so you can mindfully accept and take action against your emotions. With a wealth of experience treating anxiety patients using ACT, licensed clinical social worker Rachel Willimott will walk you through the six processes of Acceptance and Commitment Therapy: cognitive defusion, acceptance, presence, the observing self, values, and committed action. For each process, you'll learn the reasoning behind the method, straightforward techniques for practicing it, what others' experiences are like, misconceptions, and mindfulness exercises and journal prompts for anxiety relief. Acceptance and Commitment Therapy for Anxiety Relief includes: Anxiety 101-Learn more about anxiety disorders and the mind-body connection. An intro to ACT-Explore the origins and core concepts of ACT and the benefits of using ACT to manage anxiety. ACT in practice-Read case studies and the real-life experiences of patients using ACT for anxiety relief so you can see it in practice. Take your life back with evidence-based strategies and techniques to help you achieve anxiety relief.

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.

Clients with borderline personality disorder (BPD) need compassionate and proven-effective care to help them manage emotions, improve interpersonal relationships, and move beyond negative beliefs about themselves. This book outlines a new treatment framework utilizing acceptance and commitment therapy (ACT) to help clinicians treat BPD and emotion dysregulation problems with a focus on values and forgiveness. With this guide, clinicians will learn to target the fundamental cause of BPD for better treatment outcomes and happier, healthier clients.

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.

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.

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.

Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book Acceptance and Commitment Therapy by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment-a traditional approach that implies, at least on some level, that there is something 'wrong' with the client-ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy,
healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. Acceptance and Commitment Therapy for Anxiety Disorders adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office. The book comes with a CD-ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging.

The Wiley Handbook of Obsessive Compulsive Disorders, 2 volume set, provides a comprehensive reference on the phenomenology, epidemiology, assessment, and treatment of OCD and OCD-related conditions throughout the lifespan and across cultures. Provides the most complete and up-to-date information on the highly diverse spectrum of OCD-related issues experienced by individuals through the lifespan and cross-culturally Covers OCD-related conditions including Tourette’s syndrome, excoriation disorder, trichotillomania, hoarding disorder, body dysmorphic disorder and many others OCD and related conditions present formidable challenges for both research and practice, with few studies having moved beyond the most typical contexts and presentations Includes important material on OCD and related conditions in young people and older adults, and across a range of cultures with diverse social and religious norms

Motivate your BPD clients with values-based treatment! This 16-week ACT protocol will help you get started today. As you know, clients with borderline personality disorder (BPD) and emotion dysregulation often struggle with negative beliefs about themselves—beliefs that can lead to feelings of shame, problems with personal relationships, and dangerous behaviors. And while dialectical behavior therapy (DBT) is the standard treatment for BPD, more and more, acceptance and commitment therapy (ACT) has shown promising results when treating BPD clients by helping them focus on their core values and forgiveness. Acceptance and Commitment Therapy for Borderline Personality Disorder provides a comprehensive program for delivering ACT to clients with BPD. Using the session-by-session, 16-week protocol in this professional guide, you can help clients work through the main driver behind BPD—experiential avoidance—and gain the psychological flexibility needed to balance their emotions and begin healing. You can use this protocol on its own, or in conjunction with treatment. With this guide, you’ll learn to target the fundamental causes of BPD for better treatment outcomes and happier, healthier clients.

Accept your thoughts, start living your life with Acceptance and Commitment Therapy Thoughts are simply a normal part of being human, but we’ve all had them disrupt our lives. Reclaim Your Life teaches you to accept and manage your thoughts with evidence-based principles and strategies from Acceptance and
Commitment Therapy. Discover ways to increase your flexibility in thinking, get some distance from your thoughts, and work toward a life full of values and purpose. Acceptance and Commitment Therapy helps you get a handle on your emotions and find more adaptive responses from difficulties like panic attacks and low self-esteem. When strategies like labeling, visualizing, chatting with your mind, and others are implemented, they bring a positive change in your life. This book about Acceptance and Commitment Therapy includes: The program--Apply the six core processes to each week and then bring them all together during the seventh and final week. Broad array of issues--Acceptance and Commitment Therapy can help with mental health issues like obsessive compulsive disorder (OCD), depression, anxiety, and post-traumatic stress disorder (PTSD). Hands-on--Use the six chapter lessons, worksheets, and exercises to learn each step of the process. Reclaim Your Life is everything an Acceptance and Commitment Therapy book should be. It allows you to live the good life you deserve.

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.

This is the first volume to present a broad picture of theory and application for clinical approaches incorporating ACT and mindfulness in working with psychosis. It provides an overview and introduction to the subject, including a review of the evidence base. Clinical and practical applications are supported with case studies in both individual and group work, with an emphasis on utilizing these strategies in a clinical context. Addressed to practitioners, this book is idea for clinical and counseling psychologists, CBT therapists, and psychiatrists.

'The literature on Acceptance and Commitment Therapy (ACT) is vast but if you want to dig down to the essentials of ACT you've found the right volume. Nothing central is left out and nothing unnecessary is left in. Written by one of the world's experts on ACT, this book delivers. Highly recommended.' - Dr Steven C. Hayes, Foundation Professor, University of Nevada This practical, easy-to-use book
introduces the theory and practice of Acceptance and Commitment Therapy (ACT), a key contextual third wave CBT approach. The book takes the reader through the therapeutic stages from start to end, showing how to use acceptance and mindfulness together with commitment and behaviour change strategies to improve mental health. This is a uniquely concise and clear introduction that does not require prior knowledge of the approach. It "puts the emphasis on practical interventions and direct applicability in real practice" avoids jargon and complex language "is full of case examples to translate the theory into practice" includes key points and questions to test readers' comprehension of the topics covered. After reading this book, readers will be able to apply basic ACT interventions for common problems, and will know if they are interested in more in-depth training in ACT. This is a must-have overview of ACT for CBT trainees on graduate level courses in the UK and worldwide. It will also be of value to practitioners on ACT workshops and short courses, as preliminary or follow-up reading.

The ultimate guide for anyone wondering how President Joe Biden will respond to the COVID-19 pandemic—all his plans, goals, and executive orders in response to the coronavirus crisis. Shortly after being inaugurated as the 46th President of the United States, Joe Biden and his administration released this 200 page guide detailing his plans to respond to the coronavirus pandemic. The National Strategy for the COVID-19 Response and Pandemic Preparedness breaks down seven crucial goals of President Joe Biden's administration with regards to the coronavirus pandemic: 1. Restore trust with the American people. 2. Mount a safe, effective, and comprehensive vaccination campaign. 3. Mitigate spread through expanding masking, testing, data, treatments, health care workforce, and clear public health standards. 4. Immediately expand emergency relief and exercise the Defense Production Act. 5. Safely reopen schools, businesses, and travel while protecting workers. 6. Protect those most at risk and advance equity, including across racial, ethnic and rural/urban lines. 7. Restore U.S. leadership globally and build better preparedness for future threats. Each of these goals are explained and detailed in the book, with evidence about the current circumstances and how we got here, as well as plans and concrete steps to achieve each goal. Also included is the full text of the many Executive Orders that will be issued by President Biden to achieve each of these goals. The National Strategy for the COVID-19 Response and Pandemic Preparedness is required reading for anyone interested in or concerned about the COVID-19 pandemic and its effects on American society.

This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to emboldened researchers and clinicians to begin to apply
ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or "RFT"-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

As a mental health professional, you know it’s a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. Brief Interventions for Radical Change is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits with clients, or if you are simply looking for a way to make the most of each session, this is your guide. In this book, you’ll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better.

The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

"Psycho-oncology, 4th Edition is solemnly dedicated to Professor Jimmie C. Holland, M.D., internationally recognized as the founder of the field of Psycho-oncology. Dr. Holland, who was affectionately known by her first name "Jimmie", had a profound global influence on the fields of Psycho-oncology, Oncology, Supportive Care, Psychiatry, Behavioral Medicine and Psychosomatic Medicine. At the time of her passing, Dr. Holland was the Attending Psychiatrist and Wayne E. Chapman Chair at Memorial Sloan-Kettering Cancer Center (MSK) and Professor of Psychiatry, Weill Medical College of Cornell University in New York"

An innovative and effective approach to organizational behavioral management

Despite more than 40 years of empirical and conceptual research, the contribution of behavior analysis to the world of business remains relatively small
and organizational behavior management gets little attention in both the academic and professional communities. Acceptance and Mindfulness at Work presents behavioral analysis of human language that’s ready to use, with applied extensions proven to have a significant impact in organizational settings. The leading experts in the field examine how these ongoing developments can help broaden the exploration of the psychological issues relevant to organizational behavioral management (OBM) in the workplace. Acceptance and Mindfulness at Work presents conceptual and empirical articles, and reviews of working examples of Relational Frame Theory (RFT) and Acceptance and Commitment Therapy (ACT) applied to organizational behavior management. The book examines goal setting, feedback, task descriptions, and workers’ ability to learn as examples of how to affect positive change in organizations through increased productivity and improved quality of life in the workplace. The possibilities presented by RTF can lead to advancements in employee safety and training, stress and health management, employee evaluation, managing absenteeism, tardiness, and turnover, and self-management. Acceptance and Mindfulness at Work examines: cognition in OBM industrial/organization (I/O) psychology how interventions using ACT have increased psychological flexibility rule-following feedback task performance feedback programmed schedules of reinforcement goal setting, goal statements, and goal-directed behavior how psychological flexibility and job control can predict learning, job performance, and mental health and much more. Acceptance and Mindfulness at Work is a vital professional resource for organization development practitioners and human resource managers.

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 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.

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.

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.

Acceptance and Commitment Therapy for Anxiety Disorders: A Practitioner’s Treatment Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change

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.

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.

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.

Are you ready to take your ACT practice to the next level? If so, Advanced Acceptance and Commitment Therapy is a powerful resource that can help you streamline your approach and overcome common hurdles that present in therapy. At some point or another, you have probably encountered difficulty putting theory into practice when it comes to using ACT in sessions with clients. You aren’t alone. Although ACT is a powerful treatment option for a number of psychological issues, such as anxiety, depression, trauma, eating disorders, and more, it is a complex, ever-evolving model, and as such it can often be difficult to deliver effectively. The truth is that even the most seasoned ACT therapist will face challenges in their client sessions from time to time. This is the only advanced professional ACT book on the market, and it is designed to help you close the gap between what you’ve learned in ACT training and your actual client sessions. Inside, licensed psychologist Darrah Westrup, PhD, provides valuable tips and real-life client scenarios to help you hone your understanding of the core processes behind ACT. You’ll also 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. Most importantly, you’ll learn when to deliver specific ACT components, and how to adapt your treatment for each client. This user-friendly, pragmatic, and thoughtful guide does not promote “error-free” ACT, but rather, ways to identify and work with the therapy process as it unfolds. A must-read for any therapist or mental health
professional interested in sharpening their ACT skills.

In 1986 the first research study investigating Acceptance and Commitment Therapy (ACT) was published. It aimed to determine if an early conceptualization of the ACT model could be used to treat depression. Since this seminal study, further investigations have been conducted across every imaginable psychological issue and the rate at which this research has emerged is impressive. This book describes the research journey that ACT has taken in the past 30 years. It also suggests, in light of the progress that has already been made, how ACT research should move forward in the coming decades.

Aesthetic practice requires an understanding of human psychology, yet professionals across cosmetic medicine and related fields receive no formal training in identifying and managing psychological conditions. Essential Psychiatry for the Aesthetic Practitioner provides concise yet comprehensive guidance on approaching patient assessment, identifying common psychiatric diseases, and managing challenging situations in cosmetic practice. This much-needed guide brings together contributions by dermatologists, plastic surgeons, psychiatrists, psychologists, and other experts to help practitioners understand the role of psychology in cosmetic practice and improve interpersonal relations with their patients. Assuming no previous background knowledge in psychiatry, the text provides cosmetic practitioners of all training and experience levels with clear guidance, real-world advice, and effective psychological tools to assist their practice. Through common clinical scenarios, readers learn to determine if a patient is a good candidate for a cosmetic procedure, enhance the patient experience, deal with difficult personalities in the cosmetic clinic, recognize obsessive compulsive and body dysmorphic disorders, and more. Describes how to use psychologically informed approaches and treatments for aesthetic patients Features easy-to-use psychological tools such as motivational interviewing, progressive muscle relaxation, guided imagery, and acceptance and commitment therapy Includes extensive references and practical tips for understanding the psychological implications of cosmetic treatments Covers cosmetic consultations for female, male, and transgender patients Discusses the history and psychology of beauty as well as the role of cosmetics and cosmeceuticals Emphasizes the importance of screening for common psychological comorbidities Addresses the impact of social media on self-image and its role in a growing crisis in beauty and appearance Highlights the need to develop new guidelines to treat rapidly evolving patient populations Explores how gender fluidity and variations in ethnicity are changing the approaches to aesthetic patients Essential Psychiatry for the Aesthetic Practitioner is required reading for dermatologists, plastic surgeons, cosmetic doctors, dentists, nurses, and physician assistants and all other professionals working in aesthetic medicine.

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

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.

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 (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.

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