

Where To Download Mindfulness For Two An  
Acceptance And Commitment Therapy Approach  
To Mindfulness In Psychotherapy

## **Mindfulness For Two An Acceptance And Commitment Therapy Approach To Mindfulness In Psychotherapy**

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 fulfilment in your work; build more satisfying relationships; and, create a rich, full and

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meaningful life.

Though acceptance and mindfulness interventions have proven enormously effective for adults with stress, anxiety, depression, and other mental health issues, they have not been fully documented for use with children and adolescents. And yet they are a natural fit for children's therapy—the focus on acceptance and mindfulness builds children's psychological flexibility, and the values component of these methods helps young people learn to set goals and take action to achieve them. The chapters in *Acceptance and Mindfulness Treatments for Children and Adolescents* show how to modify third-wave behavioral and cognitive therapy methods for the treatment of children and adolescents. This book also considers the early evidence for the adaptability and effectiveness of these methods. Edited by two luminaries in the field of third-wave behavior therapy, these essays will be invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR). Learn how ACT, DBT, MBCT, and MBSR can be used with young people and their families. Discover recent third-wave behavior therapy research. Explore the practice issues that arise when acceptance and mindfulness techniques are used with children and adolescents. Find out how to put these techniques to work in your own practice.

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,

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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.

The time-honored national bestseller, updated with a new afterword, celebrating 10 years of influencing the way we live. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

Accessible and practical, this book provides a unified framework for integrating acceptance and mindfulness into cognitive-behavioral practice. The authors interweave elements of acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based

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relapse prevention, and dialectical behavior therapy. They demonstrate how to conduct an assessment, develop a case formulation, and derive a flexible treatment plan for each patient. Vivid case examples and transcripts illustrate the entire process of therapy, showing how treatment can be tailored for different presenting problems and concerns. More than two dozen reproducible handouts and forms are included.

Acceptance and Commitment Therapy for Interpersonal Problems presents a complete treatment protocol for therapists working with clients who repeatedly fall into unhealthy patterns in their relationships with friends, family members, coworkers, and romantic partners. These clients may blame others, withdraw when feeling threatened, react defensively in conflicts, or have a deep-seated sense of distrust—all interpersonal problems that damage relationships and cause enormous suffering. This book presents an acceptance and commitment therapy (ACT) approach—utilizing a schema-based formulation—to help these clients overcome maladaptive interpersonal behavior. First, clients learn how schema avoidance behavior damages their relationships. Second, clients face “creative hopelessness” and practice new mindfulness skills. Third, 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. And lastly, clients face the cognitive and emotional barriers standing between them and values-based behavior in their relationships. By learning to act on their values instead of falling into schema-influenced patterns, clients can eventually overcome the interpersonal problems that hold them back.

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavioral treatment approaches. Leading scientist-

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practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. In every chapter, the authors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches both inside and outside behavior therapy.

Move past anxiety and discover what really matters to you. Written by three experts in teen mental health, this powerful workbook offers evidence-based activities grounded in acceptance and commitment therapy (ACT) to help you cope with anxiety, build resilience, stop avoiding the things you fear, and lead a fuller, happier life. Anxiety is what we feel when we're scared about some future event that may or may not happen. When you're struggling with anxiety your mind is trying to protect you from danger, so it's busy telling you about all the things you can't do. Along with these thoughts come a host of feelings and bodily sensations—such as sweaty palms, restlessness, lightheadedness, and stomach aches. But it's not the anxious thoughts that make anxiety a problem. It's the actions we take, or don't take, as a result of these thoughts. In *The Mindfulness and Acceptance Workbook for Teen Anxiety*, you'll find helpful alternatives to the ineffective strategies and habits you're currently using to deal with anxiety, such as avoidance. You'll find basic information about anxiety to help you recognize what it looks and feels like, mindfulness tips to help you stay in the moment when you feel worried about the future, and tips to help you connect with your own values so you can start

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putting the important things in life first.

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

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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. This practical book has given tens of thousands of clinicians and students a comprehensive introduction to mindfulness and its clinical applications. The book describes the philosophical underpinnings of mindfulness and reviews the growing body of treatment studies and neuroscientific research. Leading practitioners and researchers present clear-cut procedures for implementing mindfulness techniques and teaching them to patients experiencing depression, anxiety, chronic pain, and other problems. Also addressed are ways that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. User-friendly features include illustrative case examples and practice exercises. New to This Edition \*Incorporates significant empirical advances--mindfulness has become one of the most-researched areas in psychotherapy. \*Most chapters extensively revised or rewritten. \*Chapters on practical ethics, trauma, and addictions. \*Greater emphasis on the role of acceptance and compassion in mindfulness. See

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also Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy, by Susan M. Pollak, Thomas Pedulla, and Ronald D. Siegel, a hands-on guide to incorporating mindfulness practices into psychotherapy.

How does mindfulness work? Thousands of therapists utilize mindfulness-based treatments and have witnessed firsthand the effectiveness of these approaches on clients suffering from anxiety, depression, and other common mental health issues. But for many clinicians, the psychological processes and brain functions that explain these changes remain a mystery, and effective methodologies for measuring each client's progress are elusive. In *Assessing Mindfulness and Acceptance Processes in Clients*, Ruth Baer presents a collection of articles by some of the most respected mindfulness researchers and therapists practicing today. Each contribution assesses the variables that represent potential processes of change, such as mindfulness, acceptance, self-compassion, spirituality, and focus on values, and determines the importance of each of these processes to enhanced psychological functioning and quality of life. Clinicians learn to accurately measure each process in individual clients, an invaluable skill for any practicing therapist. A seminal contribution to the existing professional literature on mindfulness-based treatments, this book is also an essential resource

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for any mental health professional seeking to illuminate the processes at work behind any mindfulness and acceptance-based therapy.

As a clinician or researcher in the field of mental health or addictions, this book will offer you powerful insight into how acceptance and mindfulness-based interventions are being successfully used to treat a variety of addictive behaviors, ranging from substance abuse to gambling addiction. Edited by Steven C. Hayes, a founder of acceptance and commitment therapy (ACT) and a world renowned authority on mindfulness-based therapy, *Mindfulness and Acceptance for Addictive Behaviors* features chapters by leading substance abuse and addiction researchers. Each article illuminates the mindfulness and acceptance-based treatments that work best for particular addictive behaviors, reviews empirical data, and discusses future directions for research and treatment applications. An essential resource for mental health and addictions professionals, researchers, and students interested in the most effective treatments for addiction, this book will dramatically impact the way addictions of all kinds are viewed and addressed in therapy. In this book, you will learn to apply mindfulness and acceptance to help patients with:

- Alcoholism
- Substance abuse
- Smoking cessation
- Gambling addiction
- Pornography addiction
- Binge eating
- Detoxification
- Self-stigma and shame

The Mindfulness and Acceptance Practica

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Series As mindfulness and acceptance-based therapies gain momentum in the field of mental health, it is increasingly important for professionals to understand the full range of their applications. To keep up with the growing demand for authoritative resources on these treatments, The Mindfulness and Acceptance Practica Series was created. These edited books cover a range of evidence-based treatments, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion-focused therapy (CFT), dialectical behavioral therapy (DBT), and mindfulness-based stress reduction (MBSR) therapy. Incorporating new research in the field of psychology, these books are powerful tools for mental health clinicians, researchers, advanced students, and anyone interested in the growth of mindfulness and acceptance strategies.

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

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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. A number of books have explored the ways psychotherapy clients can benefit from learning and practicing mindfulness. This is the first volume to focus specifically on how mindfulness can deepen the therapeutic relationship. Grounded in research, chapters demonstrate how therapists' own mindfulness practice can help them to listen more attentively and be more fully present. Leading proponents of different treatment approaches—including behavioral, psychodynamic,

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and family systems perspectives—illustrate a variety of ways that mindfulness principles can complement standard techniques and improve outcomes by strengthening the connection between therapist and client. Also presented are practical strategies for integrating mindfulness into clinical training.

The college years are very stressful for many people, so it comes as little surprise that college-aged youth often suffer from diagnosable psychiatric disorders. Even among college students whose distress is not clinically diagnosable, the college years are fraught with developmental challenges that can trigger bouts of psychological suffering. Is it any wonder, then, that suicide is the second leading cause of death in this age group? In *Mindfulness and Acceptance for Counseling College Students*, clinical researcher Jacqueline Pistorello explores how mindfulness and acceptance-based approaches such as acceptance and commitment therapy (ACT), dialectical behavioral therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR) are being utilized in higher education settings around the world to treat student mental health problems like severe depression, substance abuse, and eating disorders, and/or to help students thrive--both in and out of the classroom. This book offers easy-to-use programs for college counselors, therapists, instructors, administrators, and even high school counselors

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who are looking for tools to help high school students prepare for the transition to college. Counselors with extensive experience with mindfulness and acceptance approaches can learn new ways of adapting these approaches to interventions with college students, and counselors interested in these approaches but lacking experience can learn about these effective therapies. Finally, college administrators and staff can gain ideas for implementing mindfulness practices in various campus contexts to help promote student mental health or academic engagement. In addition to chapters by Steven C. Hayes, the founder of acceptance and commitment therapy, this book also contains an online Appendix with helpful original handouts, Power Point slides, and links to podcasts and lectures to help implement mindfulness-based approaches on different campuses. It is a wonderful resource for any professional who works with college students and who is interested in promoting psychological well-being. The Mindfulness and Acceptance Practica Series As mindfulness and acceptance-based therapies gain momentum in the field of mental health, it is increasingly important for professionals to understand the full range of their applications. To keep up with the growing demand for authoritative resources on these treatments, The Mindfulness and Acceptance Practica Series was created. These edited books cover a range of

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evidence-based treatments, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion-focused therapy (CFT), dialectical behavioral therapy (DBT), and mindfulness-based stress reduction (MBSR) therapy. Incorporating new research in the field of psychology, these books are powerful tools for mental health clinicians, researchers, advanced students, and anyone interested in the growth of mindfulness and acceptance strategies.

"Everyone should read this. Mindfulness is such a great way to live life to the full." - Amazon Customer

"The greatest 'little book' ever! Take my advice, buy it now and you will wonder how you ever managed without it!" - Amazon Customer

"Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book!" - Amazon

Customer "Great book to pick up if you just have a few minutes a day." - Amazon Customer

"I carry it with me everywhere. Lovely little calming book." -

Amazon Customer "Delightful little book." - Amazon

Customer Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life. This

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beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find long-lasting happiness with The Little Book of Mindfulness! CONTENTS: 1. Being in the Now 2. Accept and Respond 3. Making Your Mind Up 4. Simply Be 5. Mindful Eating 6. Gratitude and Compassion 7. Everyday Mindfulness

All of us want to be fully accepted in our relationships, yet it can be difficult to fully accept our partners for who they are. This insightful guide for couples is based on a simple concept: Act out of kindness, love, and acceptance, and you will open your relationship for the creation of greater kindness, love, and acceptance. With strategies drawn from acceptance and commitment therapy (ACT), a powerful therapeutic approach, this book will help you identify your core values and discover, as a couple, the beauty that is available to you and your partner when you bring greater awareness and values-guided behavior to your relationship. Each chapter explores a key issue, such as passion, fidelity, and the balance between dependence and independence, and includes specific practices you can do alone or with your partner to help you build a vital relationship.

This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for

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depression, an 8-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. Forty-five reproducible handouts are included. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all of the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only. New to This Edition

\*Incorporates a decade's worth of developments in MBCT clinical practice and training. \*Chapters on additional treatment components: the pre-course interview and optional full-day retreat. \*Chapters on self-compassion, the inquiry process, and the three-minute breathing space. \*Findings from multiple studies of MBCT's effectiveness and underlying mechanisms. Includes studies of adaptations for treating psychological and physical health problems other than depression. \*Audio files of the guided mindfulness practices, narrated by the authors, on two separate Web pages--one for professionals, together with the reproducibles, and one just for

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clients. See also the authors' related titles for clients: The Mindful Way through Depression demonstrates these proven strategies in a self-help format, with in-depth stories and examples. The Mindful Way Workbook gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: Mindfulness-Based Cognitive Therapy with People at Risk of Suicide extends and refines MBCT for clients with suicidal depression. 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. There are hundreds of books that will try to help you "overcome" or "put an end to" depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals that something in your life needs to change. Learning to understand and interpret these signals is much more important than ignoring or avoiding them - approaches that only make the situation worse. This workbook uses techniques from acceptance and commitment therapy (ACT) to offer a new treatment plan for depression that will help you live a productive life by accepting your feelings instead of fruitlessly trying to avoid them. The Mindfulness & Acceptance Workbook for Depression will show you, step-by-step, how to stop this cycle, feel more

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energized, and involve yourself in pleasurable and fulfilling activities that will help you work through, rather than avoid, aspects of your life that are depressing you. Use the techniques in this book to evaluate your own depression and create a personalized treatment plan. You'll enrich your total life experience by focusing your energy not on fighting depression, but on living the life you want. If you are a psychodynamic therapist interested in the growing mindfulness movement, you may be looking for resources to help you enhance your practice. More and more, professionals in the psychodynamic tradition are finding that mindfulness exercises help their patients connect with the moment and discover the underlying causes of their fears and anxieties. This groundbreaking book spotlights the similarities between these two therapeutic approaches, and shows how mindfulness in the present moment, acceptance of internal experiences, and commitment to one's values are implicit elements of psychodynamic psychotherapy. In this much-needed volume, psychologist and editor Jason M. Stewart offers a unique perspective on client treatment that fuses psychodynamic psychotherapy, mindfulness and acceptance-based approaches, and Buddhist psychology. Using the insights in this powerful resource, you will help your clients gain greater psychological flexibility, connect with their values

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and goals, and create a life that is purposeful, meaningful, and vital. Recent research supports the effectiveness of both psychodynamic and mindfulness-based processes in contributing to success in psychotherapy. This book does not suggest that mindfulness practice can take the place of psychodynamic therapy. Rather, it offers powerful, evidence-based strategies to help you enhance your practice. If you are ready to take your practice to the next level, this book will be your guide. The Mindfulness and Acceptance Practica Series As mindfulness and acceptance-based therapies gain momentum in the field of mental health, it is increasingly important for professionals to understand the full range of their applications. To keep up with the growing demand for authoritative resources on these treatments, The Mindfulness and Acceptance Practica Series was created. These edited books cover a range of evidence-based treatments, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), compassion-focused therapy (CFT), dialectical behavioral therapy (DBT), and mindfulness-based stress reduction (MBSR) therapy. Incorporating new research in the field of psychology, these books are powerful tools for mental health clinicians, researchers, advanced students, and anyone interested in the growth of mindfulness and acceptance strategies.

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You can spend years in graduate school, internship, and clinical practice. You can learn to skillfully conceptualize cases and structure interventions for your clients. You can have every skill and advantage as a therapist, but if you want to make the most of every session, both you and your client need to show up in the therapy room. Really show up. And this kind of mindful presence can be a lot harder than it sounds. Mindfulness for Two is a practical and theoretical guide to the role mindfulness plays in psychotherapy, specifically acceptance and commitment therapy (ACT). In the book, author Kelly Wilson carefully defines mindfulness from an ACT perspective and explores its relationship to the six ACT processes and to the therapeutic relationship itself. With unprecedented clarity, he explains the principles that anchor the ACT model to basic behavioral science. The latter half of the book is a practical guide to observing and fostering mindfulness in your clients and in yourself—good advice you can put to use in your practice right away. Wilson, coauthor of the seminal Acceptance and Commitment Therapy, guides you through this sometimes-challenging material with the clarity, humor, and warmth for which he is known around the world. More than any other resource available, Mindfulness for Two gets at the heart of Wilson's unique brand of experiential ACT training. The book includes a DVD-ROM with more than six hours of

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sample therapy sessions with a variety of therapists on QuickTime video, DRM-free audio tracks of Wilson leading guided mindfulness exercises, and more. To find out more, please visit [www.mindfulnessfortwo.com](http://www.mindfulnessfortwo.com).

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. Many have wondered if there is a key ingredient to living a full and happy life. For decades now, scientists and psychologists alike have been studying the strengths and virtues that enable individuals and communities to thrive. The positive psychology movement was founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play. At the same time, acceptance and commitment therapy (ACT)—a mindfulness-based, values-oriented behavioral therapy that has many parallels to Buddhism, yet is not religious in any way—has been focused on helping people achieve their greatest human potential. Created only years apart, ACT and positive psychology both promote human flourishing, and they often share overlapping themes and applications, particularly when it comes to setting goals, psychological strengths, mindfulness, and the

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clarification of what matters most—our values and our search for meaning in life. Despite these similarities, however, the two different therapeutic models are rarely discussed in relation to one another. What if unifying these theories could lead to faster, more profound and enduring improvements to the human condition? Edited by leading researchers in the field of positive psychology, *Mindfulness, Acceptance, and Positive Psychology* is the first professional book to successfully integrate key elements of ACT and positive psychology to promote healthy functioning in clients. By gaining an understanding of "the seven foundations of well-being," professionals will walk away with concrete, modernized strategies to use when working with clients. Throughout the book, the editors focus on how ACT, mindfulness therapies, and positive psychology can best be utilized by professionals in various settings, from prisons and Fortune 500 business organizations to parents and schools. With contributions by Steven C. Hayes, the founder of ACT, as well as other well-known authorities on ACT and positive psychology such as Robyn Walser, Kristin Neff, Dennis Tirch, Ian Stewart, Louise McHugh, Lance M. McCracken, Acacia Parks, Robert Biswas-Diener, and more, this book provides state-of-the-art research, theory, and applications of relevance to mental health professionals, scientists, advanced students, and people in the general public interested in either ACT

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When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation for children, *I Am Peace* will help readers of all ages feel grounded and restored. Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers

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an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-

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help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

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.

You are stronger than your anxiety—you are mighty. In this empowering guide, you'll find practical tools to help you shed the shackles of worry and fear and embrace a more vibrant life. In a culture where

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women are still paid less for doing the same jobs, expected to juggle family and career effortlessly, and faced with the harsh realities of misogyny and sexism daily, it's no wonder you're also twice as likely to experience issues related to anxiety and trauma. But there are real tools you can use now to build personal resilience in a difficult world, move past anxious thoughts, and conquer your worries and fears. This book will help guide the way. *Be Mighty* leads you on a bold quest to gain a deeper understanding of your anxiety by exploring your own "origin story"—how your early experiences led to thoughts and behaviors that may have offered comfort and protection at one time, but are now keeping you from living your best life. Using practical tools and experiential exercises based in mindfulness and acceptance and commitment therapy (ACT), you'll learn to respond to present-day triggers in a new way, making choices from a more conscious, values-driven place. So, drop that outdated armor and dive headlong into this book. You'll emerge fresh and fierce, with the confidence to stand up for the life you want to live and the power to face life's complexities as your best, most authentic self. It's time to be who you truly want to be. It's time for you to be mighty!

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life

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experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to “think” our way out of a bad mood or just “snap out of it” lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life’s challenges with greater resilience. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the Web. See also the authors' *Mindful Way Workbook*, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

A ridiculously easy, breakthrough approach to practicing mindfulness. If you suffer from anxiety and experience racing, panicky thoughts, you need help right away. You’ve probably heard about mindfulness, and how effective it can be in easing anxiety and worry—but how do you do it, exactly? In this go-to guide, psychologist Scott Symington

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presents a practical, breakthrough approach called the two-screen method to help when painful thoughts feel overwhelming. Using this simplified mindfulness approach, you'll learn to accept and redirect your thoughts and focus on your values. By using the two-screen method outlined in this book, as well as the three anchors—mindfulness skills, healthy distractions, and loving action—you'll learn to relate to your thoughts and feelings in a whole new way. And when threats, fears, insecurities, and potentially destructive thoughts and feelings show up, you'll have a game plan for dealing with these difficult emotions so you can get back to living your life. If you have anxiety, being present with your negative thoughts is probably the last thing you want to do. That's why the two-screen method in this book is so helpful—it offers a way to diffuse from your anxious thoughts while still focusing on the things that really matter to you.

If you have bulimia, you know what it's like to be locked in a battle with your body—and you know that whether you're trying to lose weight or struggling to end the bingeing and purging cycle, the same old fears and self-doubts keep coming back. The approach to moving beyond bulimia in *The Mindfulness and Acceptance Workbook for Bulimia* is different than other treatments you may have tried. Instead of encouraging you to avoid or fight against the conflicted feelings you have about food and your

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body, this workbook invites you to welcome and accept your deepest fears, learn to live with them, and put the things that are really important in your life first. Easier said than done? Definitely. But with this plan based in acceptance and commitment therapy, a proven-effective therapeutic solution to bulimia and other conditions, you'll develop the powerful psychological skills you need to move past bulimia and toward a more fulfilling way of life. The worksheets, exercises, and questionnaires in this book will help you: Determine the risks of continuing the bulimia cycle Identify the experiences and relationships that matter to you most Practice present-moment awareness Learn to accept your thoughts, feelings, and experiences as they come Recommit to living according to your deepest values Explores the practical art and science of mindfulness as it relates to the traditions of Buddhism with a helpful guide to improving a mindful stance and an awareness of life experiences in any situation or circumstance.

This introduction to mindfulness meditation for children and their parents includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.

Too often, clients with substance abuse and addiction problems achieve sobriety only to relapse shortly after. As a clinician in the addiction treatment field, you are

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undoubtedly familiar with this common scenario, and it can be a source of extreme frustration. To make matters worse, clients may see their relapse as evidence of personal failure and inadequacy, and as a result, they may resist more treatment. What if you could break this cycle and help clients maintain their progress?

Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery to help you treat clients recovering from substance abuse and addiction using mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. Research has indicated that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief—all emotions that lie at the root of addiction. Motivational interviewing is helpful in treating addiction because it helps clients learn to change the behaviors that cause addiction. And finally, relapse prevention therapy teaches individuals with addiction to anticipate and cope with potential relapse. This book combines all three of these highly effective treatments. This powerful manual was developed by Gateway Foundation clinicians in order to better fulfill the mission of reducing substance abuse and co-occurring mental health problems. The book provides two curricula: an outpatient treatment curriculum and a residential treatment curriculum. Both are user-friendly and can be implemented in an open group format, which means that you can say goodbye to the days of tailoring one-on-one treatment to fit a group setting. The integrative approach outlined in this book will help your clients conquer substance abuse by identifying their own values,

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strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction. Furthermore, the book's strong emphasis on relapse prevention means that you can help clients stay on the path to sobriety.

We live in a chaotic and often unpredictable world, so it's only natural for you and your child to have anxieties. But seeing your child cry, cling to you, or even use aggression to avoid his or her own fears and worries may cause you to worry even more, trapping both of you in a cycle of anxiety and fear. You can interrupt this cycle with the proven-effective mindfulness and acceptance skills taught in this book. Drawn from acceptance and commitment therapy, *Parenting Your Anxious Child with Mindfulness and Acceptance* offers a new way to think about your child's anxiety, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. You'll learn these techniques, use them when you feel anxious, and teach them to your child.

With practice, you both will let go of anxious feelings and your child will find the confidence to enjoy being a kid.

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For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to

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understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from *Radical Acceptance* “Believing that something is wrong with us is a deep and tenacious suffering,” says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. *Radical Acceptance* offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach’s twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of *Radical Acceptance*. *Radical Acceptance* does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

Stress is a part of life—but it doesn’t have to take over your life. With this guide, you’ll develop the skills needed to help you manage difficult emotions, cultivate self-compassion, adopt positive physical and emotional habits, build resilience, and connect with your true

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values. Everyone experiences stress. From the moment we wake up in the morning to the moment we finally settle into bed at night, our days are packed with stressful moments—some big and some small—that can quickly add up and feel overwhelming. Unfortunately, you can't escape stress. But you can change the way you relate to it. This important workbook will show you how. Written by internationally renowned ACT experts, *The Mindfulness and Acceptance Workbook for Stress Reduction* offers a powerful ten-week program for stress management drawing on the latest research in acceptance and commitment therapy (ACT) and mindfulness. You'll gain a better understanding of what stress really is, how it affects the brain and body, and what you can do to manage and reduce stress in your life. You'll discover how to build resilience and set smart, effective personal goals that align with your values. And finally, you'll learn to be more aware of how you deal with stress in the moment. Stress is an unavoidable side effect of being human in today's fast-paced world. But with this workbook, you'll build the skills necessary to keep stress in its place and live a more vital life!

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

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context. Addressed to practitioners, this book is idea for clinical and counseling psychologists, CBT therapists, and psychiatrists.

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