

Act Made Simple: An Easy To Read Primer On Acceptance And Commitment Therapy (The New Harbinger Made Simple Series)

The New Cambridge Shakespeare appeals to students worldwide for its up-to-date scholarship and emphasis on performance. The series features line-by-line commentaries and textual notes on the plays and poems. Introductions are regularly refreshed with accounts of new critical, stage and screen interpretations. This second edition of The Merchant of Venice retains the text and Introduction prepared by M. M. Mahood and features a new introductory section by Charles Edelman, where Mahood focuses in her Introduction on the expectations of the play's first audience and on our modern experience of seeing and hearing the drama performed. Edelman explores the play's sexual politics. He also foregrounds recent scholarship on the position of Jews in Shakespeare's time and surveys the international scope and diversity of theatrical interpretations of the play in the 1980s and 1990s. He pays particular attention to the ways in which directors and actors tackle the troubling figure of Shylock.

Acceptance and commitment therapy (ACT) is proven effective in the treatment of an array of disorders, including addiction, depression, anxiety, self-harm, eating disorders, and more. Evidence shows that mindfulness and acceptance exercises help clients connect with the moment, uncover their true values, and commit to positive change. But did you know that compassion focused exercises can also greatly increase clients' psychological flexibility? More and more, therapists are finding that the act of compassion—both towards oneself and towards others—can lead to greater emotional and physical well-being, increased distress tolerance, and a broader range of effective responses to stressful situations. One of the best advantages of compassion focused methods is how easily they can be integrated into an ACT approach. An important addition to any ACT professional's library, *The ACT Practitioner's s Guide to the Science of Compassion* explores the emotionally healing benefits of compassion focused practices when applied to traditional acceptance and commitment therapy (ACT). This book offers case conceptualization, assessments, and direct clinical applications that integrate ACT, functional analytic psychotherapy, and compassion focused therapy to enhance your clinical practice. This is the first book on the market to provide an in-depth discussion of compassion in the context of ACT and other behavioral sciences. The integrative treatment model in this book provides powerful transdiagnostic tools and processes that will essentially build bridges across therapies. If you are ready for a new, easily integrated range of techniques that can be used for a variety of treatment applications, this guide will prove highly useful. And if you are looking to build on your previous experience with cognitive and behavioral therapies, this book will help to enhance your treatment sessions with clients and increase their psychological flexibility.

Now fully revised and updated, this second edition of *ACT Made Simple* includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, ACT for Adolescents offers the most fully-revised and updated, this second edition of *ACT Made Simple* includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for both you, the therapist, and your clients.

Practical skills grounded in acceptance and commitment therapy (ACT) to help you bounce back when life knocks you down. Whether it's the loss of a loved one or a job, the end of a relationship, a pandemic, or a natural disaster—nothing really prepares us for those moments when life hits hard and turns our world upside down. The good news is that you can move forward. There are tools you can use to find your way back from despair and live a fulfilling life. In this candid self-help guide, psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from grief, loss, and crisis; transcend your pain and suffering; and build a rich and meaningful life—even in the face of adversity. You'll also find tips to help you deal with painful memories, create your own healing "grief rituals," and transform difficult emotions into unexpected allies. Finally, you'll learn how mindfulness and self-compassion can help keep you grounded, even when it seems like your world is in free fall. If you're ready to start building the resilience needed to heal from loss or thrive in the face adversity, this guide will show you how to get there, one step at a time.

The New Acceptance and Commitment Therapy Guide to Problem Anger

CFT Made Simple

Treating Teens and Adolescents in Individual and Group Therapy

The Merchant of Venice

ACT Questions and Answers

ACTivate Your Life

Using acceptance and mindfulness to build a life that is rich, fulfilling and fun

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.

A unique collaboration between cartoonist/author Bev Aisbett and Dr Russ Harris, this is an illustrated, simplified pocketbook version of Russ's original, international bestseller 'The Happiness Trap'. It's an easy-to-read introduction to all those powerful life-changing ideas or a great refresher course for those already familiar with the approach. Commonplace ideas about happiness are often misleading, inaccurate and likely to make you miserable in the long term. For example, positive thinking often does not work — and research shows it actually makes some people feel worse! So open 'The Happiness Trap Pocketbook' and learn how a new scientifically proven, mindfulness-based approach called Acceptance and Commitment Therapy (better known as ACT) can help you find genuine wellbeing and fulfillment. Whether you're lacking confidence, facing illness, stressed at work, struggling with low self-esteem, trying to lose weight or quit smoking, or just wanting to be happier, healthier, and more fulfilled — in this book you will learn effective techniques to: • reduce stress and worry • rise above fear, doubt and insecurity • handle painful thoughts and feelings more effectively • break self-defeating habits • develop self-acceptance and self-compassion • let go of inaccurate and misleading (but very popular) ideas about happiness, and • create a rich, full and meaningful life.

Finest heroic poem in Old English celebrates the exploits of Beowulf, a young nobleman of southern Sweden. Combines myth, Christian and pagan elements, and history into a powerful narrative. Genealogies. This book is the most practical clinical guide on acceptance and commitment therapy (ACT) and is 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 embolden 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: psy chopathology is, to a significant degree, built into human language. Fur, ther, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is cor rect, ACT should apply to a very wide variety of behavior issues because of the centrality of language and cognition in human functioning.

Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well-aware of the challenges and frustrations that can present during therapy. If you are looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). ACT is not just a proven effective treatment for depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and myriad other psychological issues that focus on mindfulness, client values, and a commitment to change. It's also a revolutionary new way to view the human condition, packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical and entertaining primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for both you, the therapist, and your clients.

Acceptance and Commitment Coaching

A Clinician's Guide to Practicing Compassion-Focused Therapy

Brief Interventions for Radical Change

A Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy

The ACT Matrix

Distinctive Features

The Process and Practice of Mindful Change

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.

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.

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.

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 your important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

Drop the Rope in Your Tug-of-War with Anger If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in ACT on Anger can help you let go of anger and start living your life to the fullest. Your path begins as you learn to accept your angry feelings as they occur, without judging or trying to manage them. Then, using techniques based in mindfulness practice, you'll discover how to observe your feelings of anger without acting on them. Value-identification exercises help you figure out what truly matters to you so that you can commit to short- and long-term goals that turn your values into reality. In the process, anger will lose power over your life-and, amazingly, you'll gain control over your life by simply letting go of your angry feelings.

Acceptance and Commitment Therapy, Second Edition

Trauma-Focused ACT

The ACT Practitioner's Guide to the Science of Compassion

A Comprehensive Guide for Acceptance and Commitment Therapy

ACT on Life Not on Anger

Amigos Del Otro Lado

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In Getting Unstuck in ACT, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT, that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

Grounded in the latest research, Trauma-Focused ACT presents a highly effective, comprehensive, and trauma-informed treatment guide. If you treat clients with post-traumatic stress disorder (PTSD) or other trauma-related disorders, you need a flexible protocol that also addresses the common symptoms among comorbid conditions. In Trauma-Focused ACT, renowned acceptance and commitment therapy (ACT) trainer Russ Harris offers a new and innovative ACT-based protocol for treating trauma in clients, which integrates cutting-edge therapeutic developments to treat the broadest possible range of trauma-related disorders—from anxiety and depression to chronic pain and addiction. Designed for ACT practitioners at all levels of experience and tailored specifically for trauma sensitivities, this unique guide is based on the empirically supported protocol Harris developed for the World Health Organization (WHO) to use in refugee camps. Packed with tools, techniques, strategies, and theory, it also includes links to downloadable resources, including videos, MP3s, and worksheets. If you're looking to integrate ACT for trauma into your practice, this book has everything you need to start helping clients live in the present, heal the past, and work toward a better future. In this cutting-edge workbook, you'll learn how to: Help clients find a sense of safety and security in their body Reverse hopelessness and build optimism Rapidly ground and center clients Use values for post-traumatic growth

For the first time ever, *CFT Made Simple* offers easy-to-apply tools to help clients develop self-compassion, learn mindfulness skills, and balance difficult emotions for greater treatment outcomes. Created by world-renowned psychologist Paul Gilbert, compassion-focused therapy (CFT) is extremely effective in helping clients work through painful feelings of shame and self-criticism. However, the theoretical aspects of this therapy—such as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice, either as a primary therapy modality or as an adjunctive approach to other therapies, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and more. CFT has unique strengths, and is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life's challenges and difficulties. This book articulates the theoretical basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor your CFT approach to specific client populations. As a clinician interested in the benefits of CFT but wary of the dense theoretical principles that lay behind it, you need a user-friendly guide that will let you hit the ground running. *CFT Made Simple* is that guide.

Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that "stuckness" into powerful personal growth. Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues—from depression to addiction—that focuses on mindfulness, client values, and a commitment to change. It also provides innovative tools, techniques, and strategies for promoting psychological flexibility and profound behavioral change. However, there are several challenges and frustrations that can arise when delivering ACT in-session. In the tradition of the hugely popular professional guide *ACT Made Simple*, ACT Questions and Answers offers practical tools for overcoming common sticking points in-session. You'll find effective tips and strategies for moving past misconceptions about mindfulness and acceptance, how to deal with reluctant or unmotivated clients, and how to break down communication barriers that can stand in the way of progress. You'll also find links to free downloadable resources. If you are new to ACT—or just want to improve your delivery—this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

A practical introduction to Acceptance and Commitment Therapy (ACT) for the general reader. From one of the co-authors of the Little CBT Workbook, The Little ACT Workbook's simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better. Acceptance and Commitment Therapy (ACT) is an empirically-supported mindfulness-based behavioural therapy, gaining significant ground in the UK. This helpful book is packed full of guidance, techniques and a series of practical exercises so you can immediately start applying key ACT principles to your day-to-day life. Learn how to: Manage stress, depression and anxiety more effectively Improve your mood and resilience Create an enjoyable, meaningful and fuller life Rather than assuming that you need to change your thoughts and emotions in order to feel better, ACT shows you how to change your relationship to your thoughts and feelings, and to loosen up around them in order to engage in value-based action. The Little ACT Workbooksures you have the insight, tools and confidence to apply these valuable principles to your own situation and put them into practice today.

The Little ACT Workbook

ACT in Steps

A Step-by-Step Guide to Dialectical Behavior Therapy

Learning ACT

Tools for Fostering Psychological Flexibility

A CBT Practitioner's Guide to ACT

When Life Hits Hard

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

Integrating acceptance and commitment therapy (ACT) is expanding rapidly. Many of those who are trained using a mechanistic cognitive-behavioral therapy model (or MCBT). Utilizing both ACT and MCBT together can be difficult, because the approaches make different philosophical assumptions and have different theoretical models. The core purpose of the book is to help provide a bridge between ACT and MCBT. The emphasis of this book will be applied psychology, but it will also have important theoretical implications. The book will highlight where ACT and MCBT differ in their predictions, and will suggest directions for future research. It will be grounded in current research and will make clear to the reader what is known and what has yet to be tested. The core theme of a CBT-Practitioner's Guide to ACT is that ACT and CBT can be unified if they share the same philosophical underpinnings (functional contextualism) and theoretical orientation (relational frame theory, or RFT). Thus, from a CBT practitioner's perspective, the mechanistic philosophical core of MCBT can be dropped, and the mechanistic information processing theory of CBT can be held lightly and ignored in contexts where it is not useful. From an ACT practitioner's perspective, the decades of CBT research on cognitive schema and dysfunctional beliefs provides useful information about how clients might be cognitively fused and how this fusion might be undermined. The core premise of the book is that CBT and ACT can be beneficially integrated, provided both are approached from a similar philosophical and theoretical framework. The authors acknowledge that practitioners often have little interest in extended discussions of philosophy and theory. Thus, their discussion of functional contextualism and RFT is grounded clearly in clinical practice. They talk about what functional contextualism means for the practitioner in the room, with a particular client. They describe how RFT can help the practitioner to understand the barriers to effective client action.

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

Acceptance and commitment therapy (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.

Jon Hill and Joe Oliver introduce the Acceptance and Commitment Coaching (ACC) model with clarity and accessibility, defining it as an approach that incorporates mindfulness and acceptance, focusing on committed, values-based actions to help coaches make meaningful changes to their lives. Acceptance and Commitment Coaching: Distinctive Features explains the ACC model in such a way that the reader will be able to put it into practice immediately, as well as offering sufficient context to anchor the practical tools in a clear theoretical framework. Split into two parts, the book begins by emphasising ACC's relevance and its core philosophy before providing an overview of its key theoretical points and the research that supports it. The authors also explain the six key ACC processes: defusion, acceptance, contact with the present moment, self as context, values and committed action, and explain how to use them in practice. Hill and Oliver address essential topics, such as the critical work needed before and as you begin working with a coachee, how to use metaphor as an effective tool as a coach, and they finish by offering helpful tips on how to help coaches maintain their positive changes, how to make ACC accessible to all types of client, how to manage challenging coachees and how to work with both individuals and groups using ACC. Aimed specifically at coaches, the book offers context, examples, practically and a unique combination of practical and theoretical points in a concise format. Acceptance and Commitment Coaching: Distinctive Features is essential reading for coaches, coaching psychologists and executive coaches in practice and in training. It would be of interest to academics and students of coaching psychology and coaching techniques, as well as Acceptance and Commitment Therapy (ACT) practitioners looking to move into coaching.

The Big Book of ACT Metaphors

Stop Struggling, Start Living

A New Approach to Building Psychological Flexibility Across Settings and Populations

The Happiness Trap Pocketbook

Learning to Thrive

King Lear

A Practical Guide to Acceptance and Commitment Therapy

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 clinicians 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.

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's skills, and character stories are used to demonstrate the spectrum of how they might be employed.

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness-based acceptance and commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

Bitter, satirical comedy in blank verse is one of the great Elizabethan dramatist's finest plays. The plot concerns a wealthy, lecherous old man who feigns a mortal illness in order to solicit bribes from greedy acquaintances who hope to inherit his fortune. Many complexities of plot and convivance ensue, but in the end, the guilty parties are exposed and punished. Explanatory footnotes. 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. It is available in Spanish. 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 Coaching

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

Beowulf

The ACT Approach

A Practical Guide to Therapeutic Relationships

Volpone

An Acceptance and Commitment Therapy Skills Training Manual for Therapists

PRESENTED STRATEGIES TO MANAGE ANXIETY, DEPRESSION, WORRY AND OTHER COMMON MENTAL HEALTH CONCERNS. Cognitive behavioural therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. Cognitive Behavioural Therapy Made Simple delivers a simplified and streamlined version of the most essential parts of cognitive behavioural therapy and applying them to your life. Written by licensed psychologist and bestselling author Seth Gilligan, Cognitive Behavioural Therapy Made Simple replaces workbook pages and technical language with quick and highly accessible cognitive behavioural therapy strategies that can be used on an as-needed basis. Tinted with simple and straightforward language, Cognitive Behavioural Therapy Made Simple encourages readers to succeed with: Practical explanations of 10 essential CBT principles; such as challenging negative thought patterns, behavioural activation, and overcoming procrastination, organized in a similar structure to in-person cognitive behavioural therapy Supportive guidance for creating goals and outlining strategies to help yourself meet them Helpful self-evaluation sections: to help you track your progress and reflect on what you've learned using cognitive behavioural therapy For people who are interested in realizing the proven benefits of CBT, Cognitive Behavioural Therapy Made Simple is a vital resource that will promote personal growth as you overcome challenges and improve your wellbeing.

Did you come from Mexico? Or Mexican-American defends Joaquin, a boyy fri, Mexico who came across the border. The Border Patrol is looking for him and his mother who are hiding. His newly found friend Prietta took him to the Herb Lady to help him red wallets.

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment — 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 Harris, 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.

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 as 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 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* uses 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.

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

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

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

Reclaim Your Life

A Practitioner's Guide to Working with Mind, Body, and Emotion Using Acceptance and Commitment Therapy

An Easy-To-Read Primer on Acceptance and Commitment Therapy

The Happiness Trap

Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT, has rapidly become one of the most popular and most effective treatments for all mental health conditions focused in our-of-control emotions. However, there are limited resources for practitioners seeking to use DBT skills with individual clients. In the tradition of ACT Made Simple, DBT Made Simple provides clinicians with everything they need to know to start using DBT in the therapy room. The first part of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The second part focuses on strategies professionals can use in individual client sessions, while the third section teaches the four key skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The book includes handouts, case examples, and example therapist-client dialogue—everything clinicians need to equip their clients with these effective and life-changing skills.

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 help clients overcome psychological rigidity. ACT is an evidence-based, empirically supported, and committed to simple 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.

Covritten with the founders of functional analytic psychotherapy, Functional Analytic Psychotherapy Made Simple offers a practical, behavioral treatment approach focused on client interpersonal relationships and the therapeutic relationship. Functional analytic psychotherapy (FAP) is a research-based treatment for mental health disorders and has been shown to enhance the quality of interpersonal relationships. If you're a therapist, how you relate to your clients can have a profound impact on treatment outcomes. This book integrates the latest research on the importance of the therapist-client relationship with the new science of social connection into a user-friendly, flexible clinical framework. In this book, you'll find an introduction to the conceptual foundations and clinical practice of FAP, with an emphasis on practical clinical scenarios and personal reflection. You'll learn the theoretical basis of FAP in contextual behavioral science and how to apply functional analysis—the core assessment method of behavior therapy—to the therapeutic relationship. You'll learn to understand the therapeutic relationship

Functional Analytic Psychotherapy Made Simple

An Acceptance and Commitment Therapy Workbook

10 Strategies for Managing Anxiety, Depression, Anger, Panic and Worry

A Transdiagnostic Manual for Learning Acceptance and Commitment Therapy

ACT Made Simple

Acceptance and Commitment Therapy For Dummies

ACT Made Simple An Easy-To-Read Primer on Acceptance and Commitment Therapy New Harbinger Publications

How to Transcend Grief, Crisis, and Loss with Acceptance and Commitment Therapy

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

Cognitive Behavioural Therapy Made Simple

An Illustrated Guide on how to Stop Struggling and Start Living

DBT with Love

DBT Made Simple

Getting Unstuck in ACT