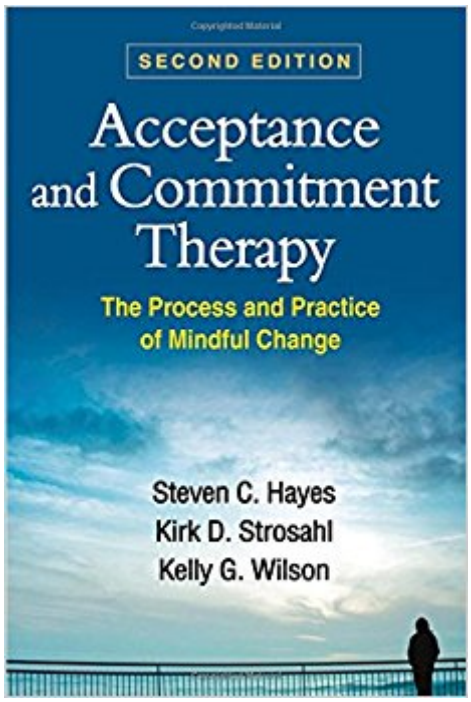
Ebook Directory
the best source of ebook

The book was found

Acceptance And Commitment Therapy, Second Edition: The Process And Practice Of Mindful Change



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

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.

Book Information

Paperback: 402 pages

Publisher: The Guilford Press; 2 edition (August 29, 2016)

Language: English

ISBN-10: 1462528945

ISBN-13: 978-1462528943

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 33 customer reviews

Best Sellers Rank: #25,949 in Books (See Top 100 in Books) #61 inÃ Â Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #62 inÃ Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry #83 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry

Customer Reviews

"A 'must read' for everyone in the field of psychotherapy or behavior therapy, as well as students entering the profession. The significantly revised second edition reviews the growing body of research support for ACT and presents new developments in case conceptualization and treatment implementation."--David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry and Founder and Director Emeritus, Center for Anxiety and Related Disorders, Boston University

"Acceptance and Commitment Therapy, Second Edition, presents new data and clinical insights and expresses the theoretical foundations of ACT in a fresh way. The original book was an extraordinary achievement; the second edition is even better. It shows exactly how basic science and therapeutic application can combine in the service of new and effective methods to alleviate suffering. This book is essential reading for all students and practitioners in clinical psychology, counseling, and psychiatry."--Mark Williams, DPhil, Emeritus Professor of Clinical Psychology, University of Oxford, United Kingdom "Presents an influential approach to helping clients accept their thoughts and feelings and overcome experiential avoidance....The authors delineate a solid clinical rationale and provide clear guidelines for ACT implementation. A real strength of this book is the chapters on each stage of treatment, which detail a wealth of strategies and interventions and include excellent exercises, therapist-client dialogues, and pointers for practice."--Leslie S. Greenberg, PhD, Distinguished Research Professor, Department of Psychology, York University, Canada "In the dynamic field of mindfulness-based therapies, this impressive book is a landmark contribution. The authors offer a sophisticated and wise approach to human transformation, one that has been validated by clinical research and honed by a wide range of clinical applications. This second edition is ideally suited for graduate-level courses in psychotherapy as well as for mental health practitioners. It offers a balance of rich theoretical context and clear, accessible guidance for applying ACT to a range of emotional and behavioral difficulties."--Tara Brach, PhD, author of Radical Acceptance "This second edition is perfectly timed, given the explosion of developments in the underlying theoretical principles and empirical research associated with this approach to treatment. The book is beautifully written and is an outstanding resource for clinician and researcher alike, whether novice or experienced. The principles of functional contextualism and relational frame theory are laid out in an easily understandable yet in-depth manner. The book's presentation of the core principles of ACT--including practical guidance for implementing them in clinical practice--is simply superb. This is an excellent text for graduate students in clinical psychology."--Michelle G. Craske, PhD, Professor and Vice Chair of Psychology and Director, Anxiety Disorders Research Center, University of California, Los Angeles

Steven C. Hayes, PhD, is Nevada Foundation Professor in the Department of Psychology at the University of Nevada. His career has focused on the analysis of the nature of human language and cognition and its application to the understanding and alleviation of human suffering. Ã Â Kirk D. Strosahl, PhD, is a primary care psychologist at Central Washington Family Medicine, in Yakima, Washington, where he is promoting the use of ACT in general medical practice with predominantly

low-income underinsured or uninsured clients. Ã Â Kelly G. Wilson, PhD, is Associate Professor of Psychology at the University of Mississippi, where he is also Director of the Center for Contextual Psychology and the ACT Treatment Development Group.

It’s a very interesting concept to read about. I really enjoyed the perspective it offered. The book as a whole was great! I received it in great condition and quickly. I would recommend this book for others to read.

The seminal work on the theoretical links supporting ACT. Studying this along with experiencing the therapy firsthand breathes life into application. The workbook: Get Out of Your Mind and Into Your Life is very good in fulfilling much of the personal experiential work.

Thorough, in depth, authoritative: these three authors have brought a powerful philosophical perspective forward in such a way that front line clinicians can bring benefits to themselves and others.

I am going through divorce after years of medical trauma. This book, combined with ongoing therapy, has been the most effective therapeutic regime, during the most stressful time I have ever encountered in my life.

This new edition is impressive.This book explains the ACT model clearly, describes the links between ACT and the basic science and gives plenty of practical suggestions for practitioners.Highly recommended.

Found book very thorough and well presented with material that could be integrated into my psychiatry and psychotherapy practice. Covers all aspects of ACT with good examples and well referenced. I’ve now read it through several times and always find to idea to integrate into my work.

Exciting ideas, well written. More clear and useful than first edition, which was also excellent. Very different book with different emphasis from the first edition.

This text is very information and I do intend to use the information I gleaned from reading it. I would recommend it to all my colleagues

Download to continue reading...

Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy The Big Book of ACT Metaphors: A Practitioner’s Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy Break Free: Acceptance and Commitment Therapy in 3 Steps: A Workbook for Overcoming Self-Doubt and Embracing Life Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain Acceptance and Commitment Therapy for Chronic Pain The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy Acceptance and Commitment Therapy (Theories of Psychotherapy) Learning ACT for Group Treatment: An Acceptance and Commitment Therapy Skills Training Manual for Therapists ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) Get Out of Your Mind & Into Your Life: The New Acceptance & Commitment Therapy Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Savor: Mindful Eating, Mindful Life Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation

Contact Us

DMCA

Privacy

FAQ & Help