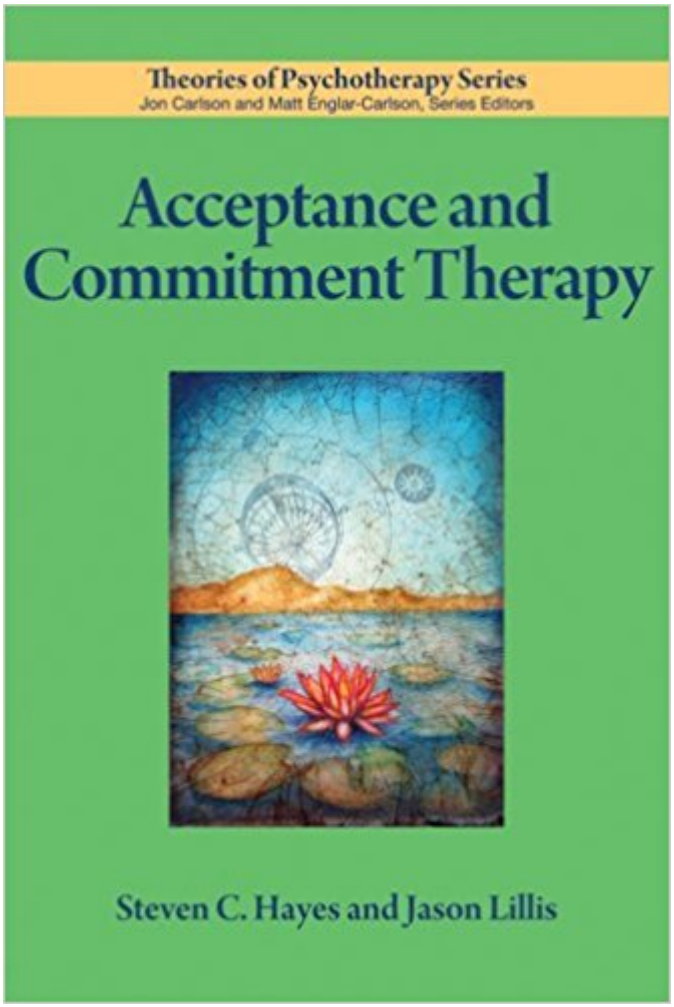
Ebook Directory
the best source of ebook

The book was found

Acceptance And Commitment Therapy (Theories Of Psychotherapy)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness processes, and commitment and behavior change processes to produce psychological flexibility. Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles.In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behavior change.The latest edition in the Theories of Psychotherapy SeriesÃ Â®, Acceptance and Commitment Therapy examines the therapy's history and process, evaluates the therapy's evidence base and effectiveness, and suggests future directions in the therapy's development.

Book Information

Series: Theories of Psychotherapy

Paperback: 168 pages

Publisher: American Psychological Association (APA); 1 edition (May 15, 2012)

Language: English

ISBN-10: 1433811537

ISBN-13: 978-1433811531

Product Dimensions: 5.8 x 0.4 x 8.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 7 customer reviews

Best Sellers Rank: #78,991 in Books (See Top 100 in Books) #77 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #195 inÃ Â Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #229 inÃ Â Books > Textbooks > Social Sciences > Psychology > Psychopathology

Customer Reviews

Steven C. Hayes, PhD, is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of 35 books and over 475 scientific articles, his career has focused on an analysis of the nature of human language and cognition and the application of this to the understanding and alleviation of human suffering. His work has been recognized by several awards including the Exemplary Contributions to Basic Behavioral Research and Its Applications from

APA’s Division 25 (Behavior Analysis), the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.Jason Lillis, PhD, is an instructor in the department of psychiatry and human behavior at The Warren Alpert Medical School of Brown University and a clinical psychologist at the Weight Control and Diabetes Research Center at The Miriam Hospital. He earned his PhD in clinical psychology from the University of Nevada, Reno, and completed his clinical internship at VA Palo Alto Health Care System, followed by a postdoctoral fellowship in health services research at Stanford University. Jason is a leading researcher and an internationally recognized trainer of Acceptance and Commitment Therapy.

This was bought for an advanced Clinical counseling class and is a terrific wealth of information on ACT or Acceptance Commitment Therapy

I have fallen in love with ACT - it makes total and complete sense to me. I will be devouring everything that I can find to read about it and S. Hayes. Good stuff.

It’s a perfect way to get introduced to ACT. I loved it and bought another book written by the same author. I do recommend.

It’s an excellent book.

Enjoyed this book. Easy read and informative.

Interesting.

Written in such a way that you can hardly make out what the author is saying .Full of double speak. Tries to impress you with language that makes it too hard to comprehend . This book is a study on verbage gone haywire and therefore it defeats it’s own purpose . A waste of your time . Not recommended .

Download to continue reading...

Acceptance and Commitment Therapy (Theories of Psychotherapy) 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 The Great Psychotherapy Debate: The Evidence for What Makes Psychotherapy Work (Counseling and Psychotherapy) 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 Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change 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 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) Counseling and Psychotherapy Theories in Context and Practice, with Video Resource Center: Skills, Strategies, and Techniques Theories of Psychotherapy & Counseling: Concepts and Cases, 5th Edition

Contact Us

DMCA

Privacy

FAQ & Help