## Committed Action

pursue the things that are important to you

## Values

discover what is really important to you

## Acceptance

be willing to experience difficult thoughts

# ACT

Psychological Flexibility

## Self as Context

notice your thoughts

## Cognitive Defusion

from your thoughts and feelings

# Being Present

focus on the here and now

# **Acceptance Commitment Therapy Manual**

Paul E. Flaxman, Frank W. Bond, Fredrik Livheim

#### **Acceptance Commitment Therapy Manual:**

ACT in Steps Michael P. Twohig, Michael E. Levin, Clarissa W. Ong, 2020-08-14 ACT acceptance and commitment therapy can be applied to any psychological disorder that involves struggle with inner experiences With over 300 randomized clinical trials supporting its effectiveness ACT has seen rapid growth in popularity and an increasing number of therapists are being trained in its use As such the demand for practical resources on providing ACT has never been greater ACT in Steps is aimed at any therapist who wants to get familiar with ACT Chapters walk therapists through a recommended sequence of ACT sessions including creative hopelessness control as the problem acceptance defusion mindfulness values and committed action and provide accompanying materials for clients The book also provides information on assessment case conceptualization treatment planning and intervention that therapists can use as a starting point for practicing ACT Exercises and worksheets are included which will continue to be useful long after readers have achieved mastery of ACT Designed to serve as a more structured framework from which therapists can learn and experiment with ACT concepts ACT in Steps is suitable for anyone interested in applying ACT across a range of presentations from graduate students seeing their first clients to clinicians with years of experience interested in learning about ACT for the first time Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2007-11-01 The groundswell of interest in acceptance and commitment therapy ACT is among the most remarkable developments in contemporary psychotherapy Whether you are new to the profession or an experienced clinician with an established career seeking to incorporate ACT work into your practice this book is an essential resource ACT is both a unique approach and somewhat counterintuitive in its methods Learning to do ACT well requires practice patience and good information This book is a major contribution to ACT professional literature a comprehensive activity based workbook that will 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 Learning ACT begins with an overview of the ACT model outlining its theoretical and philosophical underpinnings Next you will learn how to understand and make use of the six core ACT processes In later chapters you ll be introduced to the ACT approach to establishing an effective and powerful therapeutic relationship and learn to conceptualize cases from an ACT perspective Throughout these chapters are numerous exercises to help you apply what you are learning in order to process the material at a deeper level Unique to this volume is a DVD that includes role played examples of the core ACT processes in action Use this helpful addition to bring to life the concepts developed in the text An invaluable aid to serious ACT study the DVD can be reviewed often as you gain facility with the model The Mindful and Effective Employee Paul E. 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Joann Wright, 2017-06-01 Learning ACT for Group Treatment presents a powerful manual for clinicians therapists and counselors looking to implement acceptance and commitment therapy ACT in group therapy with clients The book is a composite of stand alone sessions and provides detailed explanations of each of the core ACT processes as well as printable worksheets tips on group session formatting and a wide range of activities that foster willingness cooperation and connection among participants **Acceptance and Commitment Therapy Manual for Addiction Recovery** Maxine D Condon, 2023-11-20 Break Free from Addiction A Journey to Freedom and Fulfilment Begins with Acceptance and Commitment Therapy Embark on a transformative journey with Acceptance and Commitment Therapy Manual for Addiction Recovery This isn t just a book it s a lifeline for those seeking a way out of the grip of addiction Imagine a life free from the chains of dependency a life where you re in control experiencing true freedom and fulfillment Rediscover Yourself ACT opens the door to self discovery helping you understand the roots of addiction and guiding you towards genuine self acceptance Break the Chains Learn practical strategies to break free from the vicious cycle of addiction empowering you to regain control of your life Lasting Change Unlike quick fixes ACT provides tools for long term change allowing you to build a foundation for a future filled with purpose and fulfillment Embrace the Journey Discover how to navigate setbacks and challenges with resilience turning obstacles into opportunities for growth Mindful Living ACT equips you with mindfulness techniques helping you live in the present moment and build a life in alignment with your values ACT isn t just another method it s a holistic approach that addresses the psychological emotional and behavioral aspects of addiction This isn t about guick fixes it s about sustainable meaningful change This manual is designed for practical implementation With straightforward exercises and actionable steps it s a guide that respects your time while delivering profound results Now is the moment to reclaim your life Acceptance and Commitment Therapy Manual for Addiction Recovery is your roadmap to lasting freedom and fulfillment GET A COPY TODAY and take the first step towards a brighter more fulfilling future Your The ^AOxford Handbook of Acceptance and Commitment Therapy ,2023-06-20 In journey to recovery starts now The Oxford Handbook of Acceptance and Commitment Therapy Michael P Twohig Michael E Levin and Julie M Petersen bring together contributions from the world's leading scholars to create a comprehensive volume on established areas of ACT The Handbook presents the first scholarly review of the treatment as it has developed over the past two to three decades Featuring 33 chapters on key aspects of the treatment the contributors offer analysis on ACT s conceptual and theoretical underpinnings applications to specific populations and problems methods of implementation and other special topics They will further cover theory empirical support and scholarly descriptions of treatment application The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy Timothy J. 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