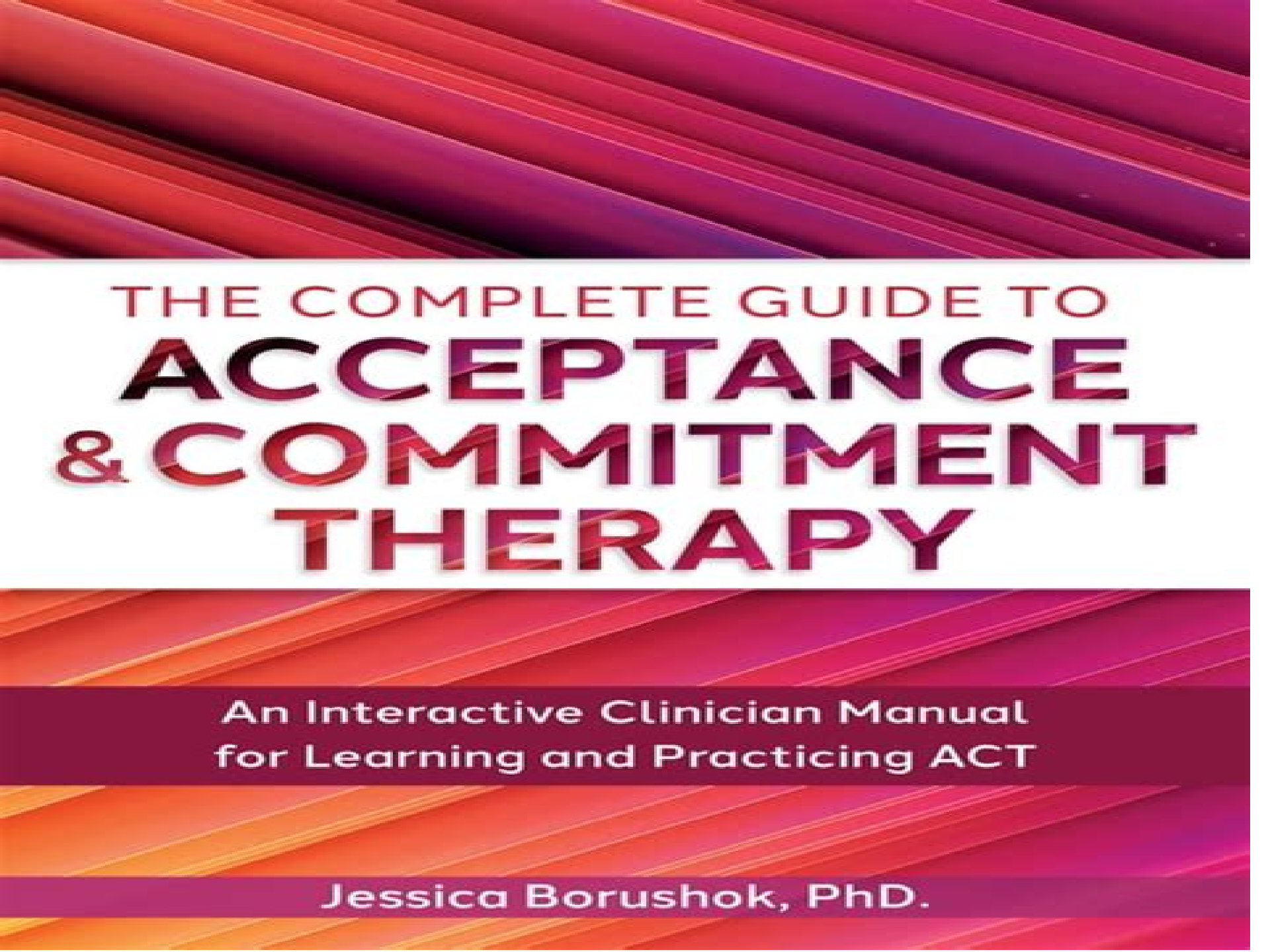




THE COMPLETE GUIDE TO **ACCEPTANCE & COMMITMENT THERAPY**

An Interactive Clinician Manual
for Learning and Practicing ACT

Jessica Borushok, PhD.

Acceptance Commitment Manual

Darrah Westrup, M. Joann Wright



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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. [Learning ACT](#)

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 will 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. Flaxman, Frank W. Bond, Fredrik Livheim, 2013-05-01 The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings. *Learning ACT for*

Group Treatment Darrah Westrup, M. 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 for Psychiatric Disorders, An Issue of Psychiatric Clinics of North America Michael Levin, Samuel Spencer, 2025-08-04 In this issue of Psychiatric Clinics guest editors Drs Michael Levin and Sam Spencer bring their considerable expertise to the topic of Acceptance and Commitment Therapy Over the last 25 years acceptance and commitment therapy ACT an action oriented approach to psychotherapy has become widely used and is accepted as an effective technique for treating a variety of physical and mental conditions In this issue top experts discuss ACT for anxiety disorders psychosis substance use disorders PTSD hoarding disorder psychiatric conditions in youth and more Contains 14 relevant practice oriented topics including ACT for obsessive compulsive disorder depression eating disorders and more as well as research design and measurement related considerations in ACT and ACT and future of process based therapy Provides in depth clinical reviews on acceptance and commitment therapy offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

Acceptance and Commitment Therapy Manual for Addiction Recovery Maxine D Condon, 2023-11-20 Break Free from Addiction A Journey to Freedom and Fulfillment 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 quick 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 journey to recovery starts now *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy* Timothy J. Petersen, Susan E. Sprich, Sabine Wilhelm, 2015-09-29 Cognitive Behavioral Therapy CBT has a growing evidence base that supports its efficacy in treating a wide range of psychiatric disorders and has been adapted for use with more complicated patient populations and for different stages of psychiatric illness As the first Massachusetts General Hospital branded text on the subject this is a cutting edge tool that is unlike any current book on CBT The authors for this handbook are among the world's foremost experts in their specialty area and are actively engaged in dynamic research evaluating the efficacy of CBT as well as identifying mechanisms of action for this treatment This title provides in depth coverage of the historical background of the development of CBT a comprehensive review of relevant outcomes data a survey of mechanisms by which CBT exerts its effect and most importantly a take away tool box of CBT strategies and techniques that can be immediately implemented in clinicians practices The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy reaches and improves the clinical practices of a broad base of front line mental health practitioners including psychiatrists and therapists **DBT Skills Training Manual**, [The Wiley Handbook of Contextual Behavioral Science](#) Robert D. Zettle, Steven C. Hayes, Dermot Barnes-Holmes, Anthony Biglan, 2016-01-19 The Wiley Handbook of Contextual Behavioral Science describes the philosophical and empirical foundation of the contextual behavioral science movement it explores the history and goals of CBS explains its core analytic assumptions and describes Relational Frame Theory as a research and practice program This is the first thorough examination of the philosophy basic science applied science and applications of Contextual Behavioral Science Brings together the philosophical and empirical contributions that CBS is making to practical efforts to improve human wellbeing Organized and written in such a way that it can be read in its entirety or on a section by section basis allowing readers to choose how deeply they delve into CBS Extensive coverage of this wide ranging and complex area that encompasses both a rich basic experimental tradition and in depth clinical application of that experimental knowledge Looks at the development of RFT and its implications for alleviating human suffering **Handbook of Psychotherapy Case Formulation** Tracy D. Eells, 2022-04-22 Now in a significantly revised third edition featuring 60% new material this is the authoritative clinical reference and course text on a crucial psychotherapy skill Leading practitioners of major psychotherapies describe step by step how to construct sound case formulations and use them to guide individualized treatment Following a standard format chapters cover the historical background of each case formulation approach its conceptual framework and evidence base multicultural considerations steps in implementation application to treatment planning and practice and training resources Rich case material includes examples of completed formulations New to This Edition Chapters on additional models mindfulness based cognitive therapy acceptance and commitment therapy couple therapy and thematic mapping Chapters on specific approaches for personality disorders suicidality and panic disorder

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