

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

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*Acceptance and Commitment Coaching* Routledge

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.

**A Comprehensive Guide for Acceptance and Commitment Therapy** New Harbinger Publications

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.

**Treating Teens and Adolescents in Individual and Group Therapy** New Harbinger Publications

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

**Trauma-Focused ACT** New Harbinger Publications

Interest in acceptance and commitment therapy (ACT) is expanding rapidly. Many of those who are interested in ACT 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.

**Brief Interventions for Radical Change** Guilford Publications

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 tools 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.

**Stop Struggling, Start Living** New Harbinger Publications

Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

**Acceptance and Commitment Therapy for Chronic Pain** Hachette UK

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? 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 ' 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.

**A Practical Guide to Acceptance and Commitment Therapy** New Harbinger Publications

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. An invaluable resource for rehabilitation specialists, psychologists, physicians, nurses, and others.

**Finding Peace and Fulfillment When Life Hurts** RH Childrens Books

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.

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

Harness ACT to live a healthier life Do you want to change your relationship with painful thoughts and feelings that are holding you back from making changes to improve your life? In **Acceptance and Commitment Therapy For Dummies**, you'll discover how to identify negative and unhealthy modes of thinking and apply Acceptance and Commitment Therapy (ACT) principles throughout your day-to-day life, creating a healthier, richer and more meaningful existence with yourself and others. Closely connected to Cognitive Behavioural Therapy (CBT), ACT is an evidence-based, NICE-approved therapy that uses acceptance and mindfulness strategies mixed in with commitment and behaviour-changing strategies to help people increase their psychological flexibility in both their personal and professional lives. With the help of this straightforward and authoritative guide, you'll find out how to target unpleasant feelings and not act upon them—without sending yourself spiraling down the rabbit hole. The objective is not happiness; rather, it is to be present with what life brings you and to move toward valued behaviour. Shows you how to banish unhelpful thoughts Guides you to making room for painful feelings Teaches you how to engage fully with your here-and-now experience Helps you cope with anxiety, depression, stress, OCD and psychosis Whether you're looking to practice self care at home or are thinking about seeing an ACT therapist, **Acceptance and Commitment Therapy For Dummies** makes it easier to live a healthier and more productive life in spite of—and alongside—unpleasantness.

**A New Approach to Building Psychological Flexibility Across Settings and Populations** New Harbinger Publications

The “ reality slap ” takes many different forms. Sometimes, it ' s more like a punch: the death of a loved one, a serious illness, a divorce, the loss of a job, a freak accident, or a shocking betrayal. Sometimes it ' s a little gentler. Envy, loneliness, resentment, failure, disappointment, and rejection can sting just as much. But whatever form your reality slap takes, one thing ' s for sure—it hurts! And most of us don ' t deal with the pain very well. The Reality Slap offers a four-part path for healing from crises based on acceptance and

commitment therapy. In these pages, you will learn how to:

- Find peace in the midst of your pain
- Rediscover calm in the midst of chaos
- Turn difficult emotions into wisdom and compassion
- Find fulfillment, even when you can't get what you want
- Heal your wounds and emerge stronger than before

Unlike some self-help books that claim you can have everything you ever wanted in life, if you only put your mind to it, this book claims that you can't have everything in life. The hard truth of this world is that we are all going to experience disappointment, frustration, failure, loss, rejection, illness, injury, aging, and death at some point. However, in spite of all this, you can still lead a rich and rewarding life. Let this book be your guide.

Learning ACT New Harbinger Publications

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

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

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.

Principles and Practice of Focused Acceptance and Commitment Therapy Rockridge Press

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 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.

A Practitioner's Guide to Using Mindfulness & Acceptance Strategies Penguin

Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment—a traditional approach that implies, at least on some level, that there is something 'wrong' with the client—ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not

surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office. The book comes with a CD-ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging.

Acceptance & Commitment Therapy for the Treatment of Post-traumatic Stress Disorder & Trauma-related Problems Echo Point Books & Media, LLC

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.

Acceptance and Commitment Therapy New Harbinger Publications

From the bestselling author of *Charlie and the Chocolate Factory* and *The BFG!* Last seen flying through the sky in a giant elevator in *Charlie and the Chocolate Factory*, Charlie Bucket's back for another adventure. When the giant elevator picks up speed, Charlie, Willy Wonka, and the gang are sent hurtling through space and time. Visiting the world's first space hotel, battling the dreaded Vermicious Knids, and saving the world are only a few stops along this remarkable, intergalactic joyride.

ACT for Depression New Harbinger Publications

"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!

New Harbinger Publications

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.

[CFT Made Simple](#) New Harbinger Publications

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*.