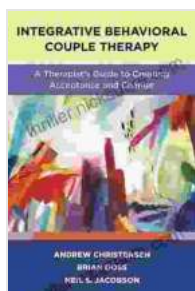


The Therapist's Guide to Creating Acceptance and Change, Second Edition: A Moment-by-Moment Approach to Mindfulness and Acceptance

This book provides a comprehensive guide to Acceptance and Commitment Therapy (ACT), a mindfulness-based approach to psychotherapy that has been shown to be effective in treating a wide range of mental health conditions, including anxiety, depression, and addiction. The book is divided into three sections, each of which focuses on a different aspect of ACT therapy.



Integrative Behavioral Couple Therapy: A Therapist's Guide to Creating Acceptance and Change, Second Edition by Neil S. Jacobson

★★★★☆ 4.8 out of 5

Language : English
File size : 1372 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 417 pages



The first section provides an overview of the ACT model and the principles of mindfulness and acceptance. The ACT model is based on the idea that psychological suffering is caused by our attempts to control our thoughts, feelings, and experiences. When we try to control our inner world, we

create a sense of struggle and resistance, which only makes our suffering worse. Mindfulness and acceptance are two important tools that can help us to let go of our struggles and accept our experiences as they are. Mindfulness helps us to observe our thoughts and feelings without judgment, while acceptance helps us to acknowledge that our experiences are part of life and that we cannot always change them.

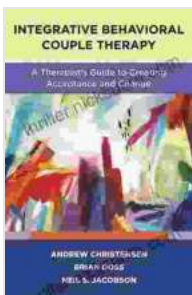
The second section of the book describes the six core processes of ACT therapy, which are designed to help clients develop psychological flexibility and overcome the obstacles that prevent them from achieving their goals. The six core processes are:

1. **Acceptance:** Accepting our thoughts, feelings, and experiences as they are, without trying to control or change them.
2. **Cognitive defusion:** Distancing ourselves from our thoughts and seeing them as just thoughts, rather than as facts or truths.
3. **Being present:** Focusing on the present moment, rather than dwelling on the past or worrying about the future.
4. **Self as context:** Seeing ourselves as a context for our thoughts and feelings, rather than as our thoughts and feelings.
5. **Values:** Clarifying our values and living in accordance with them.
6. **Committed action:** Taking action towards our goals, even when we feel afraid or uncertain.

The third section of the book provides a detailed guide to using ACT therapy in a variety of clinical settings, including individual therapy, group therapy, and couples therapy. The book includes a number of case

examples and exercises that can be used to help clients learn and apply the principles of ACT therapy.

The Therapist's Guide to Creating Acceptance and Change, Second Edition is an essential resource for therapists who want to learn more about ACT therapy and how to use it to help their clients. The book is well-written and easy to follow, and it provides a wealth of practical information and guidance.

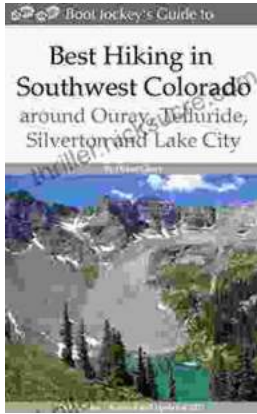


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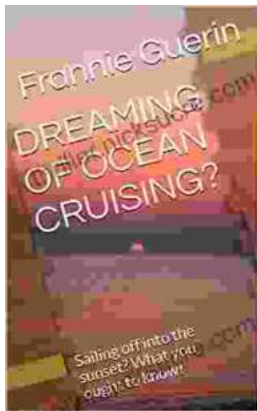
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