



A Practical Guide to Acceptance and Commitment Therapy

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This book is the most practical clinical guide on Acceptance and Commitment Therapy (ACT said as one word, not as initials) yet available. It is designed to show how the ACT model and techniques apply to various disorders, settings, and delivery options. The authors of these chapters are experts in applying ACT in these various areas, and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues. The purpose of this book, in part, is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit. The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems. Already there are controlled data in many of these areas, and soon that database will be much larger. The theory underlying ACT (Relational Frame Theory or "RFT"-and yes, here you say the initials) makes a powerful claim: psychopathology is, to a significant degree, built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

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Editorial Review

Review

"ACT opened the door to more fascinating discoveries about human beings, language, and psychopathology in general. Within these discoveries also lie the treatment technologies comprising ACT that are competently presented in this book, **A Practical Guide to Acceptance and Commitment Therapy**. . .As the authors describe, this book is the first practical guide that highlights the ACT approach for numerous disorders and presents it in detail. . .The innovative conceptualization of psychopathology, presented in ACT, may appeal to practioners because it provides answers and alternatives to relapse and the difficulties some clients present with being unable to gain control of their symptoms. Practioners may also like the technology and the metaphors used in ACT. . .In each chapter presenting ACT for a different group of disorders, the authors skillfully present a formulation of the disorder based on the ACT principles and then describe the ACT approach for the specific disorder or group of disorders. . . "

By Maria Karekla & Marianna Charilaou, *PsycCRITIQUES*, American Psychological Association, Volume 50, Number 52.

From the Back Cover

Long awaited, here is the first book to apply the Acceptance and Commitment Therapy (ACT) model and its powerful techniques to a broad range of disorders and clinical settings. An innovative and groundbreaking approach, ACT cuts across the traditional categories of experiential, analytic, behavioral and cognitive therapies to utilize concepts of mindfulness and acceptance and the view that language is at the core of many psychological disorders. With the help of 26 expert contributors, ACT architects Hayes and Strosahl have expanded on their previous texts to give readers an elegant source of ideas for using this language/cognition-based method.

- A concise overview of the theory, core processes, and key therapeutic messages of ACT, plus a framework for case conceptualization using ACT.
- Techniques for using ACT to treat common behavior problems, including affective disorders, anxiety disorders, PTSD, and substance abuse/addiction. Chapters are included on clients with multiple problems and the severely mentally ill.
- Uses of ACT for stress relief, for chronic pain management, and in inpatient medical settings.
- Special chapters on children and families, and ACT with groups.

Modeling the psychological flexibility that is so crucial to treatment, chapters illustrate ACT's adaptability to client problems as they arise, and its built-in strategies for cutting through impasses. Further, the book cogently differentiates ACT from related modes of therapy.

This user-friendly volume will be a welcome guide for practitioners and students alike. It offers both a cogent theoretical model and a clinical guide for all professionals who treat mental health problems,

regardless of theoretical orientation.

About the Author

Steven C. Hayes, Ph.D. is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of more than twenty books and more than 325 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. In 1992 he was listed by the Institute for Scientific Information as the 30th "highest impact" psychologist in the world during 1986-1990 based on the citation impact of his writings. Dr. Hayes has been President of Division 25 of the American Psychological Association, of the American Association of Applied and Preventive Psychology and of the Association for Advancement of Behavior Therapy. He was the first Secretary-Treasurer of the American Psychological Society, which he helped form. He has received the Don F. Hake Award for Exemplary Contributions to Basic Behavioral Research and Its Applications from Division 25 of the American Psychological Association and was appointed by HHS Secretary Donna Shalala to a 5 year term on the National Advisory Council on Drug Abuse in the NIH.

Users Review

From reader reviews:

Ramona Johnson:

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled A Practical Guide to Acceptance and Commitment Therapy can be great book to read. May be it can be best activity to you.

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Phyllis Sharrow:

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