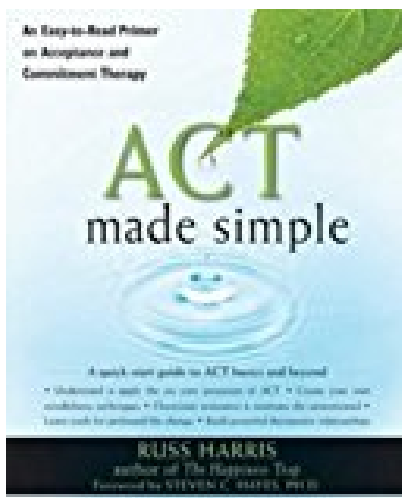


ACT Made Simple An Easy-To-Read Primer on Acceptance and Commitment Therapy The New Harbinger Made Simple Series



BOOK DETAILS

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- Pages : 280 Pages
- Publisher : New Harbinger Publications
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BOOK SYNOPSIS

Would you like to be less stressed and more fulfilled at work? Then join the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). ACT is not just a proven effective treatment for depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and myriad other psychological issues. Its 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 and entertaining 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 this book, youll 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 Practical tips to overcome therapy roadblocks

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