

Act And Rft In Relationships Joanne Dahl

Acceptance & Commitment Therapy for Anxiety Disorders - Georg H. Eifert 2005

Accompanying CD-ROM "includes client worksheets, questionnaires, and inventories."

[The Art and Science of Valuing in Psychotherapy](#)
- JoAnne Dahl 2009-07-01

Valuing is central to acceptance and commitment therapy (ACT), yet few therapists truly understand how to engage clients in this complex process. Questions such as What is the purpose of my life? and How do I make decisions? are difficult to answer honestly for ourselves, let alone share with another person. *The Art and Science of Valuing in Psychotherapy* is the mental health practitioner's complete guide to helping clients identify their values and

apply them to their lives in practical ways. You will also learn to establish your own values as a professional, which may shift from client to client, and act in accordance with these values in therapy. The book provides you with practical tools for conducting values work, including easy-to-understand metaphors, defusion exercises, guided imagery exercises, scripts for role play, client worksheets, assessment quizzes, and more. Once you've mastered the art and science of valuing, you'll find out just how broad the applications for values work can be for conceptualization and interventions in the workplace, in organizations, and on the community level, and discover how effective values work can be for tapping into your clients'

capacity for change. [The Art and Science of Valuing in Psychotherapy] will illuminate how a focus on values can inform every aspect of psychotherapy, from case conceptualization to the therapeutic relationship. At once accessible and profound... highly recommended. -Steven C. Hayes, Ph.D., University of Nevada Foundation Professor of Psychology at the University of Nevada, Reno

The Diet Trap - Jason Lillis 2014-02-02

Have you tried every diet or weight loss plan under the sun, but still can't manage to lose weight and keep it off? You aren't alone. Each year, Americans spend billions of dollars on weight-loss products, yet we continue to have the highest obesity rate in the world. After trying and failing countless times, you have to begin to wonder, "What am I doing wrong?" The problem with most fad diets is that they only attack the symptom of the problem, not the cause. No matter how much you try to deny yourself the food you crave, you always end up reverting

back to bad habits. You might even lose weight initially, but more often than not you'll gain it back—with a couple extra pounds to boot! In order to make real change in your life, you need to change the way you think about food, weight, and what's most important to you. The Diet Trap offers proven-effective methods based in acceptance and commitment therapy (ACT) to help you develop mindful eating habits, self-compassion, and a greater understanding of what it means to live a valued life. ACT is a values-based therapy that has been proven effective for the treatment of weight loss. Because ACT encourages you to accept and experience uncomfortable emotions—rather than succumb to emotional eating—it helps you to stay on your path to lose weight, while also helping you develop compassion toward yourself, no matter how much you weigh. Written by two researchers in the field of ACT, this book offers evidence-based solutions to help you fundamentally change the way you think

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about food, so that you can successfully lose weight, get healthy, and live a happy, fulfilling life without costly and frustrating fad diets.

The Wiley Handbook of Contextual Behavioral Science - Robert D. Zettle
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.

ACT Et RFT in Relationships - 2013

"Even if you are not a couples therapist, chances are you have dealt with clients whose problems are based in relationship issues. In order to successfully treat these clients, you must first help them understand what their values are in these relationships, and how their behavior may be undermining their attempts to seek intimacy and connection. Combining elements of acceptance and commitment therapy (ACT) and relational frame theory (RFT), ACT and RFT for Relationships presents a unique approach for therapists to help clients develop and experience deeper, more loving relationships. By exploring personal values and expectations, and by

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addressing central patterns of behaviors, therapists can help their clients establish and maintain intimacy with their partner and gain a greater understanding of their relationship as a whole. ACT is a powerful treatment model that teaches clients to accept their thoughts, identify their core values, and discover how these values are extended to their relationships with others. RFT focuses on behavioral approaches to language and cognition, and can help clients identify their own expectations regarding relationships and how they might communicate these expectations with their loved ones more effectively. This book aims to shed light on the thought processes behind intimate relationships--from the attraction phase to the end of intimacy--from a functional, contextual perspective"--.

The ACT Matrix - Kevin L. Polk 2014-03-01

If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an

evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the

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six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

Acceptance and Commitment Therapy for Chronic Pain - JoAnne Dahl 2005-04-05

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.

Cravings and Addictions - Maria Karekla 2022-01-02

A powerful, evidence-based program grounded in acceptance and commitment therapy (ACT) for managing cravings related to addictions and taking charge of your life. Whether you struggle with overeating, alcohol, drugs, or smoking, you're all too familiar with the cravings that propel your habit. Cravings—that intense desire for certain substances or behaviors with the aim of feeling pleasure and satisfaction—are the root of all addictive behaviors. Knowing what to do with those urges can make the difference between managing your addiction and giving into it. This book can help. Cravings and Addictions presents practical strategies based in acceptance and commitment therapy (ACT) to

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help you cope with the cravings at the core of your addiction. You'll learn to recognize the cues that lead to addictive behaviors, and discover how you can move beyond addiction to commit to a life driven by what you care about and want in life. If you're ready to stop living life at the mercy of your cravings and addiction, let this book be your guide to regaining control. ACT: Accept, Choose, and Take Action to Manage Your Cravings—and Take Back Control of Your Life! Accept that cravings are a normal part of everyday life, just like other thoughts and feelings. Choose to surrender to the craving—or choose to engage in actions aligned with your goals and values. Take action to change your life for the better—and develop a sense of meaning, purpose, and vitality.

A Contextual Behavioral Guide to the Self -

Louise McHugh 2019-03-01

The self plays an integral role in human motivation, cognition, and social identity. A Contextual Behavioral Guide to the Self

translates this difficult—yet essential—therapeutic process into easy-to-apply steps and user-friendly language. For many clients, it's incredibly difficult to shed preconceived notions of “who they really are,” and negative perceptions of the self can lead to feelings of low self-worth that stand in the way of treatment. Furthermore, every client who partakes in acceptance and commitment therapy (ACT) must identify a self as part of their treatment, and clinicians often report that observing the self, or “self as context,” is the most difficult of all six core ACT processes. Problems with the self arise when clients orient themselves in the world and learn to relate to others, but these problems can vary considerably. For example, some clients may have deficits in developing a strong sense of self in the first place—particularly if they are diagnosed with autism spectrum conditions (ASC). Depressed clients or those with borderline personality disorder (BPD) may

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develop a skewed, negative sense of self, and those with narcissistic personality disorder (NPD) may develop an inflated sense of self. With this unique road map, you will learn to apply the complex theory of the self into everyday practice, and help all clients develop empathy, compassion, and flexible perspective taking—leading to better treatment outcomes and better lives for clients.

The Self and Perspective Taking - Louise McHugh 2012-02-02

Helping clients cope with problems of self is an important goal of modern psychotherapy. However, without ways of understanding or measuring the self and self-relevant behavior, it's difficult for psychologists and researchers to determine if intervention has been effective. From a modern contextual behavioral point of view, the self develops in tandem with the ability to take perspective on one's own and other people's behavior. This collection of articles by Steven Hayes, Kelly Wilson, Louise McHugh, Ian

Stewart, and other leading researchers begins with a complete history of psychological approaches to understanding the self before presenting contemporary accounts that examine the self and perspective taking from behavioral, developmental, and cognitive perspectives. The articles in *The Self and Perspective Taking* also explore the role of the self as it relates to acceptance and commitment therapy, cognitive behavior therapy, and mindfulness processes. Featuring work from world-renowned psychologists, this resource will help clinicians augment self-understanding in clients, especially those with autism spectrum disorders, schizophrenia, and impaired perspective-taking abilities.

Acceptance and Commitment Therapy - John T. Blackledge 2009

Showcasing the very latest in the theory, research and practice of Acceptance and Commitment Therapy (ACT) across a range of clinical applications, including eating disorders,

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depression, anxiety, schizophrenia, borderline personality disorder, PTSD and substance abuse, with contributions from leading ACT practitioners including co-founders Kirk Strosahl, Kelly Wilson and Rob Zettle. Chapters range from detailed treatments of the scientific and theoretical aspects of the ACT model and research program, to detailed discussions of how to apply ACT to a variety of human problems. Divided into two parts, the first section features theoretical treatments of ACT, with the second (and larger) section presenting extended descriptions of how to apply ACT in different contexts. This rich content mix reflects the strengths of the contextual behavioral science (CBS) research program espoused by Michael Levin and Steven Hayes from the University of Nevada. In the end, ACT is an applied treatment model, and as such, it lives and dies by its ability to effectively benefit a wide variety of clients. In order to make the treatment increasingly effective and to maximize understanding about

precisely how the treatment works, its tenets must be theoretically coherent, firmly based on empirically tried and true principles, and must have its active psychological processes clearly identified and sufficiently assessed. This book clearly demonstrates such a mix of full application, an appreciation of basic-applied research linkage, clear and behaviorally-consistent conceptualization of specific problem areas, and coherent explication of the ACT model. This book will not only tell you what to do with clients struggling with various problems, it will also tell you how those things work.

CBT for Psychosis - Roger Hagen 2013-09-05
This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). CBT for Psychosis shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis. Stressing the important connection between mental illness

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and mental health, further topics of discussion include: the assessment and formulation of psychotic symptoms how to treat psychotic symptoms using CBT CBT for specific and co-morbid conditions CBT of bipolar disorders. This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.

The Art & Science of Valuing in Psychotherapy - JoAnne Dahl 2009

The Art and Science of Valuing in Psychotherapy shows therapists how to help their clients discover and commit to their core values, a key process in acceptance and commitment therapy (ACT). The book also presents the theory and research behind valuing in psychotherapy.

ACT Made Simple - Russ Harris 2019-05-01

NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased

through third-party sellers. 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

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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.

ACT in Practice - Patricia A. Bach 2008

Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; *ACT in Practice* will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models.

Finding Life Beyond Trauma - Victoria M. Follette 2010-02

The mystery of life is not a problem to be solved, but a reality to be experienced. - Zen saying
While the pain and suffering of trauma can seem unbearable, every day we see examples of people who have found a way not only to survive their experiences but also to really live their life to the fullest. This book is about finding your way back to your valued life. In *Finding Life Beyond Trauma* we hope to help you to move toward living a vital, rich, and awake life.

Living Beyond Your Pain - JoAnne Dahl 2006

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.

Learning ACT - Jason B. Luoma 2017-12-01

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, *Learning ACT, Second Edition* includes up-to-date exercises and

references, as well as material on traditional, evidence-based behavioral techniques for use within the ACT framework. In this fully revised and updated edition of *Learning ACT*, you'll find workbook-format exercises to 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. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in

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contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

[The Mindfulness and Acceptance Workbook for Depression](#) - Kirk D. Strosahl 2011-01-26

There are hundreds of books that will try to help you overcome or put an end to depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals that something in your life needs to change. Learning to understand and interpret these signals is much more important than ignoring or avoi...

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2014-01-02

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relationships—from the attraction phase to the

end of intimacy—from a functional, contextual perspective.

Act And Rft In Relationships Joanne Dahl:

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