



Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change (Hardback)

By Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson

Guilford Publications, United States, 2011. Hardback. Condition: New. 2nd New edition. Language: English . Brand New Book. 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.



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