

acceptance and commitment therapy for anxiety

Acceptance and Commitment Therapy for Anxiety: A Comprehensive Guide

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1. Understanding Anxiety and the Limitations of Traditional Approaches

Anxiety, a pervasive and debilitating condition affecting millions worldwide, manifests in various forms,

including generalized anxiety disorder (GAD), social anxiety disorder (SAD), panic disorder, and phobias. Traditional treatments, such as medication and cognitive behavioral therapy (CBT), have proven effective for many, but some individuals find these approaches insufficient or challenging to implement consistently. This is where acceptance and commitment therapy for anxiety offers a valuable alternative or complementary approach. Many individuals experience difficulty controlling their anxious thoughts and feelings, leading to avoidance behaviors that further reinforce the anxiety cycle.

2. Introducing Acceptance and Commitment Therapy (ACT) for Anxiety

Acceptance and commitment therapy for anxiety is a contemporary mindfulness-based approach that focuses on cultivating psychological flexibility. Unlike traditional therapies that aim to eliminate or control anxious thoughts and feelings, ACT encourages acceptance of these internal experiences as natural parts of the human condition. The core principle is that while we cannot always control what we think and feel, we can control how we respond to these experiences. ACT for anxiety helps individuals learn to relate differently to their anxious thoughts and feelings, allowing them to live a more meaningful life despite their anxiety.

3. The Six Core Processes of ACT for Anxiety

Acceptance and commitment therapy for anxiety utilizes six core processes to facilitate psychological flexibility:

Acceptance: Learning to accept difficult thoughts and feelings without judgment or struggle. This doesn't mean condoning the thoughts but rather acknowledging their presence without letting them dictate behavior.

Cognitive Defusion: Developing the ability to step back from thoughts and observe them as mental events rather than absolute truths. This involves techniques like labeling thoughts ("That's a worrying thought"), personification ("My anxiety is telling me..."), and singing your thoughts.

Present Moment Awareness: Cultivating mindfulness by focusing on the present moment without getting lost in past regrets or future worries. Mindfulness exercises like meditation and body scans are commonly used.

Self-as-Context: Recognizing the self as a separate entity from thoughts and feelings. This involves understanding that thoughts and feelings are transient experiences, not the essence of who you are.

Values: Identifying personal values and clarifying what truly matters in life. This helps create a sense of purpose and direction.

Committed Action: Taking action consistent with one's values, even when facing discomfort or anxiety. This involves setting small, achievable goals aligned with personal values and gradually working towards them.

4. How ACT Addresses Specific Anxiety Symptoms

Acceptance and commitment therapy for anxiety effectively addresses various anxiety symptoms by targeting the underlying processes that maintain them. For example:

Generalized Anxiety Disorder (GAD): ACT helps individuals accept the constant worry and rumination characteristic of GAD, reducing the emotional distress associated with these thoughts. It focuses on living a meaningful life despite the worry rather than trying to eliminate it entirely.

Social Anxiety Disorder (SAD): ACT encourages individuals to engage in feared social situations, even when experiencing anxiety. By accepting the anxiety as a natural response and focusing on their values (e.g., connection, belonging), individuals can gradually reduce avoidance and increase participation in social activities.

Panic Disorder: ACT helps individuals understand and accept the physical sensations associated with panic attacks, reducing fear and avoidance of these experiences. By practicing mindfulness and committed action, individuals can learn to manage panic attacks more effectively.

5. Techniques Used in Acceptance and Commitment Therapy for Anxiety

A range of techniques are employed within acceptance and commitment therapy for anxiety, including:

Mindfulness Exercises: Meditation, body scan meditations, and mindful movement practices to increase

present moment awareness.

Cognitive Defusion Techniques: Labeling thoughts, personification, singing thoughts, and the "thank you, next" exercise to create distance from thoughts.

Values Clarification Exercises: Identifying personal values through journaling, discussions, and values-based card sorts.

Behavioral Experiments: Gradually exposing oneself to feared situations to challenge avoidance behaviors and build confidence.

Acceptance-Based Exercises: Practicing acceptance of difficult emotions and sensations using techniques like breathing exercises and self-compassion practices.

6. The Effectiveness of ACT for Anxiety

Extensive research supports the effectiveness of acceptance and commitment therapy for anxiety.

Studies have shown that ACT is comparable to or even surpasses traditional CBT in treating various anxiety disorders. The long-term benefits of ACT are particularly noteworthy, as it equips individuals with skills that can be applied to future challenges and stressors. Meta-analyses consistently demonstrate its efficacy in reducing anxiety symptoms and improving overall well-being.

7. Finding a Qualified ACT Therapist

Selecting a qualified therapist is crucial for successful treatment. Look for therapists with specific training and experience in ACT. Professional organizations like the Association for Contextual Behavioral Science (ACBS) provide resources to help locate certified ACT therapists. During the initial consultation, discuss your specific needs and ensure the therapist's approach aligns with your goals.

8. Integrating ACT with Other Therapies

Acceptance and commitment therapy for anxiety can be effectively integrated with other therapies, such as CBT, to provide a comprehensive approach to treatment. For instance, the cognitive restructuring techniques of CBT can be combined with the acceptance and mindfulness practices of

ACT, creating a synergistic effect.

Conclusion

Acceptance and commitment therapy for anxiety offers a powerful and effective approach to managing anxiety disorders. By fostering psychological flexibility, ACT empowers individuals to live meaningful lives despite the presence of difficult thoughts and feelings. Its focus on acceptance, mindfulness, and values-based action provides a sustainable framework for long-term well-being. While not a quick fix, the lasting benefits and improved quality of life it offers make ACT a valuable therapeutic option for those seeking relief from the debilitating effects of anxiety.

FAQs

1. Is ACT right for everyone with anxiety? While ACT is highly effective for many, it may not be suitable for everyone. Individuals with severe mental health conditions or those requiring immediate crisis intervention may benefit from other approaches initially.
2. How long does ACT treatment typically last? The duration varies depending on individual needs and goals, but typically involves 8-20 sessions.
3. Does ACT involve medication? ACT is a psychological therapy and doesn't inherently involve medication. However, it can be effectively used in conjunction with medication under the guidance of a psychiatrist or physician.
4. What are the potential side effects of ACT? ACT generally has minimal side effects. Some individuals may initially experience heightened anxiety or discomfort as they confront their avoidance patterns. This is typically temporary and addressed within the therapeutic process.
5. Is ACT covered by insurance? Insurance coverage for ACT varies depending on the provider and location. It's crucial to check with your insurance company before beginning treatment.

6. How is ACT different from CBT? While both are evidence-based therapies, CBT focuses primarily on changing thoughts and behaviors, while ACT emphasizes acceptance and commitment to valued actions alongside mindfulness.
7. Can I learn ACT techniques on my own? While self-help resources can be helpful, working with a trained ACT therapist provides personalized guidance and support, maximizing effectiveness.
8. Can ACT help with other mental health issues besides anxiety? Yes, ACT is effective in treating a range of mental health conditions, including depression, PTSD, and obsessive-compulsive disorder.
9. Where can I find more information about ACT? The Association for Contextual Behavioral Science (ACBS) website offers comprehensive information about ACT, including a directory of certified practitioners.

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acceptance and commitment therapy for anxiety: *Acceptance and Commitment Therapy for Anxiety Disorders* Georg H. Eifert, John P. Forsyth, 2005-08-01 Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment-a traditional approach that implies, at least on some level, that there is something 'wrong' with the client-ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide

clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office.

acceptance and commitment therapy for anxiety: Acceptance & Commitment Therapy for Anxiety Disorders Georg H. Eifert, John P. Forsyth, 2005 Accompanying CD-ROM includes client worksheets, questionnaires, and inventories.

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acceptance and commitment therapy for anxiety: Acceptance and Commitment Therapy, Second Edition Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson, 2016-08-29 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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self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

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acceptance and commitment therapy for anxiety: Acceptance- and Mindfulness-Based Approaches to Anxiety Susan M. Orsillo, Lizabeth Roemer, 2007-04-22 For many years, cognitive-behavioral techniques have been at the forefront of treatment for anxiety disorders. More recently, strategies rooted in Eastern concepts of acceptance and mindfulness have demonstrated some promise in treating anxiety, especially in tandem with CBT. Now, with Acceptance-Based Behavioral Therapies for Anxiety, thirty expert clinicians and researchers present a comprehensive guide to integrating these powerful complementary approaches—where they match, when they differ, and why they work so well together. Chapter authors clearly place mindfulness and acceptance into the clinical lexicon, establishing links with established traditions, including emotion theory and experiential therapy. In addition, separate chapters discuss specific anxiety disorders, the current state of treatment for each, and practical ways of integrating acceptance and mindfulness approaches into therapy.

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acceptance and commitment therapy for anxiety: The Mindfulness and Acceptance Workbook for Anxiety John P. Forsyth, 2010-05 Anxiety happens. It's not a choice. And attempts to manage your thoughts or get rid of worry, fear, and panic can leave you feeling frustrated and powerless. But you can take back your life from anxiety without controlling anxious thoughts and feelings. You can stop avoiding anxiety and start showing up to your life. The *Mindfulness & Acceptance Workbook for Anxiety* will get you started, using a revolutionary new approach called acceptance and commitment therapy, or ACT. The book has one purpose: to help you live better, more fully, more richly. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. Find out how your mind can trap you, keeping you stuck and struggling in anxiety and fear. Learn to nurture your capacity for acceptance, mindfulness, kindness, and compassion. Use these qualities to shift your focus away from anxiety and onto what you really want your life to be about. As you do, your life will get bigger as your anxious suffering gets smaller. No matter what kind of anxiety problem you're struggling with, this workbook can guide you toward a more vibrant and purposeful life. This book presents a framework to orient you toward the rest of your life. You will be taken on a journey. Go. To uncouple from your anxious reactions to life, you will need to alter your consciousness. No small task! It takes a student's mind and a willingness to be coached. Fortunately, you will find these authors to be trustworthy and competent guides.

acceptance and commitment therapy for anxiety: 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 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.

acceptance and commitment therapy for anxiety: The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness Jan E. Fleming, Nancy L. Kocovski, 2013-06-01 Shyness is a common problem that comes with a high price. If you suffer from shyness or social anxiety you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more likely that you'll avoid social situations. With The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness, the authors' acceptance and commitment therapy (ACT) program for overcoming shyness has become available to the public for the first time. This program has been found to be highly effective in research studies for the treatment of social anxiety disorder and related subclinical levels of shyness. In the first section, you will confront performance fears, test anxiety, shy bladder, and interpersonal fears—fundamental symptoms of social anxiety. The second part helps you learn psychological flexibility to improve your ability to accept the feelings, thoughts, and behavior that may arise as you learn to work past your anxiety. By keeping your values front and center, you will gradually learn to move beyond your fears and toward greater social confidence. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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acceptance and commitment therapy for anxiety: The Happiness Trap Russ Harris, 2013

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acceptance and commitment therapy for anxiety: ACT Verbatim for Depression and Anxiety Steven C. Hayes, Michael P. Twohig, 2008-05-01 Copublished with Context Press This collection of transcripts, organized and annotated by Michael P. Twohig and acceptance and commitment therapy (ACT) founder Steven C. Hayes, guides you through ACT-based therapy processes session-by-session. The transcripts featured in ACT Verbatim present common situations that arise in clinical practice, while the commentary explains how to identify the six target ACT processes and help clients work through them to achieve psychological flexibility. For the most detailed view of ACT therapy, the clinical transcripts included here follow the development of one client struggling with anger, anxiety, and depression. Since ACT is process- rather than technique-oriented, this kind of in the moment analysis is a singularly effective way to learn to apply this therapeutic model. These transcripts will help you: •Identify client indicators that suggest you should target a specific process in therapy •Create useful exercises to foster client development in the core processes of ACT •Evaluate client advancement and structure sessions for maximum progress •Learn the different styles other therapists use to implement ACT in their own ways

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acceptance and commitment therapy for anxiety: The Research Journey of Acceptance and Commitment Therapy (ACT) Nic Hooper, Andreas Larsson, 2015-08-18 In 1986 the first research study investigating Acceptance and Commitment Therapy (ACT) was published. It aimed to determine if an early conceptualization of the ACT model could be used to treat depression. Since this seminal study, further investigations have been conducted across every imaginable psychological issue and the rate at which this research has emerged is impressive. This book describes the research journey that ACT has taken in the past 30 years. It also suggests, in light of the progress that has already been made, how ACT research should move forward in the coming decades.

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acceptance and commitment therapy for anxiety: *A Practical Guide to Acceptance and Commitment Therapy* Steven C. Hayes, Kirk D. Strosahl, 2013-03-19 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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acceptance and commitment therapy for anxiety: *A CBT Practitioner's Guide to ACT*

Joseph Ciarrochi, Ann Bailey, 2008 If recent professional publications and conferences are any indication, acceptance- and mindfulness-based therapies are the future of clinical psychology. A CBT-Practitioner's Guide to ACT helps professionals whose clinical educations focused on traditional, change-based cognitive behavior therapies navigate the practical and theoretical challenges that come with the switch to the more promising, acceptance-based strategies.

acceptance and commitment therapy for anxiety: Acceptance and Commitment Therapy

John T. Blackledge, Joseph Ciarrochi, Frank P. Deane, 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, 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.

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Stoddard, Niloofar Afari, 2014-04-01 Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

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and cognitive mechanisms that contribute to it are, why it persists in patients, and how it can be treated.

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and clinicians that cover all the significant problems and issues in the assessment and treatment of emotional disorders in later life. The introductory chapters examine the individual, social, cultural and physical experience of ageing, and provide an essential background for a caring and professional understanding of related emotional disorders and their effective treatment. Throughout the book, key research and clinical experience is reported as underlying evidence based treatment, but the emphasis is on practical guidance for assessment and interventions, rather than detailed discussion of methodological issues. With each chapter written by a specialist in their field, a range of expertise is provided in a single source, making this book an invaluable resource for anyone dealing with the mental health needs of older people.

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acceptance and commitment therapy for anxiety: *The Anxious Perfectionist* Clarissa W. Ong, Michael P. Twohig, 2022-03-01 Is your perfectionism causing you anxiety, stress, and worry? If you identify as a perfectionist, you may not see your perfectionism as a problem. But striving for unrealistic standards, basing your self-worth on meeting those standards, and engaging in persistent self-criticism will ultimately lead to anxiety, stress, worry, burnout, and unhappiness. So, how can you distinguish between “helpful” and “hurtful” perfectionism and stop holding yourself and others to unrealistically high standards? Written by two clinical psychologists, *The Anxious Perfectionist* shines a much-needed light on the hidden costs of “being the best,” and offers essential skills based in acceptance and commitment therapy (ACT) to help you cope with the anxiety that is driven by your perfectionism. You’ll learn how your “need to be perfect” can actually hinder your productivity, and keep you from reaching your goals. You’ll also learn skills to help you gain distance from negative self-talk and criticism, let go of unhelpful and self-limiting labels such as “success” or “failure,” and give yourself and others permission to make mistakes while still honoring your high aspirations. If you’re struggling with feelings of anxiety and stress, and suspect your perfectionism may be to blame, this guide will show you how to stop getting in the way of your own success, and live a life guided by your deepest values.

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Anxiety Disorders Georg H. Eifert, John P. Forsyth, 2009

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acceptance and commitment therapy for anxiety: Learning ACT Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 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 contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

acceptance and commitment therapy for anxiety: The ACT Workbook for Depression and Shame Matthew McKay, Michael Jason Greenberg, Patrick Fanning, 2021-03-08 Many people with depression believe they are defective, unwanted, or inferior, and this feeling of being flawed and inadequate often leads to a strong sense of shame. Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.

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to keep from succumbing to the avoidable forces of anxiety, and open themselves to the often uncomfortable complexities and possibilities of life.

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The Brief Case Conceptualization Worksheet: Notes

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2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to ...

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A Practical Guide to Acceptance and Commitment Therapy. New York: Springer-Verlag. [Shows how to do ACT with a variety of populations] Eifert, G. & Forsyth, J. (2005). Acceptance and ...

Acceptance and Commitment Therapy for PTSD Therapist ...

Acceptance and Commitment Therapy for the Treatment of Post Traumatic Stress Disorder and Trauma-related Problems. Oakland, CA: New Harbinger Publications. ... painful or anxiety ...

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Acceptance and commitment therapy for social anxiety ...

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Laura García-Pérez and Sonsoles Valdivia-Salas . University of Zaragoza (Spain) The ...

Cognitive Behavioral Therapy, Mindfulness-Based Cognitive ...

tive therapy (MBCT) [15], acceptance and commitment therapy (ACT) [16], dialectic behavior therapy (DBT) [17], and meta-cognitive therapy (MCT) [18]. However, the wording “third wave” ...

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0.01). Acceptance and commitment therapy (ACT) seems to play an essential role in reducing symptoms and in improving the quality of the life of patients with social anxiety disorder (SAD). ...

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ing anxiety and public speaking distress tolerance. Study III investigated the different effects of two brief self-as-context (hierarchical and distinction) interven-

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depressive and anxiety diseases with the impact on their lives of the child's condition (34, 35) thus this study experiments on the combination effect of Jacobson progressive relaxation, ...

The Mindfulness And Acceptance Workbook For Anxiety

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on either the depression or anxiety scales of the PHQ-4 [20] and endorse a 5+ regarding 'current anxiety about can-cer'. In total, 100% (71/71) of patients who met the eligibility criteria ...

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The empirically supported status of acceptance and ...

subset of other anxiety disorders (panic disorder, social phobia, and generalised anxiety disorder). Acceptance and commitment therapy (ACT) is a transdiagnostic cognitive behavioural therapy ...

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Cognitive Behavioral Therapy to Acceptance and Commitment Therapy Kate B. Wolitzky-Taylor, Joanna J. Arch, David Rosenfield, and Michelle G. Craske Online First Publication, July 23, ...

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Keywords: Acceptance and Commitment Therapy, Social Anxiety, Young people, ... acceptance and commitment group therapy for social anxiety disorder (Fleming and Kocovski, 2009). The

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