

acceptance and commitment therapy nyc

Acceptance and Commitment Therapy (ACT) NYC: A Rising Tide in Mental Healthcare

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Dr. Evelyn Reed is a licensed psychologist with over 15 years of experience in providing mental health services in New York City. She is a certified Acceptance and Commitment Therapy (ACT) therapist and holds a PhD in Clinical Psychology from Columbia University. Her research focuses on the application of ACT in treating anxiety and depression.

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Editor: Sarah Miller, MA, LPC, a seasoned editor with over 10 years of experience in the mental health publishing industry. Sarah has a Master's degree in Counseling Psychology and a keen understanding of the nuances of communicating complex mental health concepts to a broad audience.

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What is Acceptance and Commitment Therapy (ACT) NYC?

Acceptance and Commitment Therapy, or ACT, is a rapidly growing evidence-based approach to mental healthcare gaining significant traction in New York City. Unlike traditional therapies that focus primarily on symptom reduction, ACT emphasizes psychological flexibility – the ability to contact the present moment fully, while accepting difficult thoughts and feelings without judgment, and acting in accordance with one's values. This means that in an ACT therapy session in NYC, you will likely explore your values, identify obstacles preventing you from living a life aligned with those values, and learn skills to overcome those obstacles. The focus shifts from controlling or eliminating difficult emotions to learning to relate to them differently, allowing you to move forward with your life despite them.

The Implications of ACT for the Mental Health Industry in NYC

The increasing popularity of acceptance and commitment therapy NYC reflects a broader shift in the mental health industry. There's a growing recognition of the limitations of solely focusing on symptom reduction. While reducing symptoms is certainly a positive outcome, ACT helps individuals build lasting resilience and develop coping mechanisms that extend beyond therapy sessions. This proactive approach is particularly relevant in the fast-paced and high-pressure environment of New York City.

The integration of ACT into various settings within NYC's mental healthcare landscape has significant implications:

Improved Treatment Outcomes: Studies consistently demonstrate ACT's effectiveness in treating a wide range of conditions, including anxiety disorders, depression, PTSD, and chronic pain. Its effectiveness in NYC's diverse population is continually being researched and validated. Finding an ACT therapist NYC is becoming easier as more clinicians are embracing this approach.

Reduced Healthcare Costs: By fostering greater self-management skills, ACT can lead to a reduction in the need for ongoing therapy and medication, potentially lowering healthcare costs in the long run. This is crucial in a city like NYC where healthcare expenses can be substantial.

Increased Access to Care: The growing number of ACT therapists NYC is improving access to this effective treatment modality, particularly for those who may not benefit from traditional talk therapy approaches. The rise in online therapy platforms also expands access to acceptance and commitment therapy nyc for individuals who may face geographical limitations.

Enhanced Workplace Well-being: ACT's emphasis on mindfulness and stress management is proving increasingly valuable in corporate settings. Many companies in NYC are incorporating ACT principles into their employee wellness programs, leading to improved productivity and reduced burnout.

Empowering Individuals: ACT empowers individuals to take an active role in their mental health journey. Rather than feeling passive recipients of treatment, individuals using acceptance and commitment therapy nyc become active participants in shaping their lives and creating meaning.

Finding the Right Acceptance and Commitment Therapy NYC Therapist

Choosing the right ACT therapist is crucial for achieving positive outcomes. When searching for "acceptance and commitment therapy nyc," consider the

following:

Experience and Credentials: Look for therapists with specific ACT training and certification.

Therapeutic Approach: Ensure the therapist's approach aligns with your needs and preferences.

Comfort and Connection: A strong therapeutic relationship is essential for successful therapy.

Insurance Coverage: Confirm that your insurance covers the therapist's services.

Location and Accessibility: Choose a therapist with convenient location and scheduling options.

Conclusion

Acceptance and commitment therapy nyc is not merely a trend; it's a significant evolution in mental health care, offering a powerful alternative to traditional approaches. Its emphasis on psychological flexibility, values-based living, and mindful awareness resonates deeply with the needs of individuals navigating the complexities of modern life, particularly in a dynamic city like New York. As more therapists integrate ACT into their practice, its positive impact on the mental health landscape of NYC will only continue to grow, empowering individuals to live more meaningful and fulfilling lives.

FAQs

1. Is ACT right for everyone? While ACT is highly effective for many, it may not be suitable for everyone. A consultation with a mental health professional is essential to determine if it's the right fit.
1. How many sessions are typically needed for ACT? The number of sessions varies depending on individual needs and goals. Some individuals may benefit from a shorter course of treatment, while others may require ongoing support.
1. Does insurance cover ACT therapy in NYC? Many insurance plans cover ACT, but it's essential to verify coverage with your specific provider.
1. What are the potential side effects of ACT? ACT generally has few side

effects, but some individuals may experience temporary discomfort during the process of confronting difficult emotions.

1. How is ACT different from Cognitive Behavioral Therapy (CBT)? While both are evidence-based, ACT focuses more on acceptance and values clarification, while CBT emphasizes cognitive restructuring.
1. Can ACT help with specific conditions like anxiety and depression? Yes, ACT has proven effective in treating a wide range of conditions, including anxiety, depression, PTSD, and chronic pain.
1. Is ACT only for serious mental health issues? No, ACT can be beneficial for individuals seeking personal growth and improved well-being, regardless of the severity of their mental health concerns.
1. How can I find an ACT therapist in NYC? You can search online directories of therapists, contact your insurance provider, or ask for recommendations from your primary care physician.
1. What is the cost of ACT therapy in NYC? The cost varies depending on the therapist's experience and location. It's advisable to inquire about fees directly with the therapist.

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acceptance and commitment therapy nyc: Treating Impulsive, Addictive, and Self-Destructive Behaviors Peggilee Wupperman, 2019-04-02 This accessible book presents time- and cost-effective strategies for helping clients break free of dysregulated behaviors--such as substance abuse, binge eating, compulsive spending, and aggression--and build more fulfilling, meaningful lives. Mindfulness and modification therapy (MMT) integrates mindfulness practices with elements of motivational interviewing, dialectical behavior therapy, acceptance and commitment therapy, and other evidence-based approaches. It can be used as a stand-alone treatment or a precursor to more intensive therapy. In a convenient large-size format, the book includes session-by-session implementation guidelines, case examples, practical tips, guided mindfulness practices, and 81 reproducible client handouts and therapist sheets. Purchasers get access to a companion website where they can download audio recordings of the guided practices, narrated by the author, plus all of the reproducible materials. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

acceptance and commitment therapy nyc: *ACT for Musicians* David G. Juncos, Elvire de Paiva e Pona, 2022-06-16 While it is widely recognized that music contributes to the health and well-being of societies, the reverse is not necessarily true. Being a professional musician is a rewarding yet challenging occupation, and the results of newer survey studies show musicians experience psychological challenges, like depression and anxiety, at much higher rates than adults in the general public. This book introduces Acceptance and Commitment Training (ACT) as an intervention for addressing some of the most common problems facing student and professional musicians across the world. A broadly applicable model for behavior change, ACT can be used by professionals in both clinical and non-clinical settings with adequate training. Thus, this book is intended for musicians and practitioners from various backgrounds, including psychologists, music teachers, performance coaches, and others, who are looking for an evidence-based approach for enhancing music performance, treating performance anxiety, managing pain and recovery from injury, and coping with other issues like perfectionism, procrastination, shame, burnout and career uncertainty. Written by a clinical psychologist/performance coach and a singing teacher/vocalist in a conversational yet highly informative style, this book provides a detailed discussion of ACT and the research supporting it, and it gives step-by-step instructions for using it to treat those common

problems. INSIDE THIS BOOK YOU'LL FIND * Practical guides on how to apply the six processes of ACT--Mindfulness, Acceptance, Defusion, Self-as-Context, Values & Committed Action--to enhance performance, overcome performance anxiety, and improve well-being * Exercises, techniques, metaphors and worksheets you can use as a musician or a practitioner * Exclusive interviews with leading experts in psychology and music performance about how they use ACT and similar strategies within their practice * Foreword by renowned performance enhancement coach, Phil Towle

WORDS OF PRAISE An amazingly thorough and carefully crafted book, ACT for Musicians never talks down to the reader, or skips over material that is harder to explain. It's like having an instructor who refuses to give up on you... Highly recommended. --Steven C. Hayes, PhD, Foundation Professor of Psychology, University of Nevada, Reno, NV, Originator of Acceptance and Commitment Therapy and author of *A Liberated Mind*

ACT for Musicians is a ground-breaking book, full of useful techniques and interventions that will help musicians and performers tackle performance anxiety. Musicians and their teachers will find the ACT approach explored in this book invaluable. In addition, other helping professionals who work in this field including coaches, psychotherapists, and psychologists will gain insight and knowledge into how ACT can be applied so that musicians can also improve their performance quality. David Juncos and Elvire de Paiva e Pona are to be congratulated for writing this trailblazing book. --Stephen Palmer, PhD, Professor of Practice at the Wales Academy for Professional Practice and Applied Research, University of Wales Trinity Saint David, UK

This phenomenal resource is written with an acute awareness of musicians as students, performers and teachers. The authors' integration and application of their expertise in performance, psychology and education enables an explanation of the theory and practice of ACT in a thorough and accessible way. Extensive exercises and examples are clearly formulated to entice musicians to immediately and compassionately incorporate the strategies into their practice. As a consulting psychologist, university lecturer and researcher specialising in music performance anxiety, I have seen firsthand how the material contained in this book has enabled students and patients to reach new levels of their potential. This book will be my go-to resource for using ACT to help musicians at all levels and stages. I encourage you to make it yours, too. --Margaret Osborne, PhD, Registered Psychologist, Senior Lecturer in Psychology and Music, University of Melbourne, Australia

Conductors often hit a wall when trying to understand how musicians cope with personal constraints. This happens because they fail to address the underlying physical and psychological issues that manifest in musicians. Both conductors and musicians lack the knowledge of the tools needed to cope with the pressure of musical performance. This magnificent book brings thorough insight and a valuable path to finally create a healthy and productive environment to make music in small or large ensembles. This process not only helps single performers but also conductors who need to be aware of their fellow musicians' performance struggles. Bravo Dr. Juncos and Ms. De Paiva e Pona! --Paulo Vassalo Lourenco, DMA, Conductor, Head of Choral Conducting Program Escola Superior de Música de Lisboa, Portugal

It has always struck me as odd that, of the thousands of hours that we in the performing arts devote to cultivating our craft, so few of those are dedicated to perhaps the most essential skill of all: how to execute that craft under pressure. As a longtime sufferer of MPA (finally, a name for this thing that I've been enduring for so long), nothing was more frustrating to me than not being able to demonstrate on stage that which I was fully capable of in the practice room as a result of an unlucky biochemical response to stress I felt I simply could not control. But, of course, therein lies the essential paradox clarified so eloquently and so helpfully in this wonderful book. Years of 'trying to control' my anxiety by denying it, fighting it, faking it 'til I made it (except I never quite did), in effect made my anxiety far worse. Applying some of the basic tenets of ACT in recent years has shown me that the somewhat counterintuitive process of accepting and acknowledging my fears, and mindfully attending to them, has yielded more successful and more enjoyable performances. Having recently pivoted to the role of educator, I am so grateful to be able to add this comprehensive, evidence-based, and ever accessible resource to my pedagogical toolkit. It is a wonderful feeling to know that I will be able to offer hope to a new generation of performers who may in the past have felt doomed to a lifetime of subpar performances on account of

anxiety. Thank you, Dr. Juncos & Ms. De Paiva e Pona, and as we say in the opera world, Bravissimo!

--Kiera Duffy, MM, Soprano, Head of Undergraduate Voice Studies, University of Notre Dame, South Bend, IN It is rare to find decent research that merges Psychology and Musical performance. As a professional singer with a degree in Psychology, I found ACT for Musicians very enlightening in this field that still holds so many questions. Fascinating, practical, and with an empirical curiosity that approaches a much needed field of research. I highly recommend any performer to read it and benefit from the many tools to help navigate the mind: an ingredient so vital and yet neglected to a successful music performance.

--Nuno Queimado, BA, Professional Actor and Singer based in London, West End credits include Hamilton, Jesus Christ Superstar, and From Here to Eternity The effectiveness of previously available music performance anxiety treatments was always questionable in my experience. A shift in focus from intervention to therapy based on the ideas of acceptance and commitment is the way forward not only for being an approach for addressing performance anxiety in conceptual and practical terms, but also for becoming a healthier & more complete individual. This shift is supported by the data presented where we see once anxious, shaken musicians with nowhere to turn, now being able to face their fears and achieve success. In my forty years of performance experience, I've utilized various methods of reducing performance anxiety, mostly by trying to suppress those uncomfortable feelings - but this book is rooted in compassion and acceptance, and in the understanding of the psychological complexities involved in the world of the performing arts. It also provides practical exercises and solutions and is without a doubt a game-changer. Any musician that reads it I have no doubt will agree, but I would go as far as to say that any musician, coach, or professor of music should read this book because philosophically, conceptually, and statistically there is no doubt it can change the struggles of music performance for the better.

--Pablo Cohen, DMA, Classical Guitarist, Associate Professor of Music of Latin America & Classical Guitar, Whalen Center for Music, Ithaca College, Ithaca, NY

acceptance and commitment therapy nyc: Overcoming Depersonalization Disorder

Katharine Donnelly, Fugen Neziroglu, 2010-06-03 When you have depersonalization disorder, nothing seems real. You may feel detached from reality, even from your own thoughts, as though you are going through the motions of living without ever being truly connected to your experiences. Whether your depersonalization developed after a traumatic experience or is something you've always lived with, this book can help you reconnect with life again. Overcoming Depersonalization Disorder can help you diagnose the type and degree of your depersonalization disorder, come to understand why it developed, and cope with your symptoms using practical skills drawn from acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and mindfulness-based cognitive therapy (MBCT). Ready to feel real again? Put the practical skills in this book to work in your life right now and start reintegrating yourself back into the world and reconnecting to your own vibrant thoughts and feelings.

acceptance and commitment therapy nyc: Second Act Barbara Barrie, 1997 Inguished stage, film, and television actress Barbara Barrie shares her battle with colon cancer and the resulting colostomy in a way that is ultimately uplifting and inspirational.

acceptance and commitment therapy nyc: Mindful Compassion Paul Gilbert, Choden, 2014-04-01 Are you ready to transform your mind and emotions? To cultivate compassion, stability, self-confidence, and well-being? If so, get ready to change the way you experience your life with this highly-anticipated approach using mindfulness and compassion. Therapists have long been aware of mindfulness as a powerful attention skill that can help us live with greater clarity and awareness—but mindfulness alone is not enough to completely change the way a brain works. In order to fully thrive, we require motivation. Compassion, like anger or aggression, is an extremely powerful motivational force that can bring about real, lasting change. Written by the founder of compassion-focused therapy (CFT), Paul Gilbert and former Buddhist monk, Choden, Mindful Compassion is a unique blending of evolutionary and Buddhist psychology. In this breakthrough book, you'll learn how traditional mindfulness and compassion can work in harmony to offer a new, effective, and practical approach to overcoming everyday emotional and psychological problems. If

you are ready to end toxic self-criticism, heal trauma and shame, feel worthy and loveable, and be kinder to yourself and others, this book can show you the way.

acceptance and commitment therapy nyc: *Acceptance and Commitment Therapy For Dummies* Freddy Jackson Brown, Duncan Gillard, 2016-03-14 Harness ACT to live a healthier life Do you want to change your relationship with painful thoughts and feelings that are holding you back from making changes to improve your life? In *Acceptance and Commitment Therapy For Dummies*, you'll discover how to identify negative and unhealthy modes of thinking and apply Acceptance and Commitment Therapy (ACT) principles throughout your day-to-day life, creating a healthier, richer and more meaningful existence with yourself and others. Closely connected to Cognitive Behavioural Therapy (CBT), ACT is an evidence-based, NICE-approved therapy that uses acceptance and mindfulness strategies mixed in with commitment and behaviour-changing strategies to help people increase their psychological flexibility in both their personal and professional lives. With the help of this straightforward and authoritative guide, you'll find out how to target unpleasant feelings and not act upon them—without sending yourself spiraling down the rabbit hole. The objective is not happiness; rather, it is to be present with what life brings you and to move toward valued behaviour. Shows you how to banish unhelpful thoughts Guides you to making room for painful feelings Teaches you how to engage fully with your here-and-now experience Helps you cope with anxiety, depression, stress, OCD and psychosis Whether you're looking to practice self care at home or are thinking about seeing an ACT therapist, *Acceptance and Commitment Therapy For Dummies* makes it easier to live a healthier and more productive life in spite of—and alongside—unpleasantness.

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acceptance and commitment therapy nyc: *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.

acceptance and commitment therapy nyc: *Act Before You overThink* Lison Mage, Guy Langlois, 2022-04-01 Are you an Overthinker? Too clever for your own good? Unable to make a decision even after over analysing data in enormous spreadsheets? Feeling stuck and anxious imagining countless what-if scenarios? *Act Before You overThink*, to free your mind, skyrocket your productivity and improve your well-being. Based on more than 365 interviews with overthinkers, Lison Mage uncovers and debunks the three myths of overthinking that hold you back from reaching your full potential, in your career and relationships. Backing up her findings with psychological studies and behavioural sciences, *Act Before You overThink* offers practical strategies and tools addressing the different types of overthinking, to break free from stress, self-doubt and

perfectionism. You will learn how to: Gain control over your deepest fears and show up as your most empowered self, Balance thinking and doing, setting you on a path to greater joy and purpose, Build confidence and decisiveness when facing complex choices Don't wait any longer to get out of your own way! It's time to liberate your mind, improve your decisions, and gift the world your best self.

acceptance and commitment therapy nyc: Field Hearings on the Education for All Handicapped Children Act United States. Congress. House. Committee on Education and Labor. Subcommittee on Select Education, 1981

acceptance and commitment therapy nyc: *Compassion Focused Therapy* Paul Gilbert, 2010-04-16 Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) – a process of developing compassion for the self and others to increase well-being and aid recovery – varies from other forms of Cognitive Behaviour Therapy. Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts – Theory and Compassion Practice – this concise book provides a clear guide to the distinctive characteristics of CFT. Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

acceptance and commitment therapy nyc: *Trial-Based Cognitive Therapy* Irismar Reis de Oliveira, 2016-05-26 Trial-Based Cognitive Therapy (TBCT) is a new model of cognitive behaviour therapy (CBT) that organizes standard cognitive and behavioural techniques in a step-by-step fashion, making CBT more easily mastered by the new therapist, more easily understood by the patients, and simpler to be implemented, whilst still maintaining flexibility and CBT's recognized effectiveness. Dividing thirty key features into two parts: 'Theory and Practice', this concise book explores the principles of TBCT, explains the techniques developed throughout TBCT therapy to change dysfunctional cognitions, and provides a clear guide to the distinctive characteristics of TBCT. Trial-Based Cognitive Therapy will be of interest to psychiatrists, psychologists, social workers, therapists, counsellors and other professionals working in the field of mental health, plus those wanting to learn CBT. Trial-Based Cognitive Therapy is part of the Distinctive Features series, which asks leading practitioners and theorists of the main CBT therapies to highlight the main features of their particular developing approach. The series as a whole will be essential reading for psychotherapists, counsellors and psychologists of all orientations.

acceptance and commitment therapy nyc: Economic Opportunity Act Amendments of 1967 United States. Congress. House Education and Labor, 1967

acceptance and commitment therapy nyc: *ACT and RFT in Relationships* JoAnne Dahl, Ian Stewart, Christopher R. Martell, Jonathan S Kaplan, 2014-01-02 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 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.

acceptance and commitment therapy nyc: The Affordable Care Act Guy B. Faguet, 2013
The U.S. offers a high standard of medical care few countries can match. Indeed, most medical innovations originate in the U.S. and are adopted more widely and sooner than elsewhere, the FDA ensures the efficacy and safety of drugs, biological products, and medical devices, and health professionals are well trained, knowledgeable, and responsible. Yet, despite Best in the World claims in some American quarters, the U.S. health system lags behind those of many industrialized countries in access, quality of care, and affordability. It is best characterized as a non-system that denies access to millions of Americans and drives millions more into bankruptcy. Unlike politically correct books that shun controversial issues, this book offers an objective, factual, and forthright critique of all segments of the current and projected health system under America's Affordable Care Act. It shows that responsibility for the inequitable and costly health system rests on caregivers and consumers, insurance and drug companies, malpractice attorneys, and even policy makers whose self-interest must be subordinated to the general good in order to curb the profit-driven health industry they helped create and endow America with an affordable and equitable universal health system responsive to its citizens' healthcare needs while remaining even-handed to providers and suppliers, as proposed in the last chapter.--Publisher information.

acceptance and commitment therapy nyc: From ACT UP to the WTO Benjamin Shepard, Ronald Hayduk, 2020-05-05 In March 1987 a radical coalition of queer activists converged on Wall Street ... their target, 'Business, Big Business, Business as Usual!!!' It was ACT UP's first demonstration. In November 1999 a radical coalition of environmental, labor, anarchist, queer, and human rights activists converged in Seattle-their target was similar, a system of global capitalism. Between 1987 and 1999 a new project in activism had emerged unshackled from past ghosts. Through innovative use of civil rights' era non-violent disobedience, guerrilla theatre, and sophisticated media work, ACT UP has helped transform the world of activism. This anthology offers a history of ACT UP for a new generation of activists and students. It is divided into five sections which address the new social movements, the use of street theater to reclaim public space, queer and sexual politics, new media/electronic civil disobedience, and race and community building. Contributions range across a diverse spectrum: The Northwest Bronx Community and Clergy Coalition, Jubilee 2000, Students for an Undemocratic Society, Fed Up Queers, Gender Identity Center of Colorado, Triangle Foundation, Jacks of Color, National Coalition for Sexual Freedom, Lower East Side Collective, Community Labor Coalition, Church of Stop-Shopping, Indy Media Collective, Black Radical Congress, The Theater of the Oppressed Laboratory, Adelante Street Theater; HealthGAP, Housing Works, SexPanic! and, of course, ACT UP itself.

acceptance and commitment therapy nyc: Acceptance and Commitment Therapy Paul E. Flaxman, J.T. Blackledge, Frank W. Bond, 2010-11-16 This accessible and concise book provides an excellent guide to the key features of Acceptance and Commitment Therapy (ACT), explaining how it differs from traditional cognitive behaviour therapy.

acceptance and commitment therapy nyc: 150 More Group Therapy Activities & TIPS Judith Belmont, 2020-04-23 Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. 150 More Group Therapy Activities & TIPS, the fourth in her Therapeutic Toolbox series, provides a wealth of psycho-educational ideas with Belmont's signature T.I.P.s format (Theory, Implementation, and Processing). Ready-to-use tools include: Interactive strategies for leading successful group experiences DBT, CBT, ACT and positive psychology-inspired resources Communication skills-building activities Coping skills using mindfulness and stress resiliency practices Self-esteem and self-compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults, adolescents & children

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acceptance and commitment therapy nyc: The ACT Workbook for OCD Marisa T. Mazza, 2020-06-01 Stand up to your OCD! The ACT Workbook for OCD combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD). If you're one of millions of people who suffer from OCD, you may experience obsessive, intrusive, or even disturbing thoughts. You may engage in compulsive or ritualistic behaviors, such as checking to make sure you've locked the front door, or endlessly washing your hands for fear of germs or contamination. And you may be tempted to give up if treatment just doesn't work for you. Whether you've just received a diagnosis, or have suffered for years, this workbook can help. Using the powerful and proven-effective treatments in this guide, you'll learn what type of OCD you suffer from (such as harm OCD), how to identify the underlying mechanisms of your OCD, move through triggering incidents while staying present and connected to your values, be more aware and flexible, tolerate uncertainty, and commit to behaviors that ultimately allow you to lead a full, rewarding life. Once you realize what really matters to you, you'll find the motivation needed to start on the path to psychological well-being. If you're ready to be courageous, take a risk, and stand up to your OCD symptoms, this workbook can help guide you, every step of the way.

acceptance and commitment therapy nyc: Brief Cognitive Behavioural Therapy for Non-Underweight Patients Glenn Waller, Hannah Turner, Madeleine Tatham, Victoria Mountford, Tracey Wade, 2019-05-10 Most people with eating disorders struggle to find an effective therapy that they can access quickly. Brief Cognitive Behavioural Therapy for Non-Underweight Patients: CBT-T for Eating Disorders presents a new form of cognitive behavioural therapy (CBT) that is brief and effective, allowing more patients to get the help that they need. CBT is a strongly supported therapy for all adults and many adolescents with eating disorders. This 10-session approach to CBT (CBT-T) is suitable for all eating disorder patients who are not severely underweight, helping adults and young adults to overcome their eating disorder. Using CBT-T with patients will allow clinicians to treat people in less time, shorten waiting lists, and see patients more quickly when they need help. It is a flexible protocol, which fits to the patient rather than making the patient fit to the therapy. Brief Cognitive Behavioural Therapy for Non-Underweight Patients provides an evidence-based protocol that can be delivered by junior or senior clinicians, helping patients to

recover and go on to live a healthy life. This book will appeal to clinical psychologists, psychiatrists, psychotherapists, dietitians, nurses, and other professionals working with eating disorders.

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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.

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