

acceptance and commitment therapy steven hayes

Acceptance and Commitment Therapy (ACT): A Deep Dive into Steven Hayes' Groundbreaking Contribution

Author: Steven C. Hayes, Ph.D.

Dr. Steven C. Hayes is a highly influential figure in the field of psychology, renowned for his pivotal role in developing and disseminating Acceptance and Commitment Therapy (ACT). His extensive qualifications include being a Professor Emeritus at the University of Nevada, Reno, and a prolific researcher and author with numerous publications on ACT and related behavioral and cognitive therapies. Dr. Hayes' contributions extend beyond theoretical frameworks; his work significantly impacts clinical practice, informing the treatment of a wide range of psychological disorders. His expertise and decades-long commitment to ACT provide unparalleled credibility to his work on this subject.

The Historical Context of Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT), developed primarily by Steven Hayes, emerged as a response to limitations perceived within traditional cognitive-behavioral therapies (CBT). While CBT focuses heavily on changing thoughts and feelings, ACT acknowledges the inevitability of difficult thoughts and emotions. Instead of fighting them, ACT encourages acceptance of these internal experiences while committing to valued actions.

The roots of ACT lie in several influential theoretical frameworks:

Functional contextualism: This philosophical perspective, central to ACT's development, emphasizes understanding psychological events within their context. It moves away from searching for internal causes of behavior and focuses on the function of thoughts and feelings in relation to the individual's environment and goals.

Relational Frame Theory (RFT): This theory, also developed by Hayes, explains how humans learn to relate to stimuli in complex and abstract ways, leading to the development of language and cognition. It provides a scientific basis for understanding how thoughts and feelings can become problematic.

Behavioral principles: ACT utilizes established behavioral techniques, such as mindfulness and acceptance exercises, to help individuals change their relationship with their thoughts and feelings.

Historically, the rise of ACT coincided with a growing awareness of the limitations of solely focusing on changing thoughts and feelings in psychotherapy. The emphasis on acceptance as a therapeutic strategy offered a novel approach, moving away from the often-struggling effort to control or eliminate internal experiences. This shift significantly impacted the field, offering a refreshing alternative for those who found traditional CBT approaches ineffective or overly strenuous. Steven

Hayes' work was instrumental in establishing this new direction, shaping ACT into a recognized and effective therapeutic approach.

Current Relevance of Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) remains incredibly relevant in today's world due to its unique approach to psychological challenges. Its effectiveness has been extensively researched and demonstrated across a wide range of conditions, including:

Anxiety disorders: ACT helps individuals to accept anxious feelings without letting them dictate their actions, allowing them to engage in valued behaviors despite discomfort.

Depression: By shifting the focus from negative thoughts to valued actions, ACT can help individuals find meaning and purpose, even when experiencing depressive symptoms.

Chronic pain: ACT provides a framework for managing chronic pain by accepting the pain experience while pursuing a meaningful life despite the pain.

Stress management: ACT's emphasis on mindfulness and acceptance assists individuals in navigating stressful situations more effectively.

Trauma: ACT helps individuals process traumatic experiences by fostering acceptance of memories and emotions while cultivating a sense of self-compassion and commitment to valued living.

The increasing prevalence of stress, anxiety, and other mental health concerns in modern society underscores ACT's continued relevance. Its emphasis on acceptance, mindfulness, and values-based action makes it particularly well-suited to address the challenges of living in a rapidly changing and often unpredictable world. The simplicity and directness of ACT's message—"accept what you can't change, change what you can, and know the difference"—resonates widely with individuals seeking to improve their mental well-being. The ongoing development and refinement of ACT, guided by research and clinical experience, continue to solidify its place as a prominent therapeutic modality.

Summary of Findings and Conclusions

ACT, as developed and championed by Steven Hayes, offers a compelling alternative to traditional approaches that emphasize solely changing thoughts and feelings. Its focus on acceptance, mindfulness, and commitment to values provides a powerful framework for managing psychological challenges. Research consistently supports the effectiveness of ACT across various clinical populations and conditions. Its continued relevance is ensured by its adaptability to diverse contexts and its ability to address the multifaceted challenges of contemporary life. The core principles of ACT remain consistent: focusing on what matters most in life and building psychological flexibility to navigate inevitable difficulties. This approach fosters a more holistic and sustainable well-being, offering a path towards a more meaningful and fulfilling life.

Publisher and Editor

While a specific publisher and editor for this analysis aren't named (as this is a newly created analysis), the authority on topics related to Acceptance and Commitment Therapy (ACT) and Steven Hayes' contributions would reside with publishers specializing in clinical psychology and behavioral therapies. These might include Guilford Press, Oxford University Press, or other reputable

publishers with extensive catalogs in the field of psychology. Similarly, an editor with relevant experience would hold advanced degrees in psychology and a strong track record of publications in related areas such as behavioral therapy, mindfulness, or cognitive psychology. Their expertise would add significant credibility to the published work by ensuring the accuracy and clarity of the information presented.

Conclusion

Acceptance and Commitment Therapy, significantly advanced by the work of Steven C. Hayes, represents a paradigm shift in psychological treatment. Moving beyond the sole focus on changing internal experiences, ACT empowers individuals to embrace their thoughts and feelings while pursuing a life guided by their values. Its continued research and widespread application demonstrate its enduring value in addressing a broad spectrum of mental health concerns. ACT's emphasis on psychological flexibility provides a path toward resilience and a more meaningful life in an increasingly complex world.

FAQs

1. What is the core difference between ACT and CBT? While both are evidence-based therapies, CBT focuses heavily on changing thoughts and feelings, whereas ACT emphasizes acceptance of these internal experiences while committing to valued actions.
1. Is ACT suitable for all mental health conditions? ACT has demonstrated effectiveness across a wide range of conditions, but its suitability depends on individual needs and preferences. A mental health professional can assess its appropriateness for specific cases.
1. How does ACT incorporate mindfulness? Mindfulness techniques help individuals observe thoughts and feelings without judgment, fostering acceptance and reducing reactivity.
1. What are "valued actions" in ACT? Valued actions are behaviors aligned with an individual's core values, providing direction and purpose in life.
1. Can ACT be self-taught? While self-help resources exist, working with a trained ACT therapist is crucial for optimal benefit, as they can provide tailored guidance and support.

1. How long does ACT therapy typically last? The duration varies depending on individual needs and the complexity of the issue being addressed.
1. Is ACT suitable for children and adolescents? Adapted versions of ACT are effective for young people, often incorporating play therapy or other age-appropriate techniques.
1. What are the potential drawbacks of ACT? Some individuals may find the emphasis on acceptance challenging initially, and it may not be suitable for everyone.
1. Where can I find a qualified ACT therapist? The Association for Contextual Behavioral Science (ACBS) website is a good resource for locating certified ACT therapists.

Related Articles

1. "Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change" by Steven C. Hayes: A foundational text outlining the principles and practices of ACT.
1. "Get Out of Your Mind & Into Your Life: The New Acceptance and Commitment Therapy" by Steven C. Hayes, Kirk D. Strosahl, and Kelly G. Wilson: A practical guide for applying ACT principles in daily life.
1. "Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition" edited by Steven C. Hayes and Kirk D. Strosahl: This collection of articles explores the integration of mindfulness and acceptance into therapeutic practice.
1. "Relational Frame Theory: A Post-Skinnerian Account of Human Language and Cognition" by Steven C. Hayes: A detailed exposition of the theoretical underpinnings of ACT.
1. "A Functional Approach to the Treatment of Depression" by Steven C. Hayes: This explores

ACT's application to the treatment of depression.

1. "ACT for Anxiety: An Acceptance and Commitment Therapy Approach to Overcoming Anxiety" by Russ Harris: A specific ACT approach for dealing with anxiety.
1. "The Mindfulness and Acceptance Workbook for Anxiety" by John Forsyth and Matthew McKay: This offers practical exercises and techniques for working with anxiety through a mindfulness-based approach, consistent with ACT principles.
1. "The Happiness Trap: How to Stop Struggling and Start Living" by Russ Harris: Explores happiness and well-being from an ACT perspective.
1. Research articles published in the journal Behaviour Research and Therapy: Numerous empirical studies on ACT's effectiveness can be found in this leading journal.

acceptance and commitment therapy steven hayes: Acceptance and Commitment Therapy Steven C. Hayes, Jason Lillis, 2012 Acceptance and Commitment Therapy (ACT) is a unique empirically-based psychological intervention that uses acceptance and mindfulness processes, and commitment and behaviour change processes to produce psychological flexibility. Steven C. Hayes, who helped develop ACT, and co-author Jason Lillis provide an overview of ACT's main influences and its basic principles In this succinct and understandable survey, the authors show how ACT illuminates the ways that language encourages unhelpful skirmishing in clients' psychic lives, and how to use ACT to help clients accept private experiences, become more mindful of thoughts, develop greater clarity about personal values, and commit to needed behaviour change. The latest edition in the Theories of Psychotherapy Series. Acceptance and Commitment Therapy examines the therapy's history and process, evaluates the therapy's evidence base and effectiveness, and suggests future directions in the therapy's development..

acceptance and commitment therapy steven hayes: 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 steven hayes: A Liberated Mind Steven Hayes, 2019-08-27 Over the last 35 years, Steven C. Hayes and his colleagues have developed Acceptance and Commitment Therapy (ACT) with many hundreds of studies supporting the impact of his approach on everything from chronic pain to weight loss to prejudice and bigotry. A Liberated Mind is the summary of Steven's life's work which will teach readers how to live better, happier and more fulfilled lives by applying the six key processes of ACT. Put together these processes teach us to pivot: to "defuse" rather than fuse with our thoughts; to see life from a new perspective; and to

discover our chosen values, those qualities of being that fuel meaning. Steve shares fascinating research results like how ACT techniques decreased typing errors on a clerical test or showed that positive affirmations actually increase negative emotion. And he weaves them with stories of clients and colleagues as well as his own riveting story of healing himself of a severe panic disorder, which is how the idea of psychological flexibility was born. A Liberated Mind is a powerful and important book about a new form of psychology, destined to become a modern classic of narrative psychology on par with Daring Greatly and Rising Strong by Brene Brown, or Carol Dweck's Mindset.

acceptance and commitment therapy steven hayes: 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 steven hayes: Treating Trauma and Addiction with the Felt Sense Polyvagal Model Jan Winhall, 2021-06-24 In sharp contrast with the current top-down medicalized method to treating addiction, this book presents the felt sense polyvagal model (FSPM), a paradigm-shifting, bottom-up approach that considers addiction as an adaptive attempt to regulate emotional states and trauma. The felt sense polyvagal model draws from Porges' polyvagal theory, Gendelin's felt sense, and Lewis' learning model of addiction to offer a graphically illustrated and deeply embodied way of conceptualizing and treating addiction through supporting autonomic regulation. This model de-pathologizes addiction as it teaches embodied practices through tapping into the felt sense, the body's inner wisdom. Chapters first present a theoretical framework and demonstrate the graphic model in both clinician and client versions and then teach the clinician how to use the model in practice by providing detailed treatment strategies. This text's informed, compassionate approach to understanding and treating trauma and addiction is adaptable to any school of psychotherapy and will appeal to addiction experts, trauma specialists, and clinicians in all mental health fields.

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relationship, focusing on the present moment, and emotional deepening. Coverage includes acceptance and commitment therapy, dialectical behavior therapy, mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. In every chapter, the authors describe their clinical methods and goals, articulate their theoretical models, and examine similarities to and differences from other approaches both inside and outside behavior therapy.

acceptance and commitment therapy steven hayes: 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.

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new training standards developed by the Inter-Organizational Task Force on Cognitive and Behavioral Psychology Doctoral Education, this groundbreaking textbook presents the core competencies of cognitive behavioral therapy (CBT) in an innovative, practically applicable way, with contributions from some of the luminaries in the field of behavioral science. CBT is one of the most proven-effective and widely used forms of psychotherapy today. But while there are plenty of books that provide an overview of CBT, this is the first to present the newest recommendations set forth by a special task force of the Association for Behavioral and Cognitive Therapies—and that focuses on the application of these interventions based on a variety of approaches for doctoral-level education and training. Starting with an exploration of the science and theoretical foundations of CBT, then moving into a thorough presentation of the clinical processes, this book constitutes an accessible, comprehensive guide to grasping and using even the most difficult competencies. Each chapter of Process-Based CBT is written by a leading authority in that field, and their combined expertise presents the best of behavior therapy and analysis, cognitive therapy, and the acceptance and mindfulness therapies. Most importantly, in addition to gaining an up-to-date understanding of the core processes, with this premiere text you'll learn exactly how to put them into practice for maximum efficacy. For practitioners, researchers, students, instructors, and other professionals working with CBT, this breakthrough textbook—poised to set the standard in coursework and training—provides the guidance you need to fully comprehend and utilize the core competencies of CBT in a way that honors the behavioral, cognitive, and acceptance and mindfulness wings of the tradition.

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Darrah Westrup, 2007 An indispensable resource for mental health professionals, *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems* offers a practical and accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.

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acceptance and commitment therapy steven hayes: *The Big Book of ACT Metaphors* Jill A. 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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theory and the specific interventions associated with each orientation.

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acceptance and commitment therapy steven hayes: Prosocial Paul W.B. Atkins, David Sloan Wilson, Steven C. Hayes, 2019-10-01 A groundbreaking, comprehensive program for designing effective and socially equitable groups of all sizes—from businesses and social justice groups to global organizations. Whether you work in business or schools, volunteer in neighborhoods or church organizations, or are involved in social justice and activism, you understand the enormous power of groups to enact powerful and lasting change in the world. But how exactly do you design, build, and sustain effective groups? Based on the work of Nobel Prize winning economist Elinor Ostrom and grounded in contextual behavioral science, evolutionary science, and acceptance and commitment therapy (ACT), Prosocial presents a practical, step-by-step approach to help you energize and strengthen your business or organization. Using the Prosocial model, you’ll learn to design groups that are more harmonious, have better member or employee retention, have better relationships with other groups or business partners, and have more success and longevity. Most importantly, you’ll learn to target the characteristics that foster cooperation and collaboration—key ingredients for any effective group.

acceptance and commitment therapy steven hayes: Daring to Challenge OCD Joan Davidson, 2014-08-01 If you have obsessive-compulsive disorder (OCD), you may suffer from

obsessive thoughts and anxiety, and use compulsions to alleviate your distress. You know, more than anyone, how debilitating this condition can be. But you may also be reluctant to start treatment due to fears and misconceptions regarding therapy—particularly exposure and response prevention (ERP) therapy. You may even think of a number of reasons not to go, or to drop out, but if you are committed to getting better, you need to take that important step toward healing. ERP is a proven-effective treatment that can help people with OCD break free from the constraints of their disorder; however, starting treatment can feel frightening. Many people wonder what treatment will be like and how they will ever face some of their worst fears. They want to hear from others who have successfully completed therapy. In *Daring to Challenge OCD*, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment. If you are considering treatment, you may ask yourself, What will my therapist expect me to do? Will treatment be too difficult for me to handle? Will I be asked to do things that put me at risk? What are realistic expectations for recovery? This book will demystify treatment for OCD so that you can face your fears and start changing your life. And if you are a therapist helping clients build motivation to engage in ERP, this book offers real treatment stories and exercises for clients, making it an invaluable resource for therapists and wonderful suggested reading for clients building motivation to commit to treatment.

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acceptance and commitment therapy steven hayes: 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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living well. It helps us accept. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

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A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

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Although the therapeutic relationship is a major contributor to therapeutic outcomes, the cognitive behavioral psychotherapies have not explored this aspect in any detail. This book addresses this shortfall and explores the therapeutic relationship from a range of different perspectives within cognitive behavioral and emotion focused therapy traditions. The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies covers new research on basic models of the process of the therapeutic relationship, and explores key issues related to developing emotional sensitivity, empathic understanding, mindfulness, compassion and validation within the therapeutic relationship. The contributors draw on their extensive experience in different schools of cognitive behavioral therapy to address their understanding and use of the therapeutic relationship. Subjects covered include: · the process and changing nature of the therapeutic relationship over time · recognizing and resolving ruptures in the therapeutic alliance · the role of evolved social needs and compassion in the therapeutic relationship · the therapeutic relationship with difficult to engage clients · self and self-reflection in the therapeutic relationship. This book will be of great interest to all psychotherapists who want to deepen their understanding of the therapeutic relationship, especially those who wish to follow cognitive behavioral approaches.

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Michael White, one of the founders of narrative therapy, is back with his first major publication since the seminal Narrative Means to Therapeutic Ends, which Norton published in 1990. Maps of Narrative Practice provides brand new practical and accessible accounts of the major areas of narrative practice that White has developed and taught over the years, so that readers may feel confident when utilizing this approach in their practices. The book covers each of the five main areas of narrative practice-re-authoring conversations, remembering conversations, scaffolding conversations, definitional ceremony, externalizing conversations, and rite of passage maps-to provide readers with an explanation of the practical implications, for therapeutic growth, of these conversations. The book is filled with transcripts and commentary, skills training exercises for the reader, and charts that outline the conversations in diagrammatic form. Readers both well-versed in narrative therapy as well as those new to its concepts, will find this fresh statement of purpose and practice essential to their clinical work.

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Jason A. Nieuwsma, Robyn D. Walser, Steven C. Hayes, 2016-07-01 For the first time ever, three pioneers in the field of acceptance and commitment therapy (ACT) present an edited volume that outlines how the core ACT processes can be applied to religious and spiritual care approaches. If you are a clergy leader or pastoral counselor, people struggling with difficult situations or life traumas frequently turn to you for guidance. And while you're passionate about helping, you may be unprepared for counseling people with certain mental health challenges. On the other hand, if you are a psychotherapist, you may need guidance in supporting your client's religious belief system in therapy. In either case, this book presents a powerful road map to help you provide the best care. In this book, you'll find a complete overview of ACT, as well as strategies for integrating ACT and issues related to spirituality. You'll also learn how the core processes of ACT—such as commitment to change and values-based living—can be seamlessly tied into spiritual and religious counseling, no matter your faith or therapeutic background. By teaching you how to fuse conceptual psychological and spiritual principles, this book will provide you with the tools needed to enhance your counseling skill set.

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Therapy for Borderline Personality Disorder Patricia E. Zurita Ona, 2020-12-01 Motivate your BPD clients with values-based treatment! This 16-week ACT protocol will help you get started today. As you know, clients with borderline personality disorder (BPD) and emotion dysregulation often struggle with negative beliefs about themselves—beliefs that can lead to feelings of shame, problems with personal relationships, and dangerous behaviors. And while dialectical behavior therapy (DBT) is the standard treatment for BPD, more and more, acceptance and commitment therapy (ACT) has shown promising results when treating BPD clients by helping them focus on their core values and forgiveness. *Acceptance and Commitment Therapy for Borderline Personality Disorder* provides a comprehensive program for delivering ACT to clients with BPD. Using the session-by-session, 16-week protocol in this professional guide, you can help clients work through the main driver behind BPD—experiential avoidance—and gain the psychological flexibility needed to balance their emotions and begin healing. You can use this protocol on its own, or in conjunction with treatment. With this guide, you'll learn to target the fundamental causes of BPD for better treatment outcomes and happier, healthier clients.

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Kevin L. Polk, Benjamin Schoendorff, 2014-03 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 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.

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acceptance and commitment therapy steven hayes: The Heart of ACT Robyn D. Walser, 2019-10-01 In The Heart of ACT, renowned acceptance and commitment therapy (ACT) trainer Robyn Walser explores ACT as a process-based therapy incorporating interpersonal, intrapersonal, and overarching and ongoing processes, as well as the integration of six core components of psychological flexibility to connect clinicians to the dynamic and relational implementation of ACT. Engaging clinical scenarios, therapeutic insights, and supervision dialogues are offered to help clinicians move beyond their conceptual understanding of ACT principles to master the nuances of the therapeutic relationship at the heart of ACT. Using the tips and strategies in this professional guide, you'll develop a flexible, grounded, and client-centered practice. With this comprehensive resource, you'll learn to cultivate an organic, process-driven practice, grounded in the heart of the therapeutic relationship and responsive to clients in the moment. The Heart of ACT is designed to mimic the supervision experience by presenting material in thought-provoking chapters grounded in real-life clinical situations and challenges. In the book, you'll also find supervision dialogues inspired by Walser's work with her supervisees, Carlton Coulter and Manuela O'Connell. Carlton and Manuela comment and ask questions related to the material in the book and their own ACT learning process. These are then addressed by Walser in a dialogue designed to assist clinicians in connecting to the material. These sections mimic the helpful mentoring process of one-on-one training and supervision, and offer insights into specific therapeutic challenges that can unfold in structured conversation. As the applications of ACT grow, so does the need for up-to-date professional resources. Unlike many advanced ACT books that focus on procedures and techniques, The Heart of ACT focuses on the heart of the therapeutic relationship, as well as the "soft skills" that

are difficult to describe, but which often mark the difference between a merely good clinician and an excellent one. If you're looking to take your ACT delivery to a new, exciting level, this book is a must-have addition to your professional library.

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