

acceptance and commitment therapy worksheets pdf

Acceptance and Commitment Therapy Worksheets PDF: A Comprehensive Guide

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Keywords: acceptance and commitment therapy worksheets pdf, ACT worksheets pdf, mindfulness worksheets pdf, acceptance worksheets pdf, commitment worksheets pdf, values clarification worksheets pdf, ACT therapy, acceptance and commitment therapy, free ACT worksheets, printable ACT worksheets.

Introduction:

Acceptance and Commitment Therapy (ACT) is a powerful form of psychotherapy that helps individuals live a more meaningful and fulfilling life. Unlike traditional therapies that focus on changing thoughts and feelings, ACT teaches individuals to accept their thoughts and feelings without judgment, while committing to actions aligned with their values. A crucial component of ACT therapy is the use of worksheets. These acceptance and commitment therapy worksheets pdf resources provide practical tools and exercises to guide clients through the core principles of ACT. This article explores the significance and relevance of these worksheets, detailing their application and benefit in enhancing the effectiveness of ACT therapy.

The Significance of Acceptance and Commitment Therapy Worksheets PDF:

Acceptance and Commitment Therapy Worksheets PDF are invaluable tools for both therapists and clients. They provide a structured approach to exploring core ACT principles, translating theoretical concepts into actionable strategies. The benefits include:

Increased Self-Awareness: Worksheets often prompt self-reflection on thoughts, feelings, and behaviors. This increased self-awareness is a cornerstone of ACT, allowing individuals to identify patterns and develop a deeper understanding of their inner world. Many acceptance and commitment therapy worksheets pdf focus specifically on identifying values and obstacles.

Enhanced Engagement: The interactive nature of worksheets promotes active participation in the therapeutic process. Clients are not passive recipients of information but actively engaged in their own healing journey. Completing acceptance and

commitment therapy worksheets pdf between sessions reinforces learning and facilitates progress.

Practical Application of Concepts: ACT concepts like mindfulness, acceptance, and values clarification can be abstract. Worksheets provide practical exercises that bring these concepts to life, making them more readily applicable to daily situations. For example, a worksheet focusing on defusion might involve identifying and reframing negative self-statements. Similarly, a values clarification worksheet pdf helps individuals identify what truly matters to them.

Personalized Approach: While standardized, acceptance and commitment therapy worksheets pdf offer a degree of personalization. Clients can tailor their responses and reflections to their specific experiences, making the process relevant and meaningful to their individual lives.

Accessibility and Convenience: The availability of acceptance and commitment therapy worksheets pdf enhances accessibility to ACT principles. Clients can review and complete exercises at their own pace, reinforcing the therapeutic work done during sessions. The convenience of having printable resources is also highly beneficial.

Core Components of Effective Acceptance and Commitment Therapy Worksheets PDF:

Effective acceptance and commitment therapy worksheets pdf typically incorporate exercises related to:

Mindfulness: Exercises focused on cultivating present-moment awareness, observing thoughts and feelings without judgment. This might involve body scans, mindful breathing exercises, or observing sensations.

Acceptance: Worksheets guiding clients in accepting difficult thoughts and feelings without attempting to control or suppress them. This might involve identifying avoidance strategies and practicing acceptance techniques.

Cognitive Defusion: Exercises aimed at creating psychological distance from thoughts, viewing them as mental events rather than absolute truths. This could involve techniques like labeling thoughts or using metaphors.

Self-as-Context: Worksheets that help clients experience a sense of self beyond their thoughts and feelings, viewing themselves as observers rather than being identified with their experiences.

Values Clarification: Worksheets to identify and prioritize personal values, guiding action towards a more meaningful life. These exercises often involve exploring various life domains and identifying what truly matters.

Committed Action: Worksheets focusing on translating values into concrete actions, overcoming obstacles, and building commitment to meaningful behaviors. These exercises help bridge the gap between values and behavior.

Finding and Utilizing Acceptance and Commitment Therapy Worksheets PDF:

Numerous resources are available online offering free and paid acceptance and commitment therapy worksheets pdf. However, it's important to be discerning in your selection, ensuring the worksheets are developed by qualified professionals and align with the core principles of ACT.

When using acceptance and commitment therapy worksheets pdf, it's recommended to:

Choose worksheets relevant to your current challenges: Don't try to tackle everything at once. Focus on specific areas needing improvement.

Complete worksheets thoughtfully and honestly: The value of the worksheets lies in your engagement with the exercises.

Review and reflect on your responses: Consider what insights you've gained and how you might apply them to your daily life.

Discuss your progress with your therapist: Sharing your work with your therapist facilitates deeper understanding and personalized guidance.

Summary:

This article emphasizes the crucial role of acceptance and commitment therapy worksheets pdf in the successful implementation of ACT. These readily available resources translate complex therapeutic concepts into practical, accessible exercises. The interactive nature of the worksheets enhances client engagement and fosters self-awareness. Through mindfulness exercises, acceptance techniques, cognitive defusion, self-as-context exploration, value clarification, and commitment to action, these acceptance and commitment therapy worksheets pdf provide a structured pathway towards a more fulfilling life. Choosing reputable sources and using the worksheets thoughtfully are crucial for maximizing their therapeutic benefits.

Publisher: This article is self-published by Dr. Emily Carter. Dr. Carter's established reputation in the field of psychology and her expertise in ACT provide credibility to this resource.

Editor: No editor was involved in the creation of this article.

Conclusion:

Acceptance and Commitment Therapy Worksheets PDF are an invaluable adjunct to ACT therapy, offering accessible and practical tools for both therapists and clients. By fostering self-awareness, promoting active engagement, and facilitating the application of core ACT principles, these worksheets significantly enhance the effectiveness of the therapeutic process. Their widespread availability and user-friendly format make them a powerful resource for anyone seeking to live a more meaningful and fulfilling life.

FAQs:

1. Are all acceptance and commitment therapy worksheets pdf created equal? No, the quality and effectiveness of acceptance and commitment therapy worksheets pdf vary depending on the creator's expertise and alignment with ACT principles. Look for resources from reputable sources.
1. Can I use acceptance and commitment therapy worksheets pdf without a therapist? While worksheets can be beneficial independently, they are most effective when used in conjunction with a qualified ACT therapist.
1. How often should I use acceptance and commitment therapy worksheets pdf? The frequency depends on individual needs and progress. Some clients might use them daily, while others might use them weekly.
1. Are there different types of acceptance and commitment therapy worksheets pdf available? Yes, worksheets cover various ACT principles, including mindfulness, acceptance, defusion, self-as-context, values clarification, and committed action.
1. Where can I find reliable acceptance and commitment therapy worksheets pdf? Reputable sources include websites of qualified ACT therapists, academic institutions offering ACT training, and established mental health organizations.
1. Can I adapt acceptance and commitment therapy worksheets pdf to my own needs? While adapting worksheets is possible, it's crucial to maintain their alignment with ACT principles to avoid diluting their effectiveness.
1. What if I find an acceptance and commitment therapy worksheet pdf that is too difficult? Don't hesitate to seek support from a therapist or find alternative, simpler worksheets.
1. Are acceptance and commitment therapy worksheets pdf suitable for all mental

health issues? While effective for many issues, they might not be the sole solution for all mental health conditions. Professional guidance is crucial.

1. Can children and adolescents benefit from acceptance and commitment therapy worksheets pdf? Yes, adapted versions are available for younger populations, often requiring modification by a qualified therapist.

Related Articles:

1. "Mindfulness Exercises for Beginners: A Guide with Printable Worksheets": A beginner's guide to mindfulness techniques, including printable worksheets for developing present moment awareness.
1. "Cognitive Defusion Techniques in ACT: Practical Strategies and Worksheets": Focuses on cognitive defusion techniques, offering practical strategies and acceptance and commitment therapy worksheets pdf for reducing the impact of unhelpful thoughts.
1. "Values Clarification Worksheet: Identifying and Prioritizing Your Life Values": A dedicated article exploring values clarification in detail, complete with a comprehensive values clarification worksheet pdf.
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1. "Building Self-Compassion: ACT-Based Exercises and Worksheets": Explores self-compassion and its role in ACT, complete with exercises and printable worksheets.
1. "Working with Difficult Emotions: An ACT Approach with Worksheets": Focuses specifically on managing difficult emotions using acceptance and commitment therapy, including related acceptance and commitment therapy worksheets pdf.

1. "The Role of Committed Action in ACT: Achieving Your Goals with Worksheets": Highlights the importance of committed action and provides strategies and worksheets to support achieving valued goals.

1. "Acceptance and Commitment Therapy for Anxiety: Worksheets and Strategies": Explores the application of ACT to anxiety management, along with dedicated worksheets.

1. "Acceptance and Commitment Therapy for Depression: A Practical Guide with Worksheets": Addresses the application of ACT to depression and offers relevant worksheets and strategies.

acceptance and commitment therapy worksheets pdf: *The Happiness Trap* Russ Harris, 2013 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.

acceptance and commitment therapy worksheets pdf: ACT with Love Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of ACT with Love, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with

openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. ACT with Love will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

acceptance and commitment therapy worksheets pdf: 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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acceptance and commitment therapy worksheets pdf: ACT for Psychosis Recovery Emma K. O'Donoghue, Eric M.J. Morris, Joseph E. Oliver, Louise C. Johns, 2018-03-01 ACT for Psychosis Recovery is the first book to provide a breakthrough, evidence-based, step-by-step approach for group work with clients suffering from psychosis. As evidenced in a study by Patricia A. Bach and Steven C. Hayes, patients with psychotic symptoms who received acceptance and commitment therapy (ACT) in addition to treatment as usual showed half the rate of rehospitalization as those who did not. With this important guide, you'll learn how a patient's recovery can be both supported and sustained by promoting acceptance, mindfulness, and values-driven action. The journey of personal recovery from psychosis is immensely challenging. Patients often struggle with paranoia, auditory hallucinations, difficulties with motivation, poor concentration and memory, and emotional dysregulation. In addition, families and loved ones may have trouble understanding psychosis, and stigmatizing attitudes can limit opportunity and create alienation for patients. True recovery from psychosis means empowering patients to take charge of their lives. Rather than focusing on pathology, ACT teaches patients how to stay grounded in the present moment, disengage from their symptoms, and pursue personally meaningful lives based on their values. In this groundbreaking book, you will learn how to facilitate ACT groups based on a central metaphor (Passengers on the Bus), so that mindfulness and values-based action are introduced in a way that is engaging and memorable. You will also find tips and strategies to help clients identify valued directions, teach clients how to respond flexibly to psychotic symptoms, thoughts, and emotions that have been barriers to living a valued life, and lead workshops that promote compassion and connection among participants. You'll also find tried and tested techniques for engaging people in groups, particularly those traditionally seen as "hard to reach"—people who may be wary of mental health services or experience paranoia. And finally, you'll gain skills for engaging participants from various ethnic backgrounds. Finding purpose and identity beyond mental illness is an important step in a patient's journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the insight needed to achieve lasting well-being.

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Therapy, 47, 431-572.)

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acceptance and commitment therapy worksheets pdf: *Acceptance and Commitment Therapy for Eating Disorders* Emily K. Sandoz, Kelly G. Wilson, Troy DuFrene, 2011-02-03 A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

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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 worksheets pdf: The Thriving Adolescent Louise L. Hayes, Joseph V. Ciarrochi, 2015-11-01 Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven-effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

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acceptance and commitment therapy worksheets pdf: The Weight Escape Ann Bailey, Joseph Ciarrochi, Russ Harris, 2014-12-16 Skip the diets and calorie counting—the bestselling author of The Happiness Trap reveals how mindful eating is the key to long-term weight control and well-being Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Happiness Trap author Dr. Russ Harris, psychological practitioner Ann Bailey, and scientist Joseph Ciarrochi present a holistic approach to well-being and weight loss. Focusing on the mental barriers that prevent us from setting and achieving our goals, they go beyond meal plans and calorie counting to explain how you can apply mindfulness to your lifestyle and eating habits. Through practical exercises and personal stories they show you how to: • Set goals and give direction to your life • Overcome destructive habits and exercise self-control • Deal with cravings and stressful situations • Develop self-acceptance This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of

well-being—for the rest of your life.

acceptance and commitment therapy worksheets pdf: Brief Interventions for Radical Change Kirk D. Strosahl, Patricia J. Robinson, Thomas Gustavsson, 2012-10-01 As a mental health professional, you know it's a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. *Brief Interventions for Radical Change* is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits with clients, or if you are simply looking for a way to make the most of each session, this is your guide. In this book, you'll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better. The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

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acceptance and commitment therapy worksheets pdf: Essential Psychiatry for the

Aesthetic Practitioner Evan A. Rieder, Richard G. Fried, 2021-06-28 **ESSENTIAL PSYCHIATRY FOR THE AESTHETIC PRACTITIONER** Aesthetic practice requires an understanding of human psychology, yet professionals across cosmetic medicine and related fields receive no formal training in identifying and managing psychological conditions. *Essential Psychiatry for the Aesthetic Practitioner* provides concise yet comprehensive guidance on approaching patient assessment, identifying common psychiatric diseases, and managing challenging situations in cosmetic practice. This much-needed guide brings together contributions by dermatologists, plastic surgeons, psychiatrists, psychologists, and other experts to help practitioners understand the role of psychology in cosmetic practice and improve interpersonal relations with their patients. Assuming no previous background knowledge in psychiatry, the text provides cosmetic practitioners of all training and experience levels with clear guidance, real-world advice, and effective psychological tools to assist their practice. Through common clinical scenarios, readers learn to determine if a patient is a good candidate for a cosmetic procedure, enhance the patient experience, deal with difficult personalities in the cosmetic clinic, recognize obsessive compulsive and body dysmorphic disorders, and more. Describes how to use psychologically informed approaches and treatments for aesthetic patients Features easy-to-use psychological tools such as motivational interviewing, progressive muscle relaxation, guided imagery, and acceptance and commitment therapy Includes extensive references and practical tips for understanding the psychological implications of cosmetic treatments Covers cosmetic consultations for female, male, and transgender patients Discusses the history and psychology of beauty as well as the role of cosmetics and cosmeceuticals Emphasizes the importance of screening for common psychological comorbidities Addresses the impact of social media on self-image and its role in a growing crisis in beauty and appearance Highlights the need to develop new guidelines to treat rapidly evolving patient populations Explores how gender fluidity and variations in ethnicity are changing the approaches to aesthetic patients *Essential Psychiatry for the Aesthetic Practitioner* is required reading for dermatologists, plastic surgeons, cosmetic doctors, dentists, nurses, and physician assistants and all other professionals working in aesthetic medicine.

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professionals need a solid plan of action when using group therapy to treat clients. In recent years, acceptance and commitment therapy (ACT) has gained immense popularity. Based in values, mindfulness, and committed action, this therapeutic model has proven successful in treating a number of psychiatric disorders, including anxiety, depression, stress, addictions, eating disorders, trauma, and relationship problems. However, despite the popularity of this modality, there are very limited resources available when it comes to applying ACT in a group setting. Learning ACT for Group Treatment is a comprehensive, powerful manual for clinicians, therapists, and counselors looking to implement ACT in group therapy with clients. A composite of stand-alone sessions, the book provides detailed explanations of each of the core ACT processes, printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants. In the book, professionals will see how the benefits of ACT can actually be enhanced in a group setting, particularly because there are more participants for ACT exercises. This leads to increased accountability among clients, and allows them to play both an active role and the role of the observer during treatment. The book also includes concrete tips for applying ACT to a number of treatment scenarios, including inpatient group therapy, partial hospitalization programs, outpatient programs, and community self-help groups. With detailed exercises and group activities, this book has everything therapists need to start using ACT in group settings right away.

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therapy (ACT) treatment protocol for professionals to help clients overcome the barriers that hold them back in their relationships. Romantic relationships are a huge challenge for many of us, as evidenced by our high divorce rates. But what is it that causes so much pain and discord in many relationships? In *Acceptance and Commitment Therapy for Couples*, Matthew McKay and Avigail Lev provide the first ACT-based treatment protocol for couples that identifies the ten most common relationship schemas—and the coping behaviors they drive—to help you guide clients through their pain and toward solutions that reflect the needs and values of the couple. Rather than working to stop relationship schemas from being triggered or to reduce schema pain, you'll be able to help your clients observe and name what triggers their rigid coping behaviors when their schemas are activated. And by learning new skills when they're triggered, your clients will be able to replace avoidant and coping behaviors with values-based action for the betterment of the relationship. By making your clients' avoidant behavior the target of treatment—as opposed to their thoughts and beliefs—this skills-based guide provides the tools you need to help your clients change how they respond to their partner.

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