

New Harbinger
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232 Pages

Get Out of Your Mind and Into Your Life *(New edition)*

The New Acceptance and Commitment Therapy

Steven C. Hayes, Spencer Smith

Get Out of Your Mind and Into Your Life has introduced hundreds of thousands of readers to the core skills of acceptance and commitment therapy (ACT), and offers a breakthrough, radically different approach to improving mental health and creating positive life changes. Now in a special 20th anniversary edition—which includes a new preface from author and ACT cofounder, Steven C. Hayes—readers will discover why ACT is a “game changer,” and how it can help them identify what they *truly* care about, live with intention in each moment, reduce their suffering, and commit to living a vital, meaningful life—even in the face of adversity.

Summary

Now more than ever—it’s time to get out of your mind and into your life!

If you’re struggling with painful thoughts and emotions, anxiety about the future, depression, the effects of trauma, job stress, or anger, this game-changing workbook—now in a special 20th anniversary edition—can help you build the psychological flexibility needed to reduce your suffering and commit to living your life based on what matters most to you *now*.

Get Out of Your Mind and Into Your Life has already introduced hundreds of thousands of readers to the core skills of acceptance and commitment therapy (ACT)—a revolutionary approach that reveals the reasons *why* we suffer, and how to be mentally healthy. In this anniversary edition—featuring a new preface by author and ACT originator, Steven C. Hayes—you’ll learn how ACT can help you live a vital, meaningful life, even in the most challenging times. As you work through the book, you’ll discover how to stop fighting or avoiding your pain, and develop a willingness to embrace every experience life has to offer.

You’ll find evidence-based strategies to:

- Face fears and challenges—rather than avoid them
- Become more mindful and intentional in each moment
- Foster willingness to accept *all* of life’s experiences
- Defuse from negative thoughts and emotions
- Focus on what *really* matters to you

ACT is not about resisting your emotions; it’s about feeling them completely without letting them control you. More than just a self-help workbook, this is an essential road map to cultivate psychological flexibility, thrive in the face of adversity, and—*most importantly*—get out of your mind and into your life!

This book has been awarded the Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles, and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

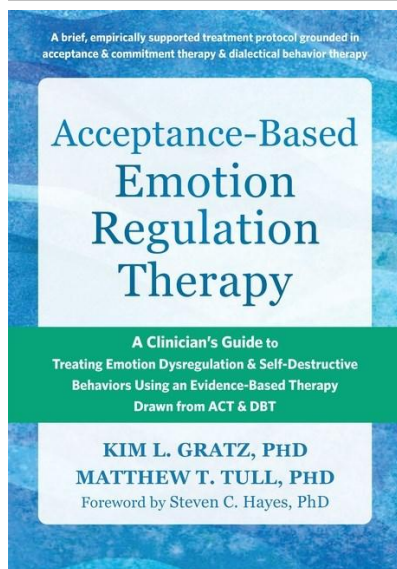
Contributor Bio

Steven C. Hayes, PhD, is Foundation Professor Emeritus at the University of Nevada, Reno;

and president of the Institute for Better Health. Author of forty-eight books and more than 700 scientific articles, he has been president of numerous professional organizations and is among the most cited living psychologists. He has shown in his research on relational frame theory (RFT) how and why language and symbolic thought leads both to human achievement and to human suffering, and has guided the

extension of RFT to acceptance and commitment therapy (ACT)—a powerful therapy method that is among the most widely researched and broadly applicable behavior change methods known to science.

Spencer Smith is executive director of the Institute for Better Health; cofounder of Psychflex, Incorporated; and author/contributor of/to many books in the fields of health, nutrition, and psychology. Spencer has worked for more than twenty years in many different areas related to the health and psychology fields, including content creation, information distribution marketing, business development, continuing education, and e-commerce platform growth and deployment. In his spare time, Spencer likes to hike, garden, and play games with his family. He is also a lifelong aikido practitioner with a sixth-degree black belt in the art.



New Harbinger
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216 Pages

Acceptance-Based Emotion Regulation Therapy

A Clinician's Guide to Treating Emotion Dysregulation and Self-Destructive Behaviors Using an Evidence-Based Therapy Drawn from ACT and DBT

Kim L. Gratz, Matthew T. Tull, Steven C. Hayes

Grounded in evidence-based acceptance and commitment therapy (ACT) and dialectical behavior therapy (DBT), this professional guide offers clinicians an array of techniques and tools they can use to improve client treatment outcomes and prevent relapse.

Summary

Efficiently target all dimensions of your clients' emotion dysregulation for improved treatment outcomes.

There is extensive evidence highlighting the role of emotion dysregulation in numerous forms of psychopathology and maladaptive behaviors including depression, anxiety, PTSD, personality disorders, self-injury, disordered eating behaviors, and substance use, among others. Originally developed for treating self-injury among women with borderline personality disorder, research shows that acceptance-based emotion regulation therapy is powerfully effective in treating emotion dysregulation and related psychiatric symptoms and self-destructive behaviors in a wide range of clients.

Acceptance-Based Emotion Regulation Therapy offers an empirically supported protocol that addresses all key dimensions of emotion regulation using evidence-based strategies drawn from dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and emotion-focused therapy (EFT), as well as basic behavioral principles—resulting in a treatment that is more targeted and far briefer than comprehensive DBT. After providing an overview of the conceptual and empirical underpinnings of this therapy, as well as the therapeutic stance underlying this treatment, this step-by-step guide will walk you through each of the fourteen sessions of this therapy, reviewing key concepts and specific strategies for teaching clients key emotion regulation skills.

Each chapter includes handouts and outside-of-session practice exercises and monitoring forms to help clients practice the skills and integrate them into their lives. Chapters also include discussion of common sticking points or challenges that can arise when teaching clients these skills, as well as tips for addressing these in an effective, treatment consistent manner. You'll also learn strategies for helping clients maintain treatment gains and prevent relapse. With this comprehensive protocol, you'll be fully equipped to treat psychiatric symptoms stemming from emotion dysregulation, self-destructive behaviors serving an emotion-regulating function, and emotion dysregulation more broadly.

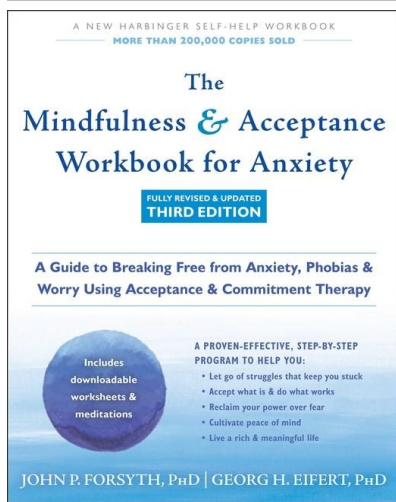
If you've been searching for an emotion regulation therapy that efficiently and effectively targets all the core dimensions of emotion dysregulation driving your clients' symptoms and clinical difficulties, this comprehensive guide has everything you need to help your clients improve their emotion regulation, maintain treatment gains, prevent relapse, and build meaningful lives.

Contributor Bio

Kim L. Gratz, PhD, is a senior clinical quality manager and clinical lead of the dialectical behavior therapy (DBT) program at Lyra Health. She also holds an appointment in the department of psychology at the University of Toledo, where she previously served as professor and chair. She has received multiple awards for her research on personality disorders and self-injury, and has authored more than 250 peer-reviewed publications and eight books on borderline personality disorder (BPD), self-injury, and DBT.

Matthew T. Tull, PhD, is a clinical quality supervisor at Lyra Health, and he also holds

an appointment in the department of psychology at the University of Toledo. Tull's research and clinical work emphasize the role of emotion regulation in anxiety disorders, trauma and stressor-related disorders, and high-risk behaviors such as substance use, self-injury, and suicide. His work has been recognized through awards from the Association for Behavioral and Cognitive Therapies and the International Society for Traumatic Stress Studies.



New Harbinger
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312 Pages
VS

The Mindfulness and Acceptance Workbook for Anxiety (3rd Edition)

A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

John P. Forsyth, Georg H. Eifert

The award-winning and innovative workbook that has helped countless readers manage worry, fear, and panic-now available in a fully revised and updated third edition with new activities, exercises, and skills based in self-compassion and values.

Summary

The award-winning and innovative workbook that has helped countless readers manage worry, fear, and panic-now available in a fully revised and updated third edition with new activities, exercises, and skills based in self-compassion and values.

Is anxiety a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward—a path into genuine happiness, and a way back to living the kind of life you so desperately want. This workbook will help you get started on this new journey today.

Now in its third edition, The Mindfulness and Acceptance Workbook for Anxiety offers trusted tools to help you take charge of your anxiety, fears, and your life. Grounded in evidence-based acceptance and commitment therapy (ACT), this fully revised and updated edition offers compelling new information on self-compassion and values, as well as new exercises, activities, and practices to help you achieve genuine peace of mind

With this workbook, you'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can get back to what truly matters to you.

Anxiety can show up in your life when you least expect it. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear. This workbook can help you do just that

Contributor Bio

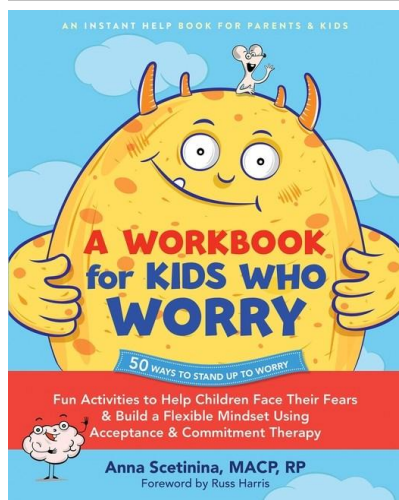
John P. Forsyth, PhD, is an internationally renowned author and speaker in the fields of acceptance and commitment therapy (ACT), mindfulness practices, and self-development and growth. For over twenty years, his writings, teachings, and research have focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path out of suffering and into wholeness. He has coauthored several popular ACT books, including Acceptance and Commitment Therapy for Anxiety Disorders for mental health professionals, and three self-help books for the public: The Mindfulness and Acceptance Workbook for Anxiety, ACT on Life Not on Anger, and Your Life on Purpose

Forsyth regularly gives inspirational talks and practical workshops to the public and professionals in the United States and abroad, and offers ACT trainings at the Omega Institute for Holistic Studies in Rhinebeck, NY, where he serves as a member of the teaching faculty. He is known to infuse his teaching and trainings with energy, humility, and compassion, and his down-to-earth workshops are consistently praised for their clarity, depth, and utility. Collectively, Forsyth's work has helped foster growing interest

in acceptance and mindfulness in psychology, mental health, medicine, and society.

Georg H. Eifert, PhD, is an internationally recognized author, scientist, speaker, and trainer in the use of acceptance and commitment therapy (ACT), an integrative approach balancing mindful acceptance, change, and compassion to foster psychological health and wellness. He is also professor emeritus of psychology at Chapman University in Orange County, CA, where he was previously department chair and associate dean of health sciences. He has won numerous awards for his research, teaching, and writing contributions. He is also a licensed clinical psychologist. As an active developer, researcher, and practitioner of ACT and transcendental meditation (TM), Eifert is coauthor of several popular books, including the highly praised practitioner's treatment guide, *Acceptance and Commitment Therapy for Anxiety Disorders*, as well as several ACT books for the public: *ACT on Life Not on Anger*, *Your Life on Purpose*, and *The Anorexia Workbook*. He has also authored and coauthored several books in German

Eifert regularly gives workshops and talks around the world, teaching ACT to both the public and professionals to help people end psychological suffering and lead more fulfilling lives. His workshops have been praised as inspiring, humorous, and empowering, and are renowned for their authenticity, clarity, and practical usefulness.



New Harbinger
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176 Pages
Ages 5 to 12
VS

A Workbook for Kids Who Worry

Fun Activities to Help Children Face Their Fears and Build a Flexible Mindset Using Acceptance and Commitment Therapy

Anna Scetinina, Russ Harris

Fun and evidence-based acceptance and commitment therapy (ACT) skills to help kids face their fears and live joyfully.

Summary

Fun and evidence-based acceptance and commitment therapy (ACT) skills to help kids face their fears and live joyfully.

Written for children ages 5 to 12, this fun and engaging workbook is based on proven-effective acceptance and commitment therapy (ACT) to help kids understand their worries, recognize their thoughts and feelings, and discover what they can and cannot control. Packed with friendly illustrations and exercises, kids can embark on a playful adventure of self-discovery. They will also learn how to deal with unpleasant thoughts, work through difficult emotions, and develop a flexible mindset.

Anxiety is among the most common mental health concerns in kids, and it can significantly impact their ability to function. Kids who worry excessively struggle to perform well at school, have difficulty making and maintaining friendships, and may miss out on many life-enriching activities. This anxiety can build up and manifest itself in the form of intense emotional outbursts and tantrums, often resulting in increased family turmoil. And this extreme worrying can also cause kids to avoid triggering situations, which only reinforces their inflexible thinking.

Once children learn how to respond to their worries effectively, they'll be more empowered and confident to face their fears head-on. Most importantly, kids will discover that they can safely partake in experiences that bring joy and a sense of fulfillment.

In these increasingly challenging times, kids and teens need mental health resources more than ever. With more than 3 million copies sold worldwide and translated into 260 languages, Instant Help Books are easy to use, proven-effective, and recommended by therapists.

Contributor Bio

Anna Scetinina, MACP, is a registered psychotherapist who lives in Toronto, ON, Canada. Anna is a member of the College of Registered Psychotherapists of Ontario (CRPO), and the Ontario Society of Registered Psychotherapists (OSRP). She works at Turning Point Psychological Services, providing services to children, adolescents, and adults suffering from stress, perfectionism, low self-esteem, anxiety disorders, obsessive-compulsive disorder (OCD), depression, and more. Anna has a particular interest and experience in working with children and teens, helping them gradually face social and academic challenges and develop self-regulatory skills and a flexible mindset through the use of acceptance and commitment therapy (ACT) and incorporating engaging art-based activities. Anna is also an award-winning professional artist and graphic designer, incorporating the use of art into her therapeutic approach.

Table Of Contents

Contents
Foreword VII
A Letter to Parents VIII
A Note for Professionals X
A Letter to Kids XII
Section 1
Understanding Your Worry
Activity 1: Are You a Worrier? 2

Activity 2: Where Do You Feel Worry in Your Body? 4

Activity 3: Your Brain's Main Job 6

Activity 4: Old Mind and New Mind 8

Activity 5: Do You Have a Flexible Mindset? 10

Activity 6: What Do You Do When You Worry? 12

Section 1 Quiz 15

Section 2

How to Grow a Flexible Mindset

Activity 7: Flex Park Attractions and a Flexible Mindset 20

Activity 8: Word Search 23

Activity 9: Toward and Away Roads 24

Activity 10: Choosing the Toward Road 26

Activity 11: Travel into the Future 28

Activity 12: End Goals versus Action Goals 31

Activity 13: Your Feelings Thermometer 33

Activity 14: My Worry is Like . . . 35

Activity 15: Notice How Your Feelings Change 36

Section 2 Quiz 39

iii

Section 3

Befriend Your Worry

Activity 16: "Don't Worry" 42

Activity 17: You Can Stop Growing Worries 45

Activity 18: Meet Your Fear 48

Activity 19: Make Room for Your Worry 50

Activity 20: Blooming Flower 52

Activity 21: Your Feelings and You 54

Activity 22: Feelings Finger Puppets 57

Activity 23: Make Friends with Your Worry 58

Section 3 Quiz 63

Section 4

Unhook from Worry Thoughts

Activity 24: Facts, Ideas, and Hooks 66

Activity 25: Your Mind's Tricks 69

Activity 26: Watch Your Mind 71

Activity 27: Leaves on a Stream 72

Activity 28: The Unhooking Toolkit 75

10 Ways to Take Power Away from Your Worry Thoughts 75

Activity 29: Become an Observer 78

Activity 30: Quick Mind Mode 82

Activity 31: You are More 84

Section 4 Quiz 87

Section 5

Mindfulness

Activity 32: What is Mindfulness 90

Activity 33: Being Mindful 92

Activity 34: Take a Breath 94

Activity 35: Anchor Yourself 97

iv

Activity 36: Look, Listen, and Breathe 101

Activity 37: The Mindfulness Toolkit 103

10 Ways to Practice Being Mindful 103

Activity 38: Make a Healthy Habits Checklist 106

Section 5 Quiz 109

Section 6

Your Heart's Secrets

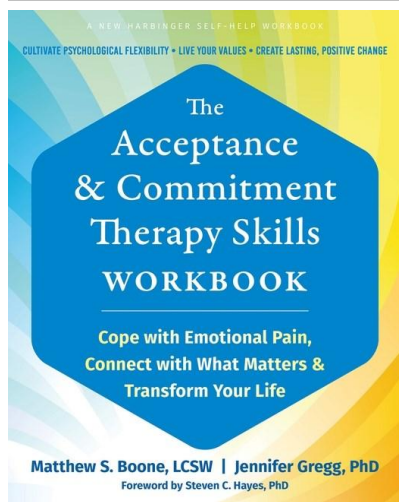
Activity 39: Your Strengths 112

Activity 40: Things That Matter 116

Activity 41: Your Superhero Badge 118

Activity 42: What Makes You Happy? 120

Activity 43: Fun with What Matters	122
Activity 44: Brave You	124
Section 6 Quiz	129
Section 7	
You Can Do It	
Activity 45: Set a SMART Goal	132
Activity 46: Jump over Obstacles	134
Activity 47: Your Plan for Dealing with Worry	137
Activity 48: Be Kind to Yourself	140
Activity 49: Being Kind Tic-Tac-Toe	143
Activity 50: How Flexible Are You Now?	145
Section 7 Quiz	147
Time to Say Goodbye	148
Awards	149
Count Your Flex Coins	152
Check Your Answers	153
Acknowledgements	154
References	156



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192 Pages
VS

The Acceptance and Commitment Therapy Skills Workbook

Cope with Emotional Pain, Connect with What Matters, and Transform Your Life

Matthew S. Boone, Jennifer Gregg, Steven C. Hayes

Heal the emotional and psychological pain that stands between you and the meaningful life you deserve.

Summary

Heal the emotional and psychological pain that stands between you and the meaningful life you deserve.

Are you often confused by a whirlwind of painful emotions that feel unbearable? Do you exist in a constant state of fear and anxiety-always expecting the worst when something goes wrong? Do you find yourself behaving in ways that don't reflect your values and beliefs? If so, you aren't alone. In our increasingly uncertain world, many people struggle to find peace of mind. If you feel like your thoughts and feelings have turned against you, this workbook can help you take charge of your emotions-and your life.

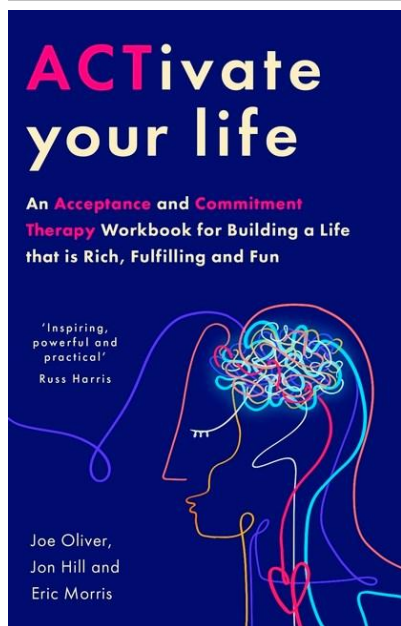
Acceptance and commitment therapy (ACT) is a powerful method for healing the psychological and emotional pain standing between you and a more fulfilling life. This workbook outlines essential ACT skills-including cognitive defusion, present-moment awareness, willingness, values, committed action, and flexible perspective taking-that you can apply immediately to start feeling better now, and keep feeling better in the future. You'll also learn strategies from positive psychology and self-compassion to help enhance feelings of connection, pleasure, and gratitude-so you can embrace life with a renewed spirit and commitment to what matters.

Presented in a highly accessible, "dip in, dip out" format, this workbook allows you to jump straight to what you need, when you need it. If you're ready to transform your life and make lasting positive change, the evidence-based skills in this workbook can help you get started on the path to healing.

Contributor Bio

Matthew S. Boone, LCSW, is a social worker, psychotherapist, and educator who specializes in translating mental health concepts for the general public. Boone is a nationally recognized, peer-reviewed trainer in acceptance and commitment therapy (ACT), author of *Stop Avoiding Stuff*, and editor of *Mindfulness and Acceptance in Social Work*. He is associate director of student mental health services at the University of Arkansas for Medical Sciences, where he is an instructor in psychiatry. He regularly gives ACT workshops around the country.

Jennifer Gregg, PhD, is a psychologist, author, professor, and trainer. She is a full professor at San Jose State University, and has spent twenty years treating cancer patients and their families. Gregg has been studying, delivering, and evaluating ACT since 1995, and she has published dozens of research papers, book chapters, and articles on ACT. She is coauthor of *Stop Avoiding Stuff* and *The Diabetes Workbook*.



Robinson
9781472148797
Trade Paperback

432 Pages
VS

ACTivate Your Life

An Acceptance and Commitment Therapy Workbook for Building a Life that is Rich, Fulfilling and Fun

Joe Oliver, Jon Hill, Eric Morris

A new, large format workbook that gives a general introduction to ACT - Acceptance and Commitment Therapy - using worksheets and interactive elements.

Summary

Embark on a remarkable journey of self-discovery and personal growth with *ACTivate Your Life*. This second edition, now in a user-friendly workbook format, equips you with powerful tools derived from Acceptance and Commitment Therapy (ACT) to help you set meaningful goals and breathe new life into your being.

- A clear introduction to the ACT approach
- Real life scenarios to make the examples come alive
- Workbook activities for clinicians and clients

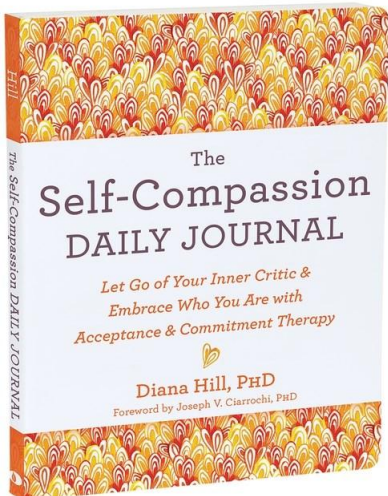
Learn to enhance your life skills and change your behaviour for the better!

Contributor Bio

Joe Oliver is a clinical psychologist and founder of Contextual Consulting, a consultancy offering ACT-focused training, supervision and psychological therapy. He is also an associate professor at University College, London.

Jon Hill is a corporate trainer and executive coach, and is the founder of Blueprint Coaching and Training. He helps develop leaders and employees who are healthy, resilient and psychologically flexible.

Eric Morris is a clinical psychologist and academic at La Trobe University in Melbourne, Australia. Eric has extensive experience in providing contextual cognitive behavioural therapies (including ACT) to individuals and groups, along with training and supervising therapists.



New Harbinger
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Trade Paperback

176 Pages
VS

The Self-Compassion Daily Journal

Let Go of Your Inner Critic and Embrace Who You Are with Acceptance and Commitment Therapy

Diana Hill, Joseph V. Ciarrochi

Transform your critical inner voice and make self-compassion a daily habit with this powerful and evidence-based guided journal.

Summary

Self-compassion is a cornerstone of mental health. Yet many people struggle with critical self-talk that lowers their confidence and stands in the way of true happiness. In *The Self-Compassion Daily Journal*, clinical psychologist Diana Hill offers powerful writing prompts grounded in acceptance and commitment therapy (ACT), mindfulness, and compassion to help readers let go of harmful self-criticism and instead cultivate kindness and forgiveness toward themselves, even when life hurts.

Transform your critical inner voice and make self-compassion a daily habit with this powerful and evidence-based guided journal.

Do you beat yourself up when you make a mistake? Are you overly self-critical, holding yourself to unrealistically high standards? If so, you aren't alone. It can be challenging or even uncomfortable for many of us to embrace ourselves with kindness. But over time, self-criticism can lead to increased anxiety and depression, lower our self-confidence, and even undermine our ability to take steps toward positive, meaningful change. The good news is self-compassion is a skill that can be *learned*.

In *The Self-Compassion Daily Journal*, clinical psychologist and author of *ACT Daily Journal* Diana Hill offers powerful writing prompts grounded in acceptance and commitment therapy (ACT), mindfulness, and compassion-focused therapy (CFT) to help you let go of harmful self-criticism-whether it's about body image, career goals, or parenting-and instead cultivate kindness and forgiveness toward yourself.

With this journal, you'll find practices to help you:

- Reduce anxiety, depression, and rumination
- Improve and deepen your relationships
- Bolster feelings of self-worth and confidence
- Reduce stress and boost immunity
- Build resilience, happiness, hope, and optimism

When we choose to open our hearts to ourselves, we are choosing the courageous path of embracing who we are. This path of self-compassion is the first step toward our collective freedom from suffering. Let this journal guide you on *your* path to inner peace, better relationships, increased well-being, and joy.

Written by renowned mental health and wellness experts, New Harbinger's Journals for Change combine evidence-based psychology with proven-effective guided journaling techniques to help you make lasting personal change-one page at a time.

Contributor Bio

Diana Hill, PhD, is a clinical psychologist, international trainer, and sought-after speaker on acceptance and commitment therapy (ACT) and compassion. Host of the podcast, *Your Life in Process*-and coauthor, with Debbie Sorenson, of *ACT Daily Journal*-Diana works with organizations, high-achievers, and health professionals who are committed to becoming psychologically flexible so they can transform their mental health at work, home, and around the globe. Diana practices what she preaches in her daily life as a mom of two boys, bee guardian, and yoga practitioner in Santa Barbara, CA.

Joseph V. Ciarrochi, PhD, is a professor at the Institute for Positive Psychology and Education at Australian Catholic University. He has published more than 160 scientific journal articles and many books, including the widely acclaimed *Emotional Intelligence in Everyday Life* and *The Weight Escape*.

Table Of Contents

Contents

Foreword vii

Welcome

A Kind Hand on Your Back 2

Week 1

A Hopeful Path 8

Week 2

A Compassionate Perspective 26

Week 3

Defusing from Your Inner Critic 44

Week 4

Opening Up and Being With 62

Week 5 A Life Well Lived 80

Week 6

Compassion for Your Body 98

Week 7

Regrets and Forgiveness 116

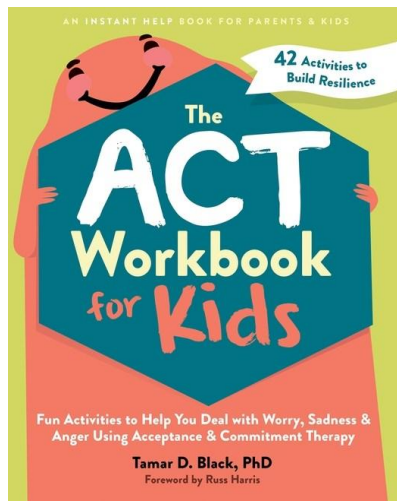
Week 8

Compassionate Action 134

Integration Your Compassionate Flow 154

Acknowledgments 157

References 159



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144 Pages
Ages 5 to 12
VS

The ACT Workbook for Kids

Fun Activities to Help You Deal with Worry, Sadness, and Anger Using Acceptance and Commitment Therapy

Tamar D. Black, Russ Harris

A fun and engaging "coping toolkit" to help kids ages 8 to 12 face life's challenges, manage emotions, and thrive!

Summary

Kids today are experiencing alarming rates of mental health challenges such as anxiety, depression, stress, and trauma. The good news is there are skills they can learn now to gain psychological flexibility, regulate emotions, and cultivate the resilience needed to navigate life's many storms. This timely and much-needed workbook can help.

In *The ACT Workbook for Kids*, Tamar D. Black offers fun activities grounded in evidence-based acceptance and commitment therapy (ACT) to help kids deal with worry, sadness, and anger. The exercises in this workbook are based on the processes of the ACT Kidflex—a simplified version of the ACT Hexaflex—and help kids work through the difficult thoughts and feelings that can arise from anxiety, depression, and stress. The workbook also includes tons of kid-friendly worksheets, crossword and word search puzzles, body-based practices, and arts and crafts that kids can do by themselves or with a parent, counsellor, or clinician.

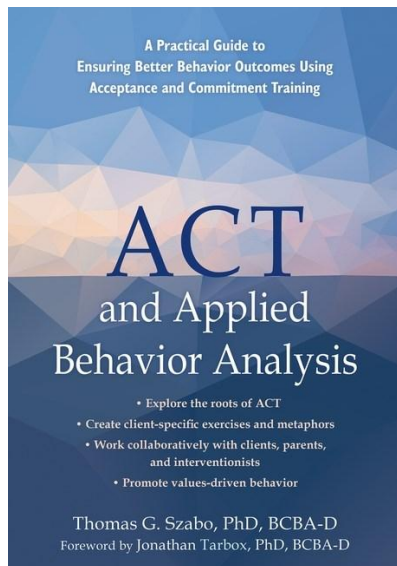
Most importantly, the skills in this workbook will help kids balance their emotions at home, at school, and in other social situations—such as going to parties, being with friends, and extracurricular activities. No matter what the situation, children can use these quick and simple strategies whenever they feel worried, sad, angry, stressed, or are struggling with self-esteem.

In these increasingly challenging times, kids and teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books are easy to use, proven-effective, and recommended by therapists.

Contributor Bio

Tamar D. Black, PhD, is an educational and developmental psychologist in Melbourne, Victoria, Australia. She is a school psychologist, and runs a private practice working with children, adolescents, young adults, and parents. She has extensive experience providing clinical supervision to early-career and highly experienced psychologists. She also provides training in acceptance and commitment therapy (ACT) to clinicians and teachers in using ACT with children and adolescents, and using ACT in schools.

Russ Harris is an internationally acclaimed acceptance and commitment therapy (ACT) trainer, and author of the best-selling ACT-based self-help book, *The Happiness Trap*, which has sold more than one million copies and been published in thirty languages. He is widely renowned for his ability to teach ACT in a way that is simple, clear, and fun-yet extremely practical.



New Harbinger
9781684035816
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304 Pages
VS

ACT and Applied Behavior Analysis

A Practical Guide to Ensuring Better Behavior Outcomes Using Acceptance and Commitment Training

Thomas G. Szabo, Jonathan Tarbox

Quickly master a proven-effective behaviour therapy that will allow you to expand the effectiveness of your practice.

Summary

As a board-certified behaviour analyst (BCBA), you work with a wide range of clients, particularly those with autism spectrum disorder (ASD). Some of these clients may not be verbal at all on one end of the spectrum, while some may have very advanced language skills on the other. For these clients and their families, you need a flexible and adaptable therapeutic framework to ensure the best behaviour outcomes. Drawn from relational frame theory (RFT)-the psychological theory of human language-acceptance and commitment therapy (ACT) can help.

With this definitive professional manual, you'll learn to conceptualize your cases using ACT, create your own exercises, generate metaphors, be present with the unique individual learner in front of you, and practice the core ACT skills flexibly to ensure better behaviour outcomes for clients and their families. You'll find an overview of the theoretical connections between behaviour analysis, RFT, and ACT, as well as the core act skills, including present-moment awareness, flexible perspective taking, committed action, and values work. Finally, you'll find information on cultural competency and diversity to help you service a wide range of clients.

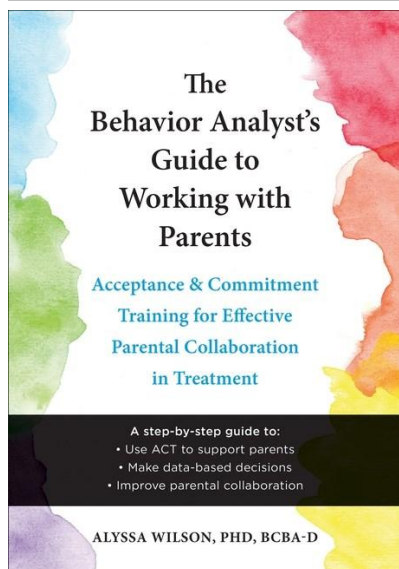
If you're like many BCBA's, you need specialized resources when working with linguistically sophisticated clients, as well as their parents and caregivers. Let this book be your comprehensive guide to incorporating ACT into your work.

Contributor Bio

Tom Szabo, PhD, BCBA-D, is a faculty member in the hybrid master's degree program for Professional Behavior Analysis at the Florida Institute of Technology, an internationally recognized acceptance and commitment therapy (ACT) trainer, a practicing board certified behavior analyst, and a graduate of the University of Nevada, Reno, where he studied under Steven C. Hayes and W. Larry Williams.

Over the last decade, Szabo has focused his practice on teaching people ways to ignite behavioral flexibility in their personal lives and with others in clinical practice, schools, boardrooms, shop floors, and community centers. He is particularly interested in teaching people ways to use the "psyflex model" to support individuals with high functioning autism and their families. With the Commit & Act Foundation, Szabo has trained therapists in Sierra Leone working with individuals who've committed acts of gender-based violence and he is currently conducting funded research on ways to reduce intra-familial violence. With his students, Szabo investigates ACT training and clinical RFT. He has published empirical and conceptual papers, as well as several book chapters.

Jonathan Tarbox, PhD, BCBA-D, is director of the master of science in applied behavior analysis program at the University of Southern California, as well as director of research at FirstSteps for Kids. He is editor in chief of the journal, Behavior Analysis in Practice, and serves on the editorial boards of several scientific journals related to autism and behavior analysis. He has published four books on autism treatment; is series editor of the Elsevier book series, Critical Specialties in Treating Autism and Other Behavioral Challenges; and author of well over seventy peer-reviewed journal articles and chapters in scientific texts. His research focuses on behavioral interventions for teaching complex skills to individuals with autism, applications of acceptance and commitment therapy (ACT) training inside of applied behavior analysis, and applications of applied behavior analysis to issues of diversity and social justice.



New Harbinger
9781648480904
Trade Paperback

192 Pages
VS

The Behavior Analyst's Guide to Working with Parents **Acceptance and Commitment Training Skills for Effective Parental Collaboration in Treatment**

Alyssa Wilson

Learn powerful ACT training skills to foster parental collaboration and achieve therapeutic goals.

Summary

As a board-certified behaviour analyst (BCBA) working in the field, you understand how essential it is to enlist the support of parents when working with autistic children. This book offers proven-effective acceptance and commitment therapy (ACT) training skills to get parents on the same page and working with you to achieve measurable results.

The Behaviour Analyst's Guide to Working with Parents offers a comprehensive conceptual framework for using ACT in parent training contexts. With this clinical guide, you will find a brief overview of relational frame theory (RFT), rule governance, and how these core concepts and principles align within the ACT model.

The book also provides:

- Empirical evidence for using ACT within parent training contexts
- Virtue-based ethics and specific BACB® ethical codes to consider
- Step-by-step processes for using ACT in parent training contexts
- Informed consent processes

Finally, you'll find an overview of specific ACT components that highlight detailed assessment considerations and metaphor development for each component—such as present moment awareness, acceptance, flexible perspective taking, and values-based action.

If you're looking for strategies to improve parental collaboration, this book has everything you need to get started.

Contributor Bio

Alyssa N. Wilson, PhD, BCBA-D, LBA, is associate professor and department chair of applied behavior analysis programs at The Chicago School of Professional Psychology in Southern California. She received her PhD in rehabilitation with an emphasis on behavior analysis and therapy from Southern Illinois University, Carbondale. She splits her time between St. Louis, MO, and Los Angeles, CA.

ACT-Informed Exposure for Anxiety

CREATING EFFECTIVE, INNOVATIVE
& VALUES-BASED EXPOSURES USING
ACCEPTANCE & COMMITMENT THERAPY

Brian L. Thompson, PhD
Brian C. Pilecki, PhD
Joanne C. Chan, PsyD
Foreword by Steven C. Hayes, PhD



New Harbinger
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Trade Paperback

200 Pages
VS

ACT-Informed Exposure for Anxiety

Creating Effective, Innovative, and Values-Based Exposures Using Acceptance and Commitment Therapy

Brian L. Thompson, Brian C. Pilecki, Joanne C. Chan, Steven C. Hayes

Powerfully effective, innovative, values-driven exposures for treating clients with anxiety.

Summary

This clinical guide shows therapists how to create effective, innovative, and values-driven exposures for treating clients with anxiety and avoidant behaviours. The exposures outlined in this book are easy-to-implement, easily tolerated by clients, and work to strengthen psychological flexibility.

Exposure therapy is a proven-effective treatment for anxiety-related disorders; however, it is also one of the most challenging to implement-for both clinicians and clients. This comprehensive guide provides innovative exposures grounded in evidence-based acceptance and commitment therapy (ACT) to help your clients face their fears and live a values-driven life.

The exposures outlined in this book are easy-to-implement, easily tolerated by clients, and work to strengthen psychological flexibility-a core process of change within ACT which involves learning to remain in contact with uncomfortable experiences while taking valued action toward creating positive and meaningful life changes.

Studies have shown that ACT interventions can increase client willingness to engage in exposure therapy. Whether you are new to ACT and exposure or are experienced in traditional exposure therapy and are interested in incorporating ACT in your treatment sessions, this book is an essential resource for your professional library.

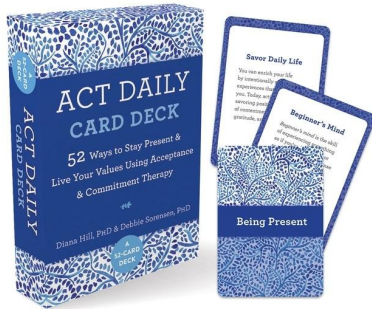
Contributor Bio

Steven C. Hayes, PhD, is Nevada Foundation Professor in the department of psychology at the University of Nevada, Reno. He has been president of numerous professional organizations, is author of forty-five books and nearly 650 scientific articles, and is among the most cited living psychologists. He has shown in his research how language and thought leads to human suffering, and is originator and codeveloper of acceptance and commitment therapy (ACT): a powerful therapy method that is useful in a wide variety of areas; relational frame theory (RFT): an empirical program in language and cognition; and process-based therapy (with Stefan G. Hofmann).

Brian Thompson, PhD, is a licensed psychologist and director for the anxiety clinic at the Portland Psychotherapy Clinic, Research, & Training Center in Portland, OR. He specializes in working with anxiety and obsessive-compulsive and related disorders, and publishes research in these areas.

Brian Pilecki, PhD, is a clinical psychologist at the Portland Psychotherapy Clinic who specializes in the treatment of anxiety disorders, trauma and PTSD, and matters related to the use of psychedelics. Brian also has extensive experience in the areas of mindfulness and meditation and incorporates them into his therapy with clients. He is an active researcher and has published on topics such as anxiety disorders, mindfulness, and psychedelic-assisted therapy.

Joanne Chan, PsyD, is a licensed psychologist and assistant professor of psychiatry at Oregon Health and Sciences University (OHSU) where she provides psychological support to medical and dental faculty, residents, and fellows. Joanne specializes in exposure therapy for anxiety and obsessive-compulsive and related disorders and regularly provides training and education in her areas of expertise.



New Harbinger
9781648481239

54 Pages
VS

ACT Daily Card Deck

52 Ways to Stay Present and Live Your Values Using Acceptance and Commitment Therapy

Diana Hill, Debbie Sorensen

Handle life's challenges and live fully in the moment with this powerful card deck!

Summary

When faced with life's challenges, it's all too easy to get "stuck" in your own thoughts and emotions, unable to move forward toward your true goals. The daily grind of the "real world" can leave you feeling depleted, and keep you from living the deeper, more meaningful life you long for. But there are simple tools you can use to handle life stress and setbacks, live fully in the present moment, and literally act on your deepest values.

With the ACT Daily Card Deck, you'll discover the core components of acceptance and commitment therapy (ACT) right at your fingertips. Each card offers a different skill—such as mindfulness, acceptance, or self-compassion—that you can use as needed for a fully customizable approach.

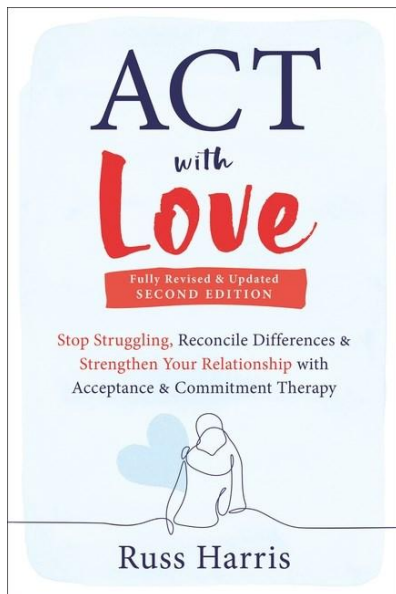
By practicing the "right now" skills on these cards, you'll learn to roll with life's punches and be present in each moment—even the unpleasant ones. Most importantly, you'll learn how to take values-based action to help you get "unstuck" and improve your life. ACT is more than just a therapy—it's a framework for 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—whether you're at home, at work, in therapy, or on the go.

Pick up these powerful yet practical cards and let them guide you toward the life you truly want!

Contributor Bio

Diana Hill, PhD, is a clinical psychologist in private practice in Santa Barbara, CA, where she provides therapy, high-performance coaching, and training to mental health professionals in acceptance and commitment therapy (ACT). She is co-host of the Psychologists Off the Clock podcast, and is passionate about integrative health, homesteading, and parenting with intention.

Debbie Sorensen, PhD, is a clinical psychologist in private practice in Denver, CO, and part-time clinical research psychologist at the Rocky Mountain Regional VA Medical Center. She received her PhD in psychology from Harvard University. Sorensen co-hosts the Psychologists Off the Clock podcast and is a VA regional trainer and training consultant in acceptance and commitment therapy (ACT).



New Harbinger
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Trade Paperback

240 Pages
VS

ACT with Love *(2nd Edition)*

Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy

Russ Harris

Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT)

Summary

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.

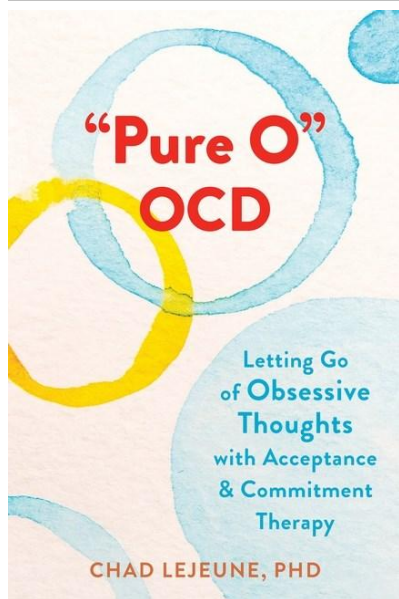
ACT with Love will show you how to:

- 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.

Contributor Bio

Russ Harris is an internationally acclaimed acceptance and commitment therapy (ACT) trainer, and author of the best-selling ACT-based self-help book, *The Happiness Trap*, which has sold more than one million copies and been published in thirty languages. He is widely renowned for his ability to teach ACT in a way that is simple, clear, and fun—yet extremely practical.



New Harbinger
9781648480409
Trade Paperback

208 Pages
JMR

"Pure O" OCD

Letting Go of Obsessive Thoughts with Acceptance and Commitment Therapy

Chad LeJeune

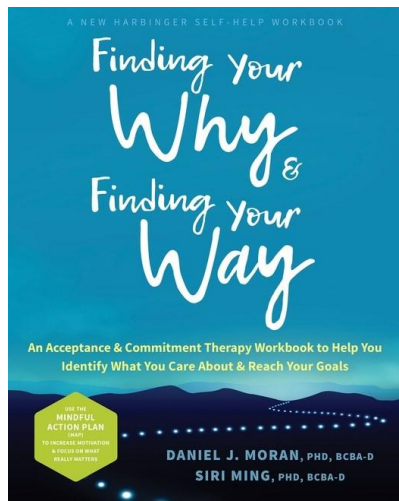
Pure obsessional obsessive-compulsive disorder, or "Pure O" OCD, is a subtype of OCD characterized by intrusive thoughts, images, or urges without any visible symptoms. Grounded in acceptance and commitment therapy (ACT), and written by a renowned ACT and anxiety expert, *"Pure O" OCD* offers readers five powerful skills to get unstuck from obsessive thoughts, overcome fears, feel more grounded, and live a life that truly reflects what they value most.

Summary

Let go of the struggle and obsess less. With this unique guide, you'll find the tools you need to get unstuck from obsessive thoughts, overcome fears, feel more grounded, and live a life that truly reflects your values. Pure obsessional obsessive-compulsive disorder, or "Pure O" OCD, is a subtype of OCD that is characterized by intrusive thoughts, images, or urges without any visible symptoms. These "hidden compulsions" can include constant reassurance seeking, obsessive regret or worry, and may involve avoidance, excessive preparation, and thought rituals. They can also cloud your judgement, causing you to make decisions based on fears and compulsions instead of your values. But trying to stop or change these fearful thoughts only leads to more anxiety and fear. So, how do you break this obsessive cycle? Grounded in acceptance and commitment therapy (ACT), and written by a renowned ACT and anxiety expert, "Pure O" OCD explains the cognitive fusion underlying your obsessive thoughts, and how it can lead to social anxiety, not feeling good enough, panics and phobias, and even other disorders—all of which then reinforce the fusion in an unhelpful, positive feedback loop. Using the five skills in this book—labeling, letting go, mindfulness, purpose, and acceptance—you'll learn how to finally break free of the struggle, worrying, and avoidance that keep you stuck. With practice, you'll find that you can counter your anxiety and obsessive thoughts with your own, values-based narrative, and learn how to better accept your thoughts and feelings, so that you can proceed freely and purposefully toward a life that reflects what matters most to you.

Contributor Bio

Chad LeJeune, PhD, is a clinical psychologist and professor of psychology at the University of San Francisco. He is a founding fellow of the Academy of Cognitive Therapy and has been a practitioner of acceptance and commitment therapy since 1990. He lives and works in San Francisco. Visit him online at www.anxietyhappens.com.



New Harbinger
9781648480713
Trade Paperback

184 Pages
VS

Finding Your Why and Finding Your Way

An Acceptance and Commitment Therapy Workbook to Help You Identify What You Care About and Reach Your Goals

Daniel J. Moran, Siri Ming

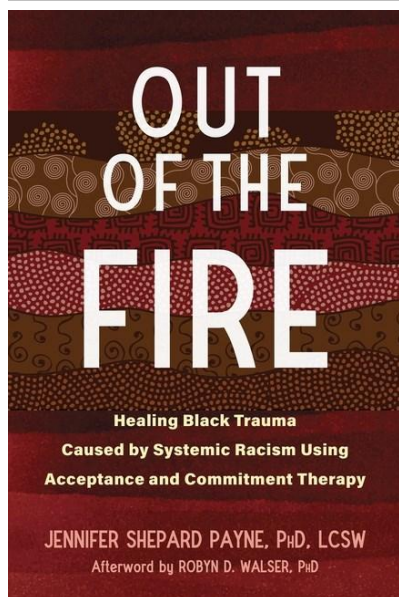
Everyone knows they should be more mindful, but how exactly does one get started? This workbook is an accessible, step-by-step guide for putting mindfulness into action every day. For millions of readers who feel stuck, unmotivated, and unable to move forward in their lives, this evidence-based and customizable approach blends mindfulness, behavioral activation skills, and acceptance and commitment therapy (ACT) to help readers identify what they deeply care about; get *unstuck* from anxiety, depression, or trauma; reach their goals; and ultimately live a more meaningful life.

Summary

Put mindfulness into action, and create a “map” for your chosen life path with this powerful, step-by-step workbook. Do you feel “stuck” in your life right now? You aren’t alone. Whether you struggle with depression, anxiety, trauma—or simply feel unhappy or unmotivated—you may be seeking ways to find meaning, or discover the inspiration you need to create a new path in life that better serves you. Mindfulness has gained popularity as a self-help solution for a variety of mental health issues, and mindfulness meditation has been touted as powerfully effective in helping people find focus and balance in order to complete important tasks. But if you’re like many other people, you may wonder, “How does one actually do mindfulness?” This is an accessible, step-by-step guide for putting mindfulness into action every day. You’ll find an evidence-based and customizable approach that blends mindfulness, behavioral activation skills, performance management techniques, and acceptance and commitment therapy (ACT) to help you identify what you deeply care about; increase your motivation; get unstuck from anxiety, depression, or trauma; reach your goals; and ultimately live a more meaningful life. You will also learn to develop personal growth skills, and take committed action to create positive change. If you’re ready to break free from the invisible barriers that stand between you and true happiness and satisfaction, this practical mindfulness guide will help you create your own path that leads to a more intentional and vital life!

Contributor Bio

Daniel J. Moran, PhD, BCBA-D, is founder and director of the MidAmerican Psychological Institute, and founder of Pickslyde Consulting. He coauthored ACT in Practice with Patricia Bach, as well as other contextual behavioral science publications. Moran has appeared on The Learning Channel, Animal Planet, and FOX News discussing obsessive-compulsive disorder (OCD) and hoarding. He is also a recognized acceptance and commitment therapy (ACT) trainer, board-certified behavior analyst, and past president and fellow of the Association for Contextual Behavioral Science (ACBS).



New Harbinger
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200 Pages
JFFJ

Out of the Fire

Healing Black Trauma Caused by Systemic Racism Using Acceptance and Commitment Therapy

Jennifer Shepard Payne, Robyn D. Walser

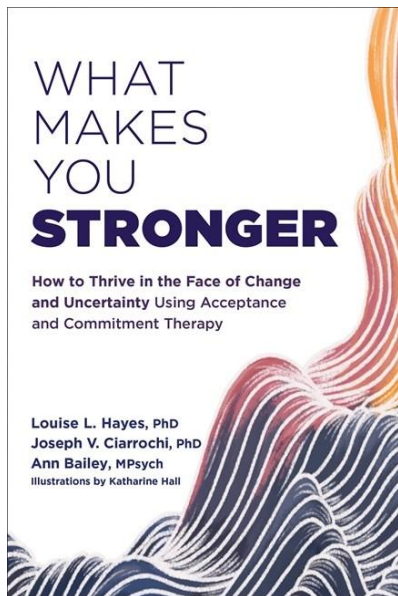
Black Americans are disproportionately affected by trauma and historically lack access to mental health resources. In this book, Black clinician and professor, Jennifer Shepard Payne, provides culturally tailored skills grounded in acceptance and commitment therapy (ACT) to meet the specific needs of Black readers dealing with trauma due to systemic racism, so they can live their life fully aware and in tune with their own values.

Summary

Learn to pull yourself out of the fire of pain and live a life of meaning and purpose. As Black people, we are more likely to face a traumatic experience or suffer from post-traumatic stress disorder (PTSD). But being Black is about more than the violence that has been perpetrated against us. It also means living a life of dignity and self-worth. We can pull ourselves out of the fire of painful experiences and gain the psychological flexibility needed to thrive, not just survive. This book will help guide you. In *Out of the Fire*, Black clinician and professor, Jennifer Shepard Payne presents culturally tailored acceptance and commitment therapy (ACT) skills to help you heal from trauma, so you can live a meaningful life that is in tune with your own values. The ACT approach in this guide is empowering, strength-based, and non-pathologizing. As you read, you will come to understand that your suffering is not a sign of dysfunction, but rather a product of circumstances and your experience. Once you face the pain of trauma head on, you will discover the tools needed to feel whole. Recovering from trauma in all its forms is something that we desperately need as Black people. Whether you are experiencing mental pain as a result of race-based trauma, or have lived through a personal traumatic experience, this book can help you take the first steps needed to heal and live the life you deserve.

Contributor Bio

Robyn D. Walser, PhD, is director of TL Consultation and Psychological Services, and codirector of Bay Area Trauma Recovery Clinical Services. She works at the National Center for PTSD, developing and disseminating innovative ways to translate science into practice; and serves as assistant clinical professor in the department of psychology at the University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting, and therapy practice. Walser has authored and coauthored six books: *The Heart of ACT*, *Learning ACT*, *The Mindful Couple*, *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems*, and *ACT for Clergy and Pastoral Counselors*.



What Makes You Stronger

How to Thrive in the Face of Change and Uncertainty Using Acceptance and Commitment Therapy

Louise L. Hayes, Joseph V. Ciarrochi, Ann Bailey, Katharine Hall

Uncertainty has become a constant in our daily lives, causing anxiety, fear, sadness, confusion, and anger. Based on the authors' highly popular DNA-v training program, *What Makes You Stronger* teaches readers an easy and effective six-step approach—grounded in mindfulness, acceptance and commitment therapy (ACT), and positive psychology—to successfully coping with change and adversity, and building the strength to overcome whatever life throws at them.

Summary

Discover the skills you need to face change and uncertainty with confidence—and grow even stronger! Change can happen so slowly that you might not even notice it. And sometimes, it can happen in an instant, causing your world to come crashing down. For many of us, change is scary, and as a result, we may try to avoid it, or even actively resist it. But while burying our heads in the sand can provide some short-term relief, our fear can grow and manifest itself in life-altering ways like stress, anxiety, or depression. The good news is that you can learn to transform how you respond to unwanted change. In *What Makes You Stronger*, you'll learn to apply the authors' proven-effective DNA-v model (Discoverer, Noticer, Advisor, Value, and Vitality)—a potent blend of acceptance and commitment therapy (ACT), mindfulness, and positive psychology to gain resilience in the face of change. Using this simple six-step process, you'll not only cope with change and adversity—but grow stronger from it! You'll discover strategies for managing uncertainty, breaking unhealthy behavior patterns, and reducing overwhelm when things start to feel out of control. If you're ready to stop running from change, and start living a life guided by your values, this powerful guide will be with you, every step of the way.

DNA-v: A Simple 6-Step Process to Positive Change

- The Broaden and Build Process – Learn to create, think, play, and explore in a way that builds value and joy
- Mindfulness and Attention Process – Pause and respond to feelings, rather than reacting impulsively
- The Cognitive Process – Disengage from negative self-talk
- The Values-Based Process – Clarify your values to create a meaningful life
- The Self-View Process – Let go of your ego and see your potential rather than your limitations
- The Social-View Process – Build genuine connections, manage difficult people, and forge strong social relationships

Contributor Bio

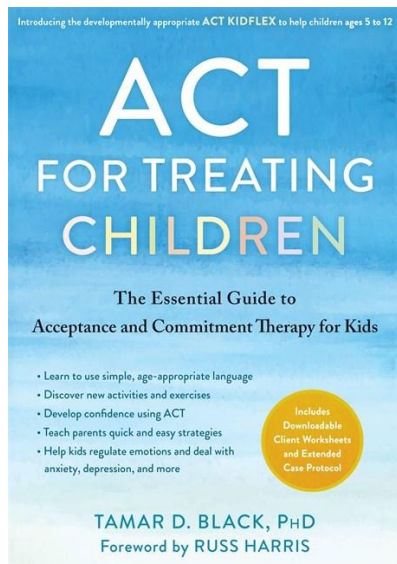
Louise L. Hayes, PhD, is an international acceptance and commitment therapy (ACT) trainer and speaker. She is also a clinical psychologist and researcher collaborating on interventions with young people. Hayes has published research trials using ACT for young people, and is coauthor of *Get Out of Your Mind and Into Your Life for Teens and The Thriving Adolescent*—the book that introduced DNA-V. She is dedicated to helping young people and their families live well.

Joseph V. Ciarrochi, PhD, is a professor at the Institute of Positive Psychology and Education at Australian Catholic University, and coauthor of *Get Out of Your Mind and Into Your Life for Teens and The Thriving Adolescent*. He has published more than 140 scientific journal articles and many books, including the widely acclaimed *Emotional Intelligence in Everyday Life* and *The Weight Escape*. Ciarrochi has been honored with more than four million dollars in research funding. His work has been discussed on TV and radio, and in magazines and newspaper articles.

Ann Bailey, MA, is an experienced acceptance and commitment therapy (ACT) practitioner and supervisor who developed an award winning public mental health service for the treatment of borderline personality disorder and anxiety disorders. The therapeutic models used in this service integrate ACT, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT).

New Harbinger
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Trade Paperback

208 Pages
VS



ACT for Treating Children

The Essential Guide to Acceptance and Commitment Therapy for Kids

Tamar D. Black, Russ Harris

More than ever, clinicians need customizable approaches for treating children with mental health conditions such as anxiety and depression. Written by an experienced educational psychologist, *ACT for Treating Children* offers clear, practical, brief, and developmentally appropriate strategies grounded in acceptance and commitment therapy (ACT) to help children ages 5 to 12 learn effective coping skills, manage emotions, and bounce back from life's difficulties.

Summary

More than ever, clinicians need customizable approaches for treating children with mental health conditions such as anxiety and depression. Written by an experienced educational psychologist, ACT for Treating Children offers clear, practical, brief, and developmentally appropriate strategies grounded in acceptance and commitment therapy (ACT) to help children ages 5 to 12 learn effective coping skills, manage emotions, and bounce back from life's difficulties.

A brief 6-10 session protocol. Clear, practical, and developmentally appropriate strategies to help children ages 5 to 12 learn effective coping skills, manage emotions, and bounce back from life's difficulties. If you treat children struggling with mental health conditions such as depression or anxiety, you know that approaches designed for adults do not work with younger clients. ACT for Treating Children presents skills grounded in evidence-based acceptance and commitment therapy (ACT) to help children regulate emotions and cope with the inevitable ups and downs of life, and is suitable for clinicians with no prior knowledge of or training in ACT, as well as seasoned ACT clinicians. Written by an experienced educational and developmental psychologist, this practical clinician's guide outlines a simplified version of the ACT Hexaflex—a key component of this treatment model—called the Kidflex, to help young clients build resilience and psychological flexibility. You'll also find detailed case studies, transcripts, activities, experiential exercises, worksheets, and session plans to help you develop the skillset you need to help children overcome disorders such as stress, anxiety and depression. Finally, you'll find strategies for involving parents in treatment when appropriate, and enlisting them as 'ACT coaches' in the child's therapy. It can be difficult to know where to start when using ACT for individual therapy with children. That's why the skills in this go-to guide are practical and easy-to-implement, can be done with children in both face-to-face therapy and online sessions, and are simple enough for children to put into practice in any setting—whether it's at home, in school, or out in the world.

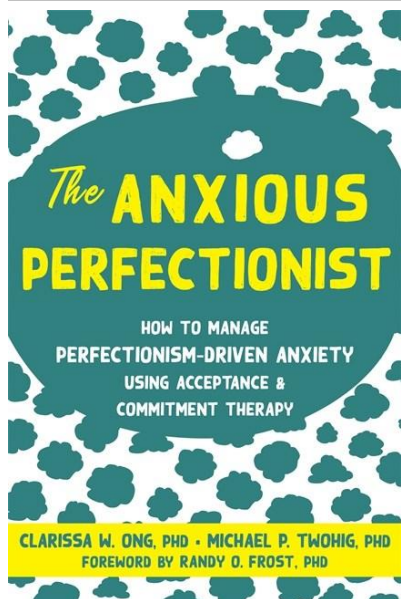
Contributor Bio

Tamar D. Black, PhD, is an educational and developmental psychologist in Melbourne, Victoria, Australia. She is a school psychologist and runs a private practice, working with children, adolescents and parents. She has extensive experience providing clinical supervision to early career and highly experienced psychologists. She also provides training in ACT to clinicians and teachers in using ACT with children and adolescents, and using ACT in schools.

Foreword writer **Russ Harris** is a therapist and coach, and was a general practitioner before being introduced to ACT. Russ is a world-renowned ACT trainer, and is the author of *ACT Made Simple*, *Trauma Focused ACT*, *Getting Unstuck in ACT*, *ACT Questions & Answers*, *The Happiness Trap*, *The Reality Slap*, *The Confidence Gap* and *ACT with Love*.

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232 Pages
JMC



New Harbinger
9781684038459
Trade Paperback

160 Pages
VFJP

The Anxious Perfectionist

Acceptance and Commitment Therapy Skills to Deal with Anxiety, Stress, and Worry Driven by Perfectionism

Clarissa W. Ong, Michael P. Twohig, Randy O. Frost

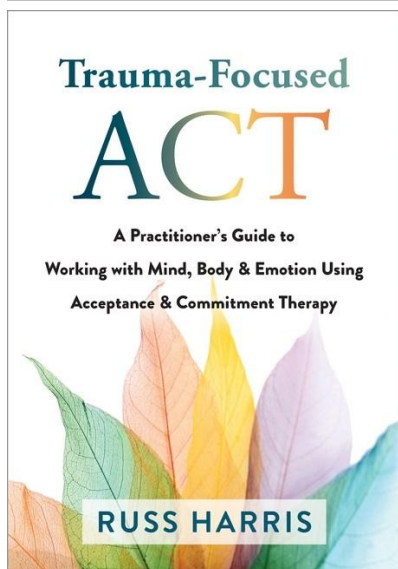
People who identify as perfectionists don't always see their perfectionism as a problem. But they do recognize that their pursuit of perfection can lead to stress, worry, and anxiety. Written by two clinical psychologists, *Perfectly Anxious* addresses the hidden costs of "being the best," and offers readers essential skills based in acceptance and commitment therapy (ACT) for coping with the anxiety that is driven by their perfectionism. With this guide, readers will learn to stop getting in the way of their own success, and live a life guided by their deepest values.

Summary

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

Contributor Bio

Michael P. Twohig, PhD, is professor at Utah State University, former president of the Association of Contextual Behavioral Science, and peer-reviewed ACT trainer. He has published over one hundred peer-reviewed papers on the application of ACT to obsessive-compulsive and related disorders. Foreword writer Randy O. Frost, PhD, teaches abnormal psychology at Smith College in Northampton, MA. He is coauthor of *Buried in Treasures*.



New Harbinger
9781684038213
Trade Paperback

400 Pages
JM

Trauma-Focused ACT

A Practitioner's Guide to Working with Mind, Body, and Emotion Using Acceptance and Commitment Therapy

Russ Harris

Trauma-Focused ACT presents a highly effective, research-based protocol for treating post-traumatic stress disorder (PTSD), as well as a broad range of trauma-related disorders—from depression to addiction.

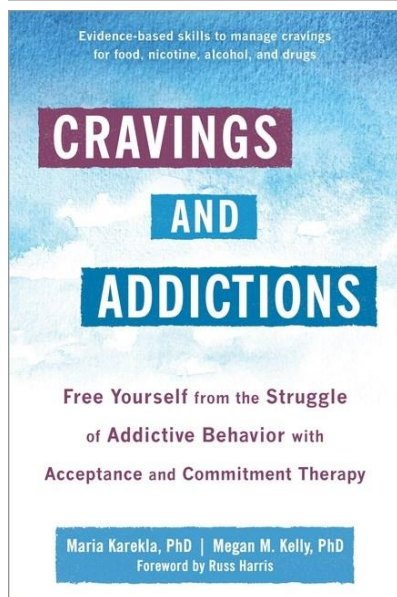
Summary

Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for **healing the past, living in the present, and building a new future**. With this compassion-based, exposure-centered approach, you'll learn how to help your clients:

- Find safety and security in their bodies
- Overcome hyperarousal and hypoarousal
- Break free from dissociation
- Shift from self-hatred to self-compassion
- Rapidly ground themselves and reengage in life
- Unhook from difficult cognitions and emotions
- Develop an integrated sense of self
- Resolve traumatic memories through flexible exposure
- Connect with and live by their values
- Experience post-traumatic growth

Contributor Bio

Russ Harris is an internationally acclaimed acceptance and commitment therapy (ACT) trainer, and author of the best-selling ACT-based self-help book, *The Happiness Trap*, which has more than one million copies and been published in thirty languages. He is widely renowned for his ability to teach ACT in a way that is simple, clear, and fun-yet extremely practical.



New Harbinger
9781684038336
Trade Paperback

208 Pages
VS

Cravings and Addictions

Free Yourself from the Struggle of Addictive Behavior with Acceptance and Commitment Therapy

Maria Karekla, Megan M. Kelly, Russ Harris

Cravings and Addictions offers practical strategies to overcome cravings—from food and drugs to alcohol and smoking—using acceptance and commitment therapy (ACT) for a healthy, values-driven, and addiction-free life.

Summary

A powerful, evidence-based program grounded in acceptance and commitment therapy (ACT) for managing cravings related to addictions and taking charge of your life.

Whether you struggle with overeating, alcohol, drugs, or smoking, you're all too familiar with the cravings that propel your habit. Cravings—that intense desire for certain substances or behaviors with the aim of feeling pleasure and satisfaction—are the root of all addictive behaviors. Knowing what to do with those urges can make the difference between managing your addiction and giving into it. This book can help.

Cravings and Addictions presents practical strategies based in acceptance and commitment therapy (ACT) to help you cope with the cravings at the core of your addiction. You'll learn to recognize the cues that lead to addictive behaviors, and discover how you can move beyond addiction to commit to a life driven by what you care about and want in life. If you're ready to stop living life at the mercy of your cravings and addiction, let this book be your guide to regaining control.

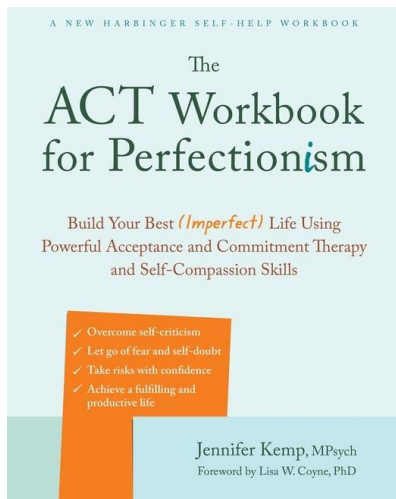
ACT: Accept, Choose, and Take Action to Manage Your Cravings—and Take Back Control of Your Life!

- **A**cccept that cravings are a normal part of everyday life, just like other thoughts and feelings.
- **C**hoose to surrender to the craving—or choose to engage in actions aligned with your goals and values.
- **T**ake action to change your life for the better—and develop a sense of meaning, purpose, and vitality.

Contributor Bio

Maria Karekla, PhD, is a licensed clinical psychologist, and associate professor at the University of Cyprus where she heads the ACThealthy Clinical Psychology and Behavioral Medicine laboratory. She is a peer-reviewed ACT therapy trainer, and presently serves as the treasurer/secretary of the Association for Contextual Behavioral Science (ACBS) where she has been a fellow since 2019. She was nominated in 2017 for the National Literary Awards in the children/adolescents category, and also for her illustrations for the book. She has received numerous national and international awards and grants for her research work. In 2018, she was nominated as Cyprus Woman of the Year in the academic/researcher category.

Megan Kelly, PhD, is a licensed clinical psychologist, and associate professor in the department of psychiatry at the University of Massachusetts Medical School. She has been involved in addictions research for the past sixteen years, with a particular focus on the development of behavioral interventions for individuals with comorbid addictions and mental health disorders. She has received several VA- and NIH-funded awards to develop and evaluate new behavioral interventions and programs for individuals with co-occurring disorders using ACT principles. She has evaluated, treated, or supervised the treatment of over 2,000 people struggling with addictions.



New Harbinger
9781684038077
Trade Paperback

232 Pages
VS

The ACT Workbook for Perfectionism

Build Your Best (Imperfect) Life Using Powerful Acceptance & Commitment Therapy and Self-Compassion Skills

Jennifer Kemp, Lisa W. Coyne

The innovative, evidence-based approach in this workbook will help readers struggling with perfectionism maintain their high standards while also accepting their mistakes with compassion and kindness.

Summary

An innovative approach to help you maintain your high standards while also accepting mistakes with compassion and kindness.

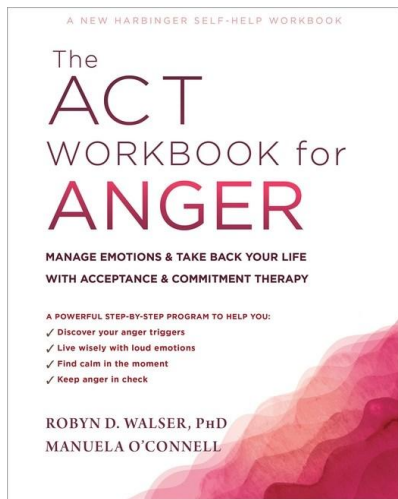
If you're a perfectionist, you know there's a helpful upside to pushing yourself toward excellence: achievement, success-and, hey, it can be fun and rewarding to work hard! But unhelpful perfectionism can just as easily work against you. It can prevent you from taking risks or trying new things out for fear of failure, judgment, or rejection; cause you to procrastinate; and make you feel like no matter what you achieve, you'll never be good enough.

Grounded in evidence-based acceptance and commitment therapy (ACT), this workbook will help you discover what drives this 'dark side' of perfectionism, and develop the skills you need to overcome it-without lowering your standards. By leaning in to your values and treating yourself with kindness and compassion, you'll learn to put mistakes in perspective without wallowing in self-criticism. Most importantly, you'll find that you can allow for imperfection, without losing your drive to achieve.

If you're ready to stop unhealthy perfectionism from paralyzing your personal growth-and start embracing yourself as perfectly imperfect-this book will introduce you to a whole new you!

Contributor Bio

Jennifer R. Kemp, MPsych, is a clinical psychologist in private practice in Adelaide, South Australia. Kemp works with adults, adolescents, and children on issues such as anxiety, depression, parenting, trauma, grief and loss, chronic illness, and chronic pain. Kemp uses acceptance and commitment therapy (ACT) to help people notice their experiences and make conscious choices 'in the moment' to take action toward a fulfilling life.



New Harbinger
9781684036530
Trade Paperback

192 Pages
VS

The ACT Workbook for Anger

Manage Emotions and Take Back Your Life with Acceptance and Commitment Therapy

Robyn D. Walser, Manuela O'Connell

In The ACT Workbook for Anger, renowned acceptance and commitment therapy (ACT) expert Robyn Walser helps readers who are trapped and struggling with anger to unlock their capacity for acceptance, mindfulness, kindness, and compassion.

Summary

In today's socially and politically divided climate, anger is on the rise—even boiling over into violence. Anger is a natural human emotion, but chronic, uncontrollable anger can poison all aspects of personal and professional life. In The ACT Workbook for Anger, renowned acceptance and commitment therapy (ACT) expert Robyn Walser helps readers who are trapped and struggling with anger to unlock their capacity for acceptance, mindfulness, kindness, and compassion.

A much-needed, comprehensive program for managing anger in a world of triggers, trolls, and outrage.

Everyone gets angry from time to time. Anger is a natural human emotion, but it can often boil over and wreak havoc in your personal and professional life. If you struggle with chronic, uncontrollable anger, you need help now—especially in these times of increasing volatility. This workbook can get you started.

Written by renowned acceptance and commitment therapy (ACT) experts, The ACT Workbook for Anger offers a comprehensive anger management program designed especially for navigating the current social and political climate. You'll discover the secret to unlocking your capacity for acceptance, mindfulness, kindness, and compassion. You'll also learn to apply these newfound skills to break anger's stranglehold so you can pause, take a deep breath, and create the space you need to react in a more thoughtful way.

Managing anger has never been more challenging. Everywhere you look, people are on edge and volatile. This book will show you how to navigate these challenging times with kindness and compassion for yourself and others.

Contributor Bio

Robyn D. Walser, PhD, is director of TL Consultation Services, codirector of the Bay Area Trauma Recovery Clinic, staff at the National Center for PTSD, and an associate clinical professor at the University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting, and therapy practice. She is an expert in ACT, has coauthored six books on the subject, and is author of The Heart of ACT. Manuela O'Connell, is an ACT therapist and protégé of Robyn Walser who lives in Buenos Aires.



ACT Daily Journal

Get Unstuck and Live Fully with Acceptance and Commitment Therapy

Diana Hill, Debbie Sorensen

Acceptance and commitment therapy (ACT) is more than just a therapy—it's a framework for living well. It asks us to accept what we cannot change. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. In *The ACT Daily Journal*, two renowned ACT clinicians offer short, everyday practices from ACT to help readers open up fully to their experiences, clarify what matters to them, and take committed action to live a values-based life.

Summary

Dramatically change your life in just minutes a day with this powerful guided journal. When you are faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you've made a commitment to live according to your core values, the 'real-world' has a way of driving a wedge between you and a deeper, more meaningful life. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With *The ACT Daily Journal*, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it's now. By applying ACT to your life, you'll learn how to roll with life's punches, and stay in contact with the present moment, even when you have unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it's never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it's a framework for 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.

Contributor Bio

Diana Hill, PhD, is a clinical psychologist in private practice in Santa Barbara, CA, where she provides therapy, high performance coaching, and training to mental health professionals in acceptance and commitment therapy (ACT). She is a cohost of the *Psychologists Off the Clock* podcast and is passionate about integrative health, homesteading, and parenting with intention. Debbie Sorensen, PhD, is a clinical psychologist in private practice in Denver, CO, and a part-time Clinical Research Psychologist at the Rocky Mountain VA Medical Center, with a PhD from Harvard University. She cohosts the *Psychologists Off the Clock* podcast and is a VA Regional Trainer and Training Consultant in ACT.

ACT DAILY JOURNAL

Get Unstuck & Live Fully
with Acceptance & Commitment Therapy

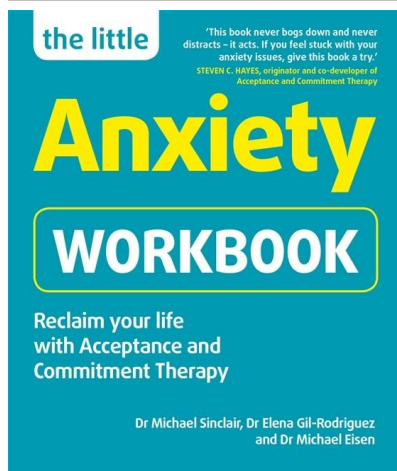


Diana Hill, PhD & Debbie Sorensen, PhD
Hosts of the *Psychologists Off the Clock* podcast



New Harbinger
9781684037377
Trade Paperback

240 Pages
VS



Crimson
9781780592770
Trade Paperback

240 Pages
VS

The Little Anxiety Workbook

Reclaim your life with Acceptance and Commitment Therapy

Dr. Michael Sinclair, Dr. Elena Gil-Rodriguez, Dr. Michael Eisen

A meticulously researched yet approachable guide to breaking free from bad habits and living the life you want

Summary

When anxiety takes hold, it can feel like there is no way out. But with this pocket guide, you can break free from fear and worry and move towards the life you want. Packed full of **guidance, techniques and practical exercises** grounded in the latest behavioural science, this book will help you to:

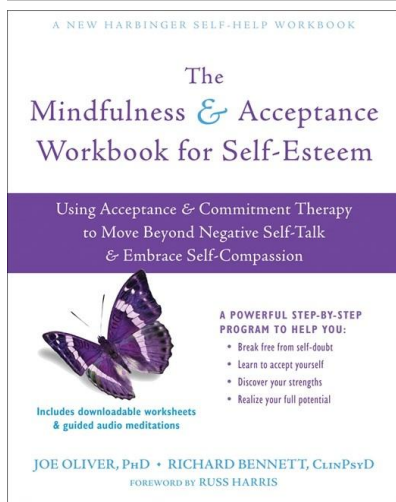
- Manage thoughts and feelings more effectively
- Take practical steps to improve your resilience and well-being
- Create a fuller and more meaningful life

Written by three chartered psychologists with many years of experience in treating anxiety, this invaluable guide will help you disentangle yourself from anxiety and build a more fulfilling life.

Contributor Bio

Dr Michael Sinclair CPsychol AFBPsS CSci is a Consultant Counselling Psychologist, an Associate Fellow of the British Psychological Society, a Chartered Scientist registered with the Science Council, and a Senior Practitioner on the Register of Psychologists Specialising in Psychotherapy. Following a career in the NHS, he established City Psychology Group (CPG), a private therapy practice in the City of London. He currently serves as the Clinical Director of CPG, offering therapy to clients using Acceptance and Commitment Therapy (ACT) and other mindfulness-based approaches, supervision to other psychologists, ACT coaching to senior executives, workshops for corporate audiences and the general public, and consultancy to corporate occupational health departments. Michael has written seven self-help books including *Mindfulness for Busy People* (now in its second edition) and *The Little ACT Workbook*, and is regularly interviewed by the media on topics relating to psychological wellbeing.

Dr Michael Eisen CPsychol DClInPsy, MA (Cantab) is a Clinical Psychologist with experience in both private practice and the NHS. His private work at City Psychology Group (CPG) is primarily with busy professionals, helping them to overcome depression, anxiety and other common difficulties using mindfulness-based approaches such as Acceptance and Commitment Therapy (ACT). In the NHS, he has worked with clients of all ages, from a wide range of backgrounds, and with the full range of mental health issues, but has specialised in treating violent offenders with serious mental illness. He has a particular interest in mindfulness and meditation, having practised them since 2006, and has undertaken mindfulness teacher training with the Centre for Mindfulness Research and Practice. He has taught mindfulness to NHS staff groups and patients, to corporate groups at Google and other organisations, and to clients in private practice.



New Harbinger
9781684033041
Trade Paperback

200 Pages
VS

The Mindfulness and Acceptance Workbook for Self-Esteem

Using Acceptance and Commitment Therapy to Move Beyond Negative Self-Talk and Embrace Self-Compassion

Joe Oliver, Richard Bennett, Russ Harris

You are more than you think. With this evidence-based guide, you'll learn to break free from the self-critical stories you've created about yourself and develop the self-compassion and self-acceptance you need to reach your full potential.

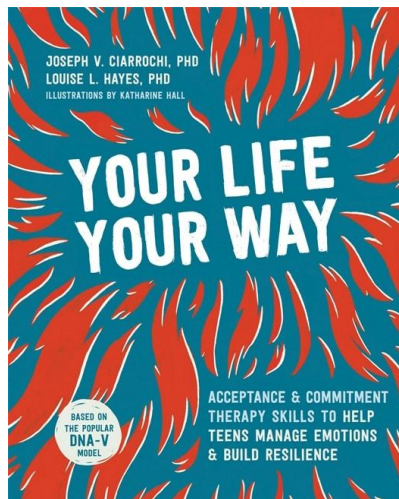
Summary

We all have stories we've created about ourselves—some of them positive and some of them negative. If you suffer from low self-esteem, your story may include these types of narratives: "I'm a failure," "I'll never be able to do that," or "If only I were smarter or more attractive, I could be happy." Ironically, at the end of the day, these narratives are your biggest roadblocks to achieving happiness and living the life you deserve. So, how can you break free from these stories—once and for all?

Grounded in evidence-based acceptance and commitment therapy (ACT), this workbook offers a step-by-step program to help you break free from self-doubt, learn to accept yourself and your faults, identify and cultivate your strengths, and reach your full potential. You'll also discover ways to take action and move toward the life you truly want, even when these actions trigger self-doubt. Finally, you'll learn to see yourself in all your complexity, with kindness and compassion.

Contributor Bio

Joe Oliver, PhD, is a consultant clinical psychologist and joint director of the cognitive behavioural therapy (CBT) for psychosis postgraduate diploma program at University College London. He also works within a North London National Health Service Trust, developing training and delivering interventions for people with psychosis. He is founder of Contextual Consulting, a London-based consultancy offering acceptance and commitment therapy (ACT)-focused training, supervision, and psychological therapy. Joe is an Association for Contextual Behavioral Science (ACBS) peer-reviewed ACT trainer, and regularly delivers ACT teaching and training in the UK and internationally. He is co-editor of *Acceptance and Commitment Therapy and Mindfulness for Psychosis*, and coauthor of *ACTivate Your Life* and *Acceptance and Commitment Therapy*.



New Harbinger
9781684034659
Trade Paperback

168 Pages
Ages 13 to 19
YX

Your Life, Your Way

Acceptance and Commitment Therapy Skills to Help Teens Manage Emotions and Build Resilience

Joseph V. Ciarrochi, Louise L. Hayes, Katharine Hall

The ultimate teen guide to handling all the pressures and challenges of life-your own way!

Summary

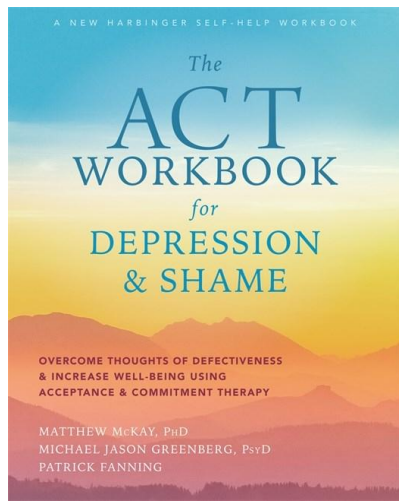
Being a teen in today's world is tough. Between school pressure, family, friends and extracurricular activities-sometimes it can feel like you're being pulled in a dozen different directions and none of them are your way. On top of that, you may feel lonely, angry, or depressed; or you may wonder if you're good enough, smart enough, or attractive enough. So, how can you overcome these self-doubts, and cultivate the strength to face life's challenges and reach your full potential?

In *Your Life, Your Way*, you'll learn how to deal with all the changes and challenges of the teen years-and how to grow into the person you want to be. You'll learn doable skills grounded in mindfulness, acceptance and commitment therapy (ACT), and positive psychology to help you form positive friendships, manage difficult emotions, and get unstuck from bad habits. You'll also learn real tips for dealing with several life challenges, including:

Feelings of uncertainty
Concerns about your looks
Deadlines
School/college
/work
Family
Worries about the future
Relationship stress
Once you identify your own personal struggles, you can decide how you want to face them - as strong, assertive, kind, Honorable, caring, fun, supportive, friendly, agreeable, bold, persistent or giving. If you're ready to take charge of your destiny and face problems head on in your own way, this fun and illustrated book has everything you need to get started today!

Contributor Bio

Joseph V. Ciarrochi, PhD, is a professor at the Institute of Positive Psychology and Education at Australian Catholic University, and coauthor of *Get Out of Your Mind and Into Your Life for Teens* and *The Thriving Adolescent*. He has published more than 140 scientific journal articles and many books, including the widely acclaimed *Emotional Intelligence in Everyday Life* and *The Weight Escape*. Ciarrochi has been honored with more than four million dollars in research funding. His work has been discussed on TV and radio, and in magazines and newspaper articles.



New Harbinger
9781684035540
Trade Paperback

208 Pages
VS

The ACT Workbook for Depression and Shame

Overcome Thoughts of Defectiveness and Increase Well-Being Using Acceptance and Commitment Therapy

Matthew McKay, Michael Jason Greenberg, Patrick Fanning

Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.

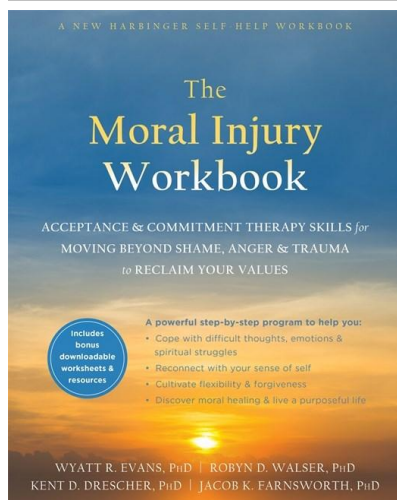
Summary

Many people with depression believe they are defective, unwanted, or inferior, and this feeling of being flawed and inadequate often leads to a strong sense of shame. Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.

Do you feel like you're broken? Are you depressed because you believe that you're somehow defective, unwanted, or inferior? Do you feel self-conscious and insecure, constantly comparing yourself to others? Are you sensitive to criticism, or terrified of rejection? Feeling flawed and inadequate often stems from negative childhood experiences. If you grew up in a highly critical environment, you might feel unworthy of being loved, or have a deep sense of shame about your perceived defects. You may tell yourself there is something inherently wrong with you that prevents you from forming satisfying relationships, finding happiness, and succeeding in life. So, how can free yourself from the self-defeating beliefs that keep you trapped in the depths of depression? Grounded in evidence-based acceptance and commitment therapy (ACT), this workbook will give you the tools to identify and dismiss your core beliefs of personal defectiveness, and build a life based on positive choices and values that bring vitality and a sense of personal fulfillment. You'll discover ways to develop psychological flexibility, freeing yourself from old habits and unhealthy coping mechanisms, and alleviating symptoms of depression. Finally, you'll learn to see yourself in all your wonderful complexity, with kindness and compassion. The truth is you are not broken, and painful memories of the past do not have to dictate your future. If you're ready to heal and treat yourself to the care and compassion you deserve, this book will show you how.

Contributor Bio

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. He has also penned two novels, *Us* and *The Wawona Hotel*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.



New Harbinger
9781684034772
Trade Paperback

200 Pages
VS

The Moral Injury Workbook

Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values

Wyatt R. Evans, Robyn D. Walser, Kent D. Drescher, Jacob K. Farnsworth
the first workbook to offer an evidence-based approach grounded in acceptance and commitment therapy (ACT) to help readers manage the trauma, anger, and depression associated with moral injury

Summary

Introducing the first self-help workbook on moral injury, featuring a powerful approach grounded in acceptance and commitment therapy (ACT) to help you heal moral pain and connect with a deeper sense of meaning and purpose. If you've experienced, witnessed, or failed to prevent an act that violates your own deeply held values—such as accidentally harming someone in an automobile accident, or failing to save someone from a dangerous situation—you may suffer from moral injury, an enduring psychological and spiritual pain that is often accompanied by post-traumatic stress disorder (PTSD), depression, substance abuse, and other mental health conditions. In order to begin healing, you need to reconnect with your values and what really matters to you as a human being. Written by a renowned team of PTSD and trauma professionals, this workbook can help. The Mindfulness and Acceptance Workbook for Moral Injury is the first workbook of its kind to offer a powerful step-by-step program to help you move beyond moral pain. With this guide, you'll learn to work through difficult thoughts, emotions, and spiritual troubles; reconnect with your deeply held sense of self, values, or spiritual beliefs; and gain the psychological flexibility you need to begin healing and live a full and meaningful life. Links to downloadable worksheets for veterans and clinicians are also included.

Contributor Bio

Wyatt R. Evans, PhD, is a fellow with UT Health San Antonio, and a clinical research therapist for STRONG STAR and the Consortium to Alleviate PTSD. He is a licensed clinical psychologist with expertise in traumatic stress including moral injury, as well as posttraumatic healing and growth. Evans is committed to advancing interventions including acceptance and commitment therapy (ACT) to promote recovery and foster resilience in military and other populations highly impacted by trauma. Kent D. Drescher, PhD, is a retired clinical psychologist who provided clinical services, education, and research as a staff member with the National Center for PTSD for more than twenty-seven years. His primary areas of expertise include the intersection of trauma and spirituality and moral injury. He has been an early advocate for the use of acceptance and commitment therapy (ACT) for veterans struggling with moral challenges following military service. Jacob K. Farnsworth, PhD, is a licensed clinical psychologist with the Veteran Affairs Eastern Colorado Health Care System specializing in trauma and substance use disorders. Farnsworth is a codeveloper of the acceptance and commitment therapy (ACT) for moral injury intervention and his writing and research has focused on translating cutting-edge research into innovative and effective treatments for moral injury. Robyn D. Walser, PhD, is director of TL Consultation Services, codirector of the Bay Area Trauma Recovery Center, staff at the National Center for PTSD, and associate clinical professor at the University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting, and therapy practice. Walser is an expert in acceptance and commitment therapy (ACT), and has authored and coauthored several books on ACT.

Acceptance & Commitment Therapy for Borderline Personality Disorder

A Flexible Treatment Plan for
Clients with Emotion Dysregulation

PATRICIA E. ZURITA ONA, PsyD
FOREWORD BY RUSS HARRIS



New Harbinger
9781684031771
Trade Paperback

280 Pages
MMJ

Acceptance and Commitment Therapy for Borderline Personality Disorder

A Flexible Treatment Plan for Clients with Emotional Dysregulation

Patricia E. Zurita Ona, Russ Harris

This book outlines a new treatment framework utilizing acceptance and commitment therapy (ACT) to help clinicians treat BPD and emotion dysregulation problems with a focus on values and forgiveness. With this guide, clinicians will learn to target the fundamental cause of BPD for better treatment outcomes and happier, healthier clients.

Summary

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.

Contributor Bio

Patricia E. Zurita Ona, PsyD, is director of the East Bay Behavior Therapy Center and adjunct professor at the Wright Institute. Her clinical work started first as a school psychologist, and then as a clinical psychologist. She has significant experience working with children, adolescents, and adults with mood, anxiety, and body-image concerns; particular areas of expertise are obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). Zurita Ona also provides specialized services for individuals struggling with emotion dysregulation problems, such as borderline personality disorder (BPD), with or without self-harm and suicidal behaviors. She is coauthor of *Mind and Emotions*, a universal protocol for emotional disorders that has received a Self-Help Seal of Merit from the Association for Behavioral and Cognitive Therapies (ABCT).

Zurita Ona serves on the board of directors for OCD SF Bay Area, an affiliate of the International OCD Foundation (IOCDF), and is in charge of the clinical symposium for the annual conference of the Anxiety and Depression Association of America (ADAA). In addition to private practice, Zurita Ona is a clinical faculty member for the Wright Institute, where she supervises and teaches doctoral students.

Innovations in Acceptance & Commitment Therapy

*Clinical Advancements
and Applications in ACT*

EDITED BY
MICHAEL E. LEVIN, PhD
MICHAEL P. TWOHIG, PhD
JENNIFER KRAFFT, MS
FOREWORD BY KELLY G. WILSON, PhD



New Harbinger
9781684033102
Trade Paperback

296 Pages
MMJ

Innovations in Acceptance and Commitment Therapy Clinical Advancements and Applications in ACT

Michael E. Levin, Michael P. Twohig, Jennifer Krafft, Kelly G. Wilson

With this groundbreaking guide, mental health professionals, ACT instructors, and students alike will learn important new skills for promoting psychological flexibility and improving treatment outcomes.

Summary

Discover the latest innovations in ACT research and clinical practice—all in one comprehensive, edited volume.

Acceptance and commitment therapy (ACT) is a powerful and proven-effective treatment model for alleviating several mental health conditions, ranging from depression and anxiety to addiction and eating disorders. And because ACT is an ever-evolving modality that relies on processes, rather than fixed protocols, it is primed for substantial clinical innovations as researchers and clinicians develop new strategies for increasing psychological flexibility.

Innovations in Acceptance and Commitment Therapy combines the latest, cutting-edge ACT research with a wealth of "in-the-trenches" experience from leading clinicians in the field, including Steven C. Hayes, Matthieu Villatte, Benjamin Schoendorff, and more. In this volume, you'll find an overview of innovations spanning the last decade, how to translate these innovations into everyday interventions, and a summary of future directions for researching and refining ACT in practice.

The book also includes:

- New research on clinical behavior analysis, relational frame theory (RFT), and evolution science
- Innovative methods for applying basic RFT principles in clinical practice
- Implications for developing process-based assessments and interventions
- Tips for integrating ACT in applied behavior analysis

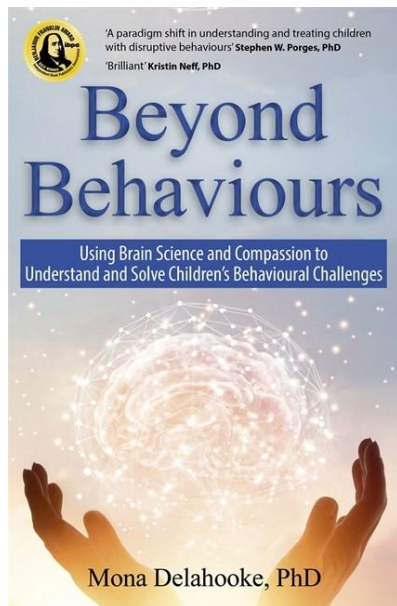
As ACT continues to evolve, you need up-to-date resources to inform and improve your work with clients. Whether you're a clinician, researcher, or student, this book is a must-have for your professional library.

Contributor Bio

Michael Levin, PhD, is associate professor at Utah State University. Levin's research focuses on web/mobile interventions and mechanisms of change in acceptance and commitment therapy (ACT). He has published more than ninety journal articles and chapters, primarily related to ACT and contextual behavioral science.

Michael Twohig, PhD, is professor at Utah State University, a former president of the Association of Contextual Behavioral Science, and a peer-reviewed ACT trainer. He has published over 100 peer-reviewed papers on the application of ACT to obsessive-compulsive and related disorders.

Jennifer Krafft, MS, is a doctoral student in clinical and counseling psychology at Utah State University. Krafft has extensive training in ACT and has collaborated with Levin and Twohig on several studies investigating applications of ACT delivered through innovative platforms and for novel problem areas.



Sheldon Press
9781529300468
Trade Paperback

320 Pages
JMC

Beyond Behaviours

Using Brain Science and Compassion to Understand and Solve Children's Behavioural Challenges

Mona Delahooke

A groundbreaking new approach to understanding and treating children with disruptive, troubled or challenging behaviours.

Summary

A PARADIGM SHIFT FOR CAREGIVERS THAT WILL REVOLUTIONIZE THE WAY YOU APPROACH, TREAT OR PARENT A CHILD WITH CHALLENGING OR EXPLOSIVE BEHAVIOURS.

When you are confronted with a child who is troubled, disruptive, oppositional, defiant or angry - whether you are a parent or a teacher - it can be difficult to know the best way to support them. Traditional methods of 'shaping' a child's behaviour can often be at best ineffective, at worst distressing, for child and adult alike.

Drawing on 30 years of experience, internationally known paediatric psychologist Dr Mona Delahooke describes these troubled behaviours as the 'tip of the iceberg', important signals that point to deeper, individual differences in the child that we need to understand and address before we can resolve behavioural challenges. Using the very latest neuroscientific research *Beyond Behaviours* makes the case that many children who can't seem to behave simply don't have the developmental capacity to do so - *yet*.

This book uses neuroscientific findings to help you deconstruct behaviour challenges, and to discover their cause and triggers for your child. It will show you how to apply this knowledge across a variety of behaviour spectrums, from children diagnosed with autism or other forms of neurodiversity, to those who might have been exposed to toxic stress or trauma during their early years. There are practical strategies to implement at every stage, backed up by impactful worksheets and charts, with a strong emphasis not on 'managing' behaviour, but instead on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or living, with a child who has behavioural challenges.

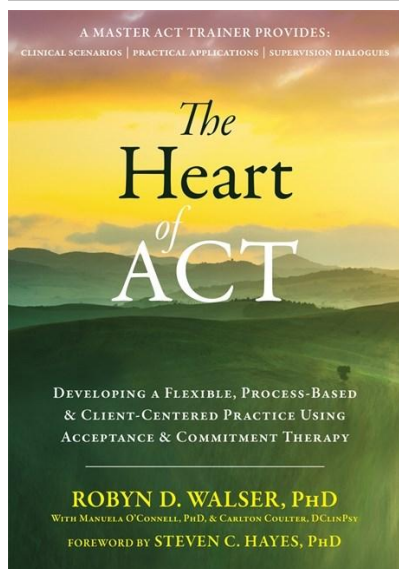
Accessible, practical, warmly supportive and steeped in research and clinical expertise, *Beyond Behaviours* offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is always our connection with the child standing in front of us.

Contributor Bio

Mona Delahooke, PhD, is a licensed clinical psychologist with more than 30 years of experience caring for children and their families. She is a senior faculty member of the Profectum Foundation, an organization dedicated to supporting families of neurodiverse children, adolescents and adults.

Dr. Delahooke holds the highest level of endorsement in the field of infant and toddler mental health in the state of California, as a Reflective Practice Mentor (RPM). She is a frequent speaker, trainer, and consultant to parents, organizations, schools, and public agencies. Dr. Delahooke has dedicated her career to promoting compassionate, relationship-based neurodevelopmental interventions for children with developmental, behavioral, emotional, and learning differences.

She is the author of *Social and Emotional Development in Early Intervention: A Skills Guide for Working with Children* (PESI, 2017).



New Harbinger
9781684030392
Trade Paperback

248 Pages
JM

The Heart of ACT

Developing a Flexible, Process-Based, and Client-Centered Practice Using Acceptance and Commitment Therapy

Robyn D. Walser, Steven C. Hayes, Manuela O'Connell, Carlton Coulter

In The Heart of ACT, renowned acceptance and commitment therapy (ACT) trainer Robyn Walser explores ACT as a process-based therapy incorporating intrapersonal and interpersonal processes, as well as the six core components of psychological flexibility to connect clinicians to the dynamic and relational implementation of ACT.

Summary

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.

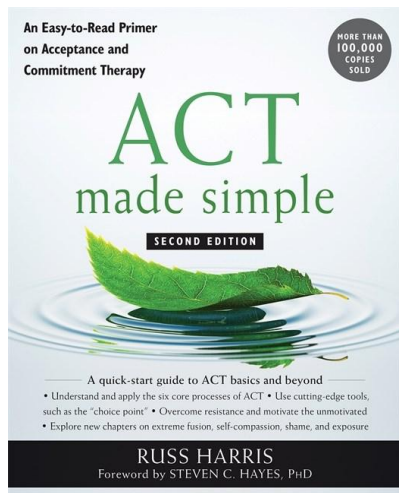
With this comprehensive resource, you'll learn to cultivate an organic, process-driven practice, grounded in the heart of the therapeutic relationship and responsive to clients in the moment. The Heart of ACT is designed to mimic the supervision experience by presenting material in thought-provoking 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.

Contributor Bio

Robyn D. Walser, PhD, is codirector of the Bay Area Trauma Recovery Clinic, staff psychologist at the National Center for PTSD Dissemination and Training Division, and assistant clinical professor in the department of psychology at the University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting, and therapy practice. Walser is developing innovative ways to translate science into practice, and is responsible for the dissemination of state-of-the-art knowledge and treatment interventions.



New Harbinger
9781684033010
Trade Paperback

392 Pages
JM

ACT Made Simple (2nd Edition, Revised)

An Easy-To-Read Primer on Acceptance and Commitment Therapy

Russ Harris, Steven C. Hayes

A practical and easy-to-use primer, ideal for newcomers and experienced professionals alike, *ACT Made Simple* offers clear explanations of the six core processes of acceptance and commitment therapy (ACT).

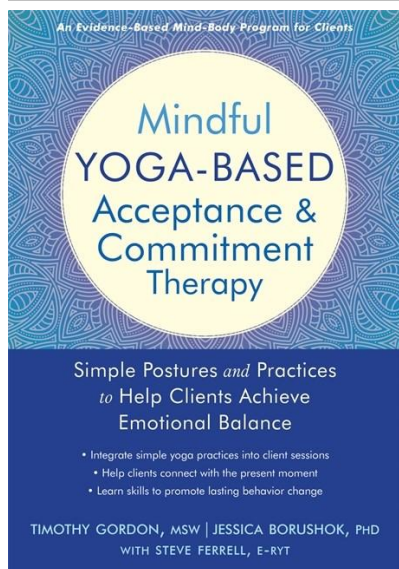
Summary

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 behavioural 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.

Contributor Bio

Russ Harris is a medical practitioner, psychotherapist, and world-renowned acceptance and commitment therapy (ACT) trainer. He has trained over 27,000 practitioners in ACT and authored nine books, including *ACT Made Simple*, *ACT with Love*, *The Reality Slap* and the international bestseller, *The Happiness Trap* (now translated into thirty languages).



New Harbinger
9781684032358
Trade Paperback

248 Pages
JM

Mindful Yoga-Based Acceptance and Commitment Therapy

Simple Postures and Practices to Help Clients Achieve Emotional Balance

Timothy Gordon, Jessica Borushok, Steve Ferrell

In this breakthrough professional guide, a psychologist, social worker, and yoga instructor team up to offer training in mindful yoga-based acceptance and commitment therapy (MYACT): an innovative, research-based program that integrates the ancient wisdom of yoga with evidence-based ACT.

Summary

The ancient wisdom of yoga meets the evidence-based effectiveness of acceptance and commitment therapy (ACT) in this breakthrough professional guide for both yoga instructors and ACT clinicians.

Mindful yoga-based acceptance and commitment therapy (MYACT) is a holistic mind-body program that integrates psychology, yoga, and behavior change. In *Mindful Yoga-Based Acceptance and Commitment Therapy*, a psychologist, social worker, and yoga instructor team up to offer comprehensive training in MYACT. Using the holistic therapy outlined in this manual, clinicians and yoga instructors alike will discover ways to guide clients toward emotional balance and wellness, with the perspective that healing suffering requires treating both the body and the mind.

This unique book offers proven-effective interventions informed by the model of psychological flexibility—the foundational underpinning of modern third-wave cognitive behavioral therapies. Mental health professionals who are interested in yoga, mindfulness, and holistic approaches to health will rejoice in this evidence-based program, while yoga instructors who wish to incorporate well-researched health care interventions into their yoga practice and teaching will also celebrate this much-needed resource.

Whether you are new to yoga or ACT or both, or have a long history with either, this book will provide you with the tools and foundational understanding needed to bring this practice into the scope of yours.

Contributor Bio

Timothy Gordon, MSW, is a social worker in Canada, who specializes in treating attachment- and trauma-related disorders. Tim is also a yoga teacher who integrates movement and yoga practices into his work. Tim's research has included yoga as a mental health intervention, acceptance and commitment therapy (ACT) for chronic pain, and ACT with neonatal intensive care units. Tim is passionate about empowering people in various settings to use ACT. He has worked with the Parliament of Canada, and has been involved in bringing ACT to sub-Saharan African countries with his colleagues at Commit and Act. Gordon, along with Jessica Borushok, is award-winning coauthor of *The ACT Approach*.

Jessica Borushok, PhD, is a clinical psychologist specializing in health-related problems, including obesity, chronic pain, and coping with chronic medical conditions. In addition to clinical work, Jessica provides ACT trainings and program development internationally. She has conducted a National Institute of Occupational Safety and Health (NIOSH) grant-funded pilot randomized controlled trial exploring the impact of ACT on physical activity among sedentary workers, and consulted on a grant-funded program using ACT with parents of children in neonatal intensive care units.

Steve Ferrell, E-RYT, teaches yoga, Ayurveda, anatomy, biomechanics, meditation, and mindfulness practices nationally across Canada. Steve has been studying and practicing yoga and meditation for over a decade. Over this time, he has worked with many techniques from different lineages of yoga and Buddhism, as well as studying Western-based psychological/behavioral perspectives. Steve is certified in integrative

yoga therapy: a yoga school started by Joseph LePage, founder of the International Association of Yoga Therapists. He continues to study with notable figures in the field and is involved in ongoing research studies to see how yoga, meditation, and Ayurveda can help people primarily in the mental health field.

How to banish the self-esteem myth, accept yourself unconditionally and revolutionize your mental health.



DR HARRY BARRY
THE No.1 INTERNATIONAL BESTSELLING AUTHOR



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Trade Paperback

288 Pages
VFD

Self-Acceptance

How to banish the self-esteem myth, accept yourself unconditionally and revolutionise your mental health

Harry Barry

Bestselling guide to looking after your mental health

Dr Harry Barry explores at the term 'self-esteem' alongside our relentless pursuit of perfect and provides a new language for promoting positive mental health

Summary

How to look after your mental wellbeing in times of stress

In an age where self-esteem is seen as essential to mental health, we are seeing unprecedented rises in mental health difficulties from depression anxiety, eating disorders and many others. Is there not a dichotomy at play here? Is Self - Esteem (ie 'I live for my rating') a reality at all or simply a myth we are all buying into. In this book bestselling author Harry Barry challenges the conventional wisdom and explores why the terms self-acceptance, self-respect and self-actualization are more helpful in developing positive mental health. In his trademark style he also provides practical examples of what we should all be doing instead to build confidence and reach our full potential.

Part 1: The myth of self-esteem

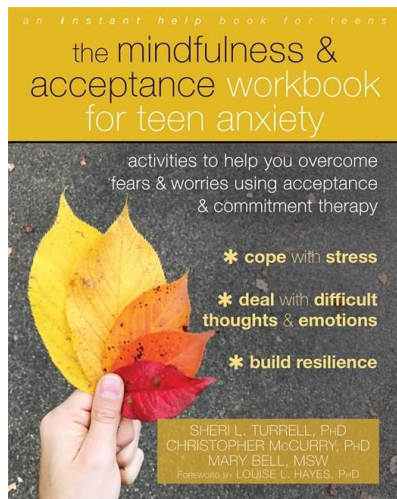
Part 2: Debunking the myth of 'low self-esteem'

Part 3: Debunking the myth of 'high self-esteem'

Part 4: Debunking the myth 'others can dictate my self-esteem'

Contributor Bio

Dr Harry Barry is a highly respected Irish author and medic, with over three decades of experience as a GP. With a keen interest in the area of mental health and suicide prevention, Dr. Barry is the bestselling author of numerous books addressing various aspects of mental health including anxiety, depression and toxic stress.



New Harbinger
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160 Pages
Ages 13 to 19
VFJB

The Mindfulness and Acceptance Workbook for Teen Anxiety

Activities to Help You Overcome Fears and Worries Using Acceptance and Commitment Therapy

Sheri L. Turrell, Christopher McCurry, Mary Bell, Louise L. Hayes

Teens often try to avoid the things that make them anxious; but avoidance can actually make anxiety worse, and get in the way of reaching goals and living full lives.

Summary

Move past anxiety and discover what really matters to you. Written by three experts in teen mental health, this powerful workbook offers evidence-based activities grounded in acceptance and commitment therapy (ACT) to help you cope with anxiety, build resilience, stop avoiding the things you fear, and lead a fuller, happier life.

Anxiety is what we feel when we're scared about some future event that may or may not happen. When you're struggling with anxiety your mind is trying to protect you from danger, so it's busy telling you about all the things you can't do. Along with these thoughts come a host of feelings and bodily sensations—such as sweaty palms, restlessness, lightheadedness, and stomach aches. But it's not the anxious thoughts that make anxiety a problem. It's the actions we take, or don't take, as a result of these thoughts.

In *The Mindfulness and Acceptance Workbook for Teen Anxiety*, you'll find helpful alternatives to the ineffective strategies and habits you're currently using to deal with anxiety, such as avoidance. You'll find basic information about anxiety to help you recognize what it looks and feels like, mindfulness tips to help you stay in the moment when you feel worried about the future, and tips to help you connect with your own values so you can start putting the important things in life first.

Contributor Bio

Sheri L. Turrell (Author)

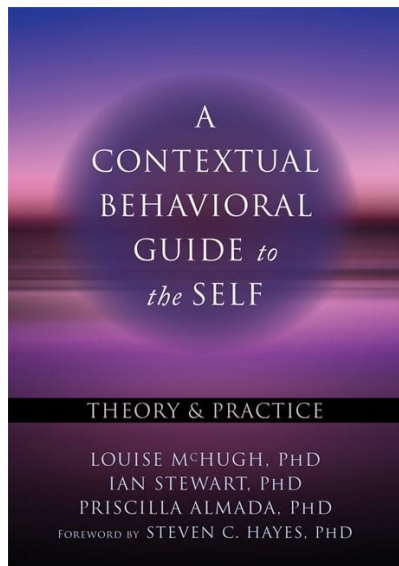
Sheri L. Turrell, PhD, is a clinical psychologist living with her family in Toronto, ON, Canada. She is passionate about her clinical work with adolescents, helping them to move towards a life that matters. Sheri is the primary investigator, working in collaboration with Mary Bell, for studies of group-based acceptance and commitment therapy (ACT) and a mobile app for adolescents. Sheri runs a full-time private practice, and enjoys being a consultant for graduate students and mental health service providers who are interested in learning ACT.

Christopher McCurry (Author)

Christopher McCurry, PhD, is a clinical child psychologist in private practice specializing in the treatment of childhood anxiety. He is a clinical assistant professor in the departments of psychology and psychiatry at the University of Washington in Seattle, WA.

Mary Bell (Author)

Mary Bell, MSW, RSW, is a social worker working in private practice and clinical roles in Singapore and Toronto, ON, Canada. She specializes in helping youths and their parents through the adolescent transition. Her clinical affiliations have included The Hospital for Sick Children (SickKids), The Centre for Addiction and Mental Health (CAMH), and Trillium Health Partners. She has found her 'true north' in sharing acceptance and commitment therapy (ACT) with both clients and other practitioners.



New Harbinger
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232 Pages
VS

A Contextual Behavioral Guide to the Self

A Contextual Behavioral Guide

Louise McHugh, Ian Stewart, Priscilla Almada, Steven C. Hayes

The self plays an integral role in human motivation, cognition, and social identity. That's why observing the self is such an important element of acceptance and commitment therapy (ACT). However, for many ACT clinicians, it can be difficult to apply this complex theory in everyday practice.

Summary

The self plays an integral role in human motivation, cognition, and social identity. A must-have addition to any acceptance and commitment therapy (ACT) practitioner's library, *The Self in Practice* translates the ACT model's most difficult-yet essential-process into easy-to-apply steps and user-friendly language.

Every client who partakes in ACT must identify a self as part of their treatment, and clinicians often report that observing the self is the most difficult of all six core ACT processes. This is because it's so hard for people to shed preconceived notions of "who they really are," and negative perceptions of the self can lead to feelings of low self-worth that stand in the way of treatment.

Problems with the self arise when clients orient themselves in the world and learn to relate to others, but these problems can vary considerably. For example, some clients may have deficits in developing a strong sense of self in the first place—particularly if they are diagnosed with autism spectrum conditions (ASC). Depressed clients or those with borderline personality disorder (BPD) may develop a skewed, negative sense of self, and those with narcissistic personality disorder (NPD) may develop an inflated sense of self.

With this unique road map, you will learn to apply the complex theory of the self into everyday practice, and help all clients develop empathy, compassion, and flexible perspective taking—leading to better treatment outcomes and better lives for clients.

Contributor Bio

Louise McHugh (Author)

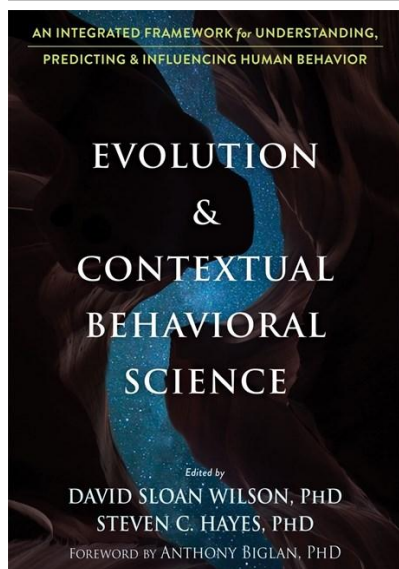
Louise McHugh, PhD, is a faculty member in the school of psychology at University College Dublin, and coeditor of *The Self and Perspective Taking*.

Ian Stewart (Author)

Ian Stewart, PhD, is a faculty member in the school of psychology at the National University of Ireland, Galway. He is coauthor of *The Art and Science of Valuing in Psychotherapy, ACT and RFT in Relationships*, and coeditor of *The Self and Perspective Taking*.

Priscilla Almada (Author)

Priscilla Almada, PhD, is a research scientist. Over the last decade, she has been committed to exploring the science, art, and practice of cultivating prosocial and sustainable communities. She lives in Sydney, Australia.



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344 Pages
JM

Evolution and Contextual Behavioral Science

An Integrated Framework for Understanding, Predicting, and Influencing Human Behavior

David Sloan Wilson, Steven C. Hayes, Anthony Biglan

Contextual behavioral science seeks to understand the behavior of individuals and groups in the context of their environments. Meanwhile, evolutionary science examines the effects that environmental selection pressures and heritable variation have on all species.

Summary

What do evolutionary science and contextual behavioral science have in common? Edited by David Sloan Wilson and Steven C. Hayes, this groundbreaking book offers a glimpse into the histories of these two schools of thought, and provides a sound rationale for their reintegration.

Evolutionary science (ES) provides a unifying theoretical framework for the biological sciences, and is increasingly being applied to the human-related sciences. Meanwhile, contextual behavioral science (CBS) seeks to understand the history and function of human behavior in the context of everyday life where behaviors occur, and to influence behavior in a practical sense. This volume seeks to integrate these two bodies of knowledge that have developed largely independently.

In *Evolution and Contextual Behavioral Science*, two renowned experts in their fields argue why ES and CBS are intrinsically linked, as well as why their reintegration-or, reunification-is essential. The main purpose of this book is to continue to move CBS under the umbrella of ES, and to help evolutionary scientists understand how working alongside contextual behavioral scientists can foster both the development of ES principles and their application to practical situations.

Rather than the sequential relationship that is typically imagined between these two schools of thought, this volume envisions a parallel relationship between ES and CBS, where science can best influence positive change in the real world.

Contributor Bio

Steven C. Hayes (Author)

Steven C. Hayes, PhD, is Nevada Foundation Professor and director of clinical training in the department of psychology at the University of Nevada. An author of forty-one books and nearly 600 scientific articles, his career has focused on analysis of the nature of human language and cognition, and its application to the understanding and alleviation of human suffering and promotion of human prosperity. Among other associations, Hayes has been president of the Association for Behavioral and Cognitive Therapies, and the Association for Contextual Behavioral Science. His work has received several awards, including the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.

The
Mindfulness & Acceptance
Workbook for
Stress Reduction

Using Acceptance & Commitment Therapy to Manage
Stress, Build Resilience & Create the Life You Want



Includes downloadable
guided mindfulness meditations

A POWERFUL 9-WEEK
PROGRAM TO HELP YOU:

- Bounce back in stressful times
- Manage difficult thoughts & feelings
- Cultivate self-compassion
- Develop positive habits
- Connect with your values

FREDRIK LIVHEIM, PhD | FRANK W. BOND, PhD
DANIEL EK, MS | BJÖRN SKOGGÅRD HEDENSJÖ, MS



New Harbinger
9781684031283
Trade Paperback

240 Pages
VS

The Mindfulness and Acceptance Workbook for Stress Reduction

Using Acceptance and Commitment Therapy to Manage Stress, Build Resilience, and Create the Life You Want

Fredrik Livheim, Frank W. Bond, Daniel Ek, Bjorn Skoggard Hedensjo

Stress is a part of life-but it doesn't have to take over your life. This evidence-based workbook offers readers a powerful ten-week program for stress management drawing on the latest research in acceptance and commitment therapy (ACT) and mindfulness.

Summary

Stress is a part of life-but it doesn't have to take over your life. With this guide, you'll develop the skills needed to help you manage difficult emotions, cultivate self-compassion, adopt positive physical and emotional habits, build resilience, and connect with your true values.

Everyone experiences stress. From the moment we wake up in the morning to the moment we finally settle into bed at night, our days are packed with stressful moments-some big and some small-that can quickly add up and feel overwhelming. Unfortunately, you can't escape stress. But you can change the way you relate to it. This important workbook will show you how.

Written by internationally renowned ACT experts, The Mindfulness and Acceptance Workbook for Stress Reduction offers a powerful ten-week program for stress management drawing on the latest research in acceptance and commitment therapy (ACT) and mindfulness. You'll gain a better understanding of what stress really is, how it affects the brain and body, and what you can do to manage and reduce stress in your life. You'll discover how to build resilience and set smart, effective personal goals that align with your values. And finally, you'll learn to be more aware of how you deal with stress in the moment.

Stress is an unavoidable side effect of being human in today's fast-paced world. But with this workbook, you'll build the skills necessary to keep stress in its place and live a more vital life!

Contributor Bio

Fredrik Livheim (Author)

Fredrik Livheim, PhD, is a licensed clinical psychologist at FORUM, a research center for psychosocial health at the Karolinska Institutet in Stockholm, Sweden. He has trained more than 400 professionals in how to use acceptance and commitment therapy (ACT) in a group format to improve employees' mental health. His research focuses on the use of ACT in the workplace.

Frank Bond (Author)

Frank W. Bond, PhD, is professor of psychology and director of the Institute of Management Studies at Goldsmiths, University of London. His research and consulting work focus on the psychological and organizational processes that underpin peak performance and well-being in the workplace.

Daniel Ek (Author)

Daniel Ek, MS, is a registered psychologist with professional experience in stress management. Ek treats patients with stress and chronic fatigue syndrome on a daily basis.

Bjorn Hedensjo (Author)

Bjorn S. Hedensjo, MS, is a science reporter currently majoring in psychology at Karolinska Institutet. He is currently studying at Harvard Medical School.

Eckhard Roediger, MD
 Bruce A. Stevens, PhD
 Robert Brockman, DClInPsy
 Foreword by Wendy T. Behary, LCSW
 Afterword by Jeffrey Young, PhD

Contextual Schema Therapy

An Integrative Approach to
 Personality Disorders, Emotional Dysregulation
 & Interpersonal Functioning



New Harbinger
 9781684030958
 Trade Paperback

312 Pages
 MMJ

Contextual Schema Therapy

An Integrative Approach to Personality Disorders, Emotional Dysregulation, and Interpersonal Functioning

Eckhard Roediger, Bruce A. Stevens, Robert Brockman, Wendy T. Behary, Jeffrey Young
 Schema therapy is a highly effective treatment for a number of mental health issues, including difficult-to-treat personality disorders. In this groundbreaking book, three internationally recognized psychologists present a step-by-step guide outlining the most up-to-date innovations in schema therapy (ST).

Summary

In this groundbreaking book, three internationally recognized psychologists present a step-by-step guide outlining the most up-to-date innovations in schema therapy (ST). This important book offers a clear and practical road map for putting the *schema mode* model into practice, improving clients' interpersonal functioning, and integrates the latest advances in contextual behavioral psychology.

ST is a powerful, integrative treatment model that combines aspects of cognitive, behavioral, and psychodynamic therapies. It has proven highly effective in treating a number of mental health issues, including difficult-to-treat personality disorders. ST's main premise is that mental health issues arise as a result of unmet emotional needs in childhood, leading to the development of early maladaptive schemas (EMS). But, more and more, ST has shifted away from EMS to focus on schema *content*-that is, changing the way clients *relate* to their experiences and to others.

This book incorporates the latest findings in contextual behavioral science with a focus on clients' coping styles - or schema modes - and improving interpersonal functioning. The book includes exercises from compassion-focused therapies, acceptance and commitment therapy (ACT), and even functional analytic psychotherapy (FAP) to help your clients become more aware of their own unhealthy coping patterns and behaviors. You'll also discover a range of emotion-focused and experiential techniques to use in therapy with your client.

Contributor Bio

Eckhard Roediger (Author)

Eckhard Roediger, MD, is director of the Frankfurt Schema Therapy Institute, which was established in Germany. He is former president of the International Society of Schema Therapy (ISST) and board a member since its foundation in 2008. He has been a schema therapy trainer and supervisor since 2008, and is author of numerous books, book chapters, and articles about schema therapy in German.

Bruce A. Stevens (Author)

Bruce A. Stevens, PhD, is the current Wicking Chair of Aging and Practical Theology at Charles Sturt University, Canberra, Australia. He is a clinical and forensic psychologist with over twenty years of private practice experience. He has written several books-including two other books on schema therapy-and he has advanced accreditation in schema therapy for both individuals and couples.

Robert Brockman (Author)

Robert Brockman, DClInPsy, is a lecturer and psychology clinic supervisor on the Clinical Psychology Masters program at the University of Technology, Sydney, Australia (UTS). He is accredited by the International Society for Schema Therapy (ISST) as a schema therapist, supervisor, and trainer, and regularly runs schema therapy trainings nationally and internationally. Brockman has a major clinical and research interests in the formulation and treatment of complex presentations that prove difficult to treat via standard evidence-based protocols. He is currently engaged in clinical research focused on extending the schema model into novel populations (e.g., generalized anxiety disorder, eating disorders, psychosis, HIV sufferers, problem gamblers, and forensic patients).

Table Of Contents

Foreword vii

Introduction—Why This Book? 1

1. Conceptual Underpinnings 5
2. The Schema Model—Mapping the Badlands 25
3. Modes—In the Present Tense 39
4. From Past Tense to Present Tense—The Case Conceptualization 57
5. Harnessing the Therapy Relationship 83
6. Dealing with Child, Inner Critic, and Coping Modes 109
7. Building the Healthy Adult Mode 125
8. How to Bring Change 143
9. Imagery Techniques to Induce Mode Change 149
10. Mode Dialogues on Chairs 179
11. Behavior Change Techniques 197
12. Treatment Planning 215
13. Dealing with Difficult Clients 227
14. It Takes Two to Tango—Including the Client's Partner in Therapy 251
15. Therapist Schemas and Self-Care 259

Epilogue—Training Opportunities and Resources 273

Afterword 275

References 277

Index 291

ACT QUESTIONS & ANSWERS



A Practitioner's Guide to
150 Common
Sticking Points
in Acceptance &
Commitment Therapy

RUSS HARRIS



New Harbinger
9781684030361
Trade Paperback

280 Pages
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ACT Questions and Answers

A Practitioner's Guide to 50 Common Sticking Points in Acceptance and Commitment Therapy

Russ Harris

If you are new to ACT - or just want to improve your delivery - this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

Summary

Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that "stuckness" into powerful personal growth.

Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues - from depression to addiction - that focuses on mindfulness, client values, and a commitment to change. It also provides innovative tools, techniques, and strategies for promoting psychological flexibility and profound behavioral change. However, there are several challenges and frustrations that can arise when delivering ACT in-session.

In the tradition of the hugely popular professional guide *ACT Made Simple*, *ACT Questions and Answers* offers practical tools for overcoming common sticking points in-session. You'll find effective tips and strategies for moving past misconceptions about mindfulness and acceptance, how to deal with reluctant or unmotivated clients, and how to break down communication barriers that can stand in the way of progress. You'll also find links to free downloadable resources.

If you are new to ACT - or just want to improve your delivery - this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

Contributor Bio

Dr Russ Harris was born in Liverpool, England. After graduating in medicine from the University of Newcastle-Upon-Tyne, he emigrated to Australia. As a family doctor, he became increasingly interested in the psychological aspects of medical illness (and increasingly less interested in writing prescriptions). In his eclectic career, he has been a stand-up comedian, sex therapist, filmmaker, novelist, and workshop presenter. He now practices as a psychological health physician in Melbourne.

Table Of Contents

Introduction 1

1. Playing with the Choice Point 5

Introducing a very useful tool, the choice point, which we'll refer to throughout the book

2. Miserable Mindfulness 27

Misunderstandings and myths about mindfulness—for therapists and clients

3. Ghastly Goals 37

Problems related to establishing therapy goals

4. Beastly Barriers 59

Overcoming barriers to ACT, building rapport, and getting buy-in

5. Freaky Functional Analysis 73

The ABCs of functional analysis, and how this can enhance our therapy

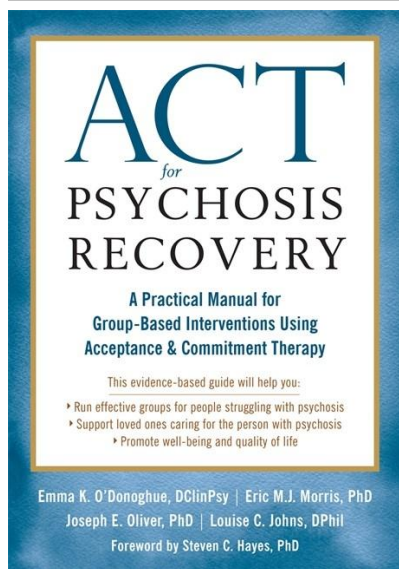
6. Vicious Values 88

Values conflicts, rigid rules, "I don't have any values," and other common sticking points

7. Dodgy Dropping Anchor 114

The single most powerful intervention for extreme fusion

8. Crummy Creative Hopelessness	127
Mishaps and misconceptions about one of the most misunderstood parts of ACT	
9. Dastardly Defusion	135
The myriad of ways that defusion can go wrong or backfire—and how to bounce back	
Surprising Self-Compassion	165
The nuts and bolts of self-compassion	
11. Sticky Structure	176
Confusion about and obstacles to process work in ACT	
12. Measly Motivation	187
Homework horrors, “I’ve got no motivation,” and other barriers to committed action	
13. Obnoxious Outcomes	196
Anything that can go wrong will go wrong—and how our responses make all the difference	
14. Slippery Self-as-Context	201
Misunderstandings about self-as- context in therapists and clients	
15. Exasperating Exposure	215
The nuts and bolts of ACT-style exposure	
16. Awkward Acceptance	221
Problems and pitfalls pertaining to acceptance and willingness	
Acknowledgments	226
Appendix 1: ACT Case Formulation Worksheet	227
Appendix 2: Informed Consent	230
Appendix 3: The Bull’s-Eye	233
Appendix 4: Defusion from Barriers to Therapy	235
Appendix 5: The Hands as Thoughts and Feelings Exercise	242
Appendix 6: Pushing Away Paper Exercise	245
Appendix 7: Triggers-Behavior-Payoffs Worksheet	249
Appendix 8: Exposure Crib Sheet	250
Appendix 9: A Clinician’s Guide to Getting Unstuck from Just About Anything	251
References	258
Free Resources and Online Training	260
Index	262



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ACT for Psychosis Recovery

A Practical Manual for Group-Based Interventions Using Acceptance and Commitment Therapy

Emma K. O'Donoghue, Eric M.J. Morris, Joe Oliver, Louise C. Johns, Steven C. Hayes
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.

Summary

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.

Contributor Bio

Emma K. O'Donoghue (Author)

Emma K. O'Donoghue, DClInPsy, is a senior clinical psychologist working in community psychosis settings in South London. She has a longstanding interest in using ACT approaches for people experiencing first episode and established psychosis and those with bipolar affective disorder. She coordinated a recent randomized controlled trial of ACT workshops for service users and caregivers in community psychosis settings and is involved in working with service users to facilitate ACT interventions. O'Donoghue regularly trains psychologists in ACT for psychosis interventions and teaches on London psychology masters and doctoral courses in ACT approaches.

Eric M.J. Morris (Author)

Eric M. J. Morris, PhD, is a clinical psychologist and director of the La Trobe University Psychology Clinic, Melbourne, Australia. Morris previously worked as the

psychology lead for early intervention for psychosis at the South London and Maudsley NHS Foundation Trust, UK. He has twenty years' experience treating people with psychosis, and their families, using psychological therapies. Morris completed a PhD at King's College London, researching acceptance and commitment therapy as an individual- and group-based intervention for people recovering from psychosis, and as workplace resilience training for mental health workers. Morris is a coeditor of *Acceptance and Commitment Therapy and Mindfulness for Psychosis* and coauthor of the self-help guide, *ACTivate Your Life: Using Acceptance and Mindfulness to Build a Life That Is Rich, Fulfilling and Fun*.

Joseph E. Oliver (Author)

Joseph E. Oliver, PhD, is a clinical psychologist who has been working within the UK National Health Service for the past ten years, specializing in the treatment of psychosis. He runs a private ACT-based consultancy in London, UK, that offers training, supervision and psychological therapy. He is also chair of the national BABCP ACT committee, which promotes and develops ACT within the UK. Oliver is coeditor of *Acceptance and Commitment Therapy and Mindfulness for Psychosis* and coauthor of the self-help guide, *ACTivate Your Life: Using Acceptance and Mindfulness to Build a Life That Is Rich, Fulfilling and Fun*.

Louise C. Johns (Author)

Louise C. Johns, DPhil, is a consultant clinical psychologist and BABCP accredited cognitive behavioral therapist. She works in the Oxford Early Intervention in Psychosis Service, overseeing the delivery and evaluation of psychological interventions for clients and their caregivers, including the training and supervision of staff. She is also an honorary senior research fellow in the department of psychiatry, University of Oxford, and an associate member of the Oxford Cognitive Therapy Centre. She is coeditor of the book, *Acceptance and Commitment Therapy and Mindfulness for Psychosis*.

Table Of Contents

Foreword ix

An Introduction to Acceptance and Commitment Therapy (ACT) for Psychosis Recovery 1

Part 1: Pretreatment Overview

Chapter 1

Introduction to Acceptance and Commitment Therapy for Psychosis 7

Chapter 2

Adapting ACT Workshops for Caregivers of People with Psychosis 33

Written with Suzanne Jolley

Chapter 3

Adapting ACT Workshops for Acute Inpatient Settings 51

Written with Rumina Taylor and Georgina Bremner

Chapter 4

Peer-Support

Cofacilitators 67

Working Alongside Clients with Lived Experience of Mental Health Issues

Chapter 5

Running Successful and Effective Workshops 79

Training

Chapter 6

Running Successful and Effective Workshops 99

Supervision and Evaluation

Part 2: Treatment Manual

Introduction to ACT for Psychosis Recovery Workshop Protocol 119

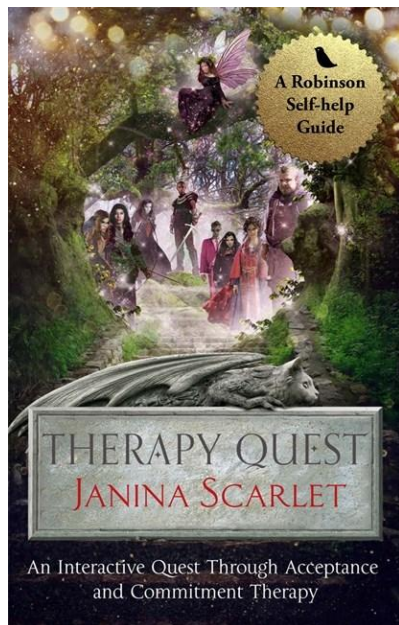
Written with Natasha Avery

Taster Session 123

Session 1

Introducing Noticing, Values, and Committed Action 133

Session 2	
Workability as an Alternative	149
Session 3	
Acting on Values with Openness, Awareness, and Willingness	171
Session 4	
Bringing It All Together—Open, Aware, and Active	187
Booster Session 1	201
Booster Session 2	211
Acknowledgments	221
Appendix A	
Exercise Prompt Sheets	223
A1. Reservoir Metaphor	224
A2. Mindfulness of Breath and Body Exercise	225
A3. Passengers on the Bus Metaphor	227
A4. Mindful Stretch Exercise	228
A5. Mindful Eating Exercise	230
A6. Paul’s Story Transcript	232
A7. George’s Story Transcript	234
A8. Pushing Against the Folder Exercise	236
A9. Acting Out the Passengers on the Bus Exercise	238
A10. Three-Minute Breathing Space Exercise	241
A11. Leaves on the Stream Exercise	242
A12. Mindful Walking Exercise	244
A13. Key Messages Cards	246
A14. Clouds in the Sky Exercise	249
A15. Client Satisfaction Questionnaire	250
A16. The ACTs of ACT Fidelity Measure	253
Appendix B	
Session Worksheets	257
B1. Values Worksheet	258
B2. Passengers on the Bus Worksheet	259
B3. Committed Action Worksheet	260
B4. Developing Aware Skills Worksheet	261
B5. Driving License Worksheet side 1	262
Driving License Worksheet side 2	263
Reference List	265
Index	281
List of Figures	
Figure 1	
The ACT model of psychological flexibility, or hexaflex	12
Figure 2	
The ACTs of ACT Fidelity Measure	105
List of Tables	
Table 1	
Central ACT processes	13
Table 2	
The content of workshop sessions in ACT for recovery in acute inpatient settings	61



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Therapy Quest

An Interactive Journey Through Acceptance And Commitment Therapy

Janina Scarlet, Vince Alvendia

An interactive new introduction to ACT techniques, that uses a path-based decision format, and examples from the fantasy genre to show readers how they can overcome anxiety, depression and trauma to become a hero in real life.

Summary

Did you ever want to be a hero? Have you ever dreamed of going on an epic quest to destroy monsters, defeat evil forces and fly on the back of a dragon?

This interactive new self-help book puts you, the reader, in a fantasy world where every decision you make and every path you take will influence the outcome of your journey.

When the seer Anka spirits you away to the world of Here, you find yourself proclaimed the Chosen One - the hero everyone is relying on to defeat the evil sorceress Mallena before she destroys everything. But you don't feel like a hero, do you?

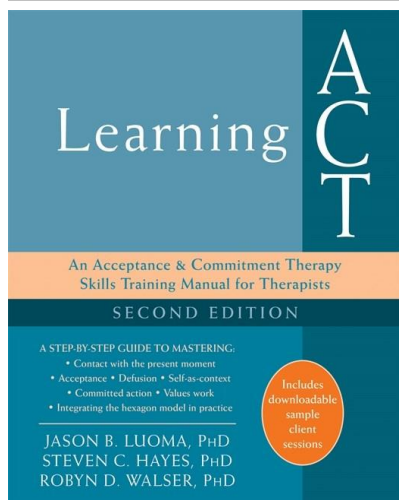
If you choose to accept this quest, you will have an opportunity to learn the skills that you need and put together a crew of loyal friends and companions to help you with your journey. The skills are based on acceptance and commitment therapy (ACT), which has been shown through research to help people overcome depression, anxiety, posttraumatic stress disorder (PTSD), chronic pain, addiction disorders and many other common problems.

Your journey will be full of danger, loss and strange creatures, but it will also be full of excitement, adventure and fun, and will let you form life-long bonds of friendship, which no curses can break. This book is your call to adventure, an invitation to be the hero in your own story.

Contributor Bio

Janina Scarlet is a licensed Clinical Psychologist and the award-winning author of *Superhero Therapy* as well as *Therapy Quest*, *Super-Women*, *Dark Agents*, *Harry Potter Therapy* and *Supernatural Therapy*. She has also contributed to the following books: *Star Wars Psychology*, *Walking Dead Psychology*, *Captain America vs. Iron Man Psychology*, *Game of Thrones Psychology*, *Star Trek Psychology* and *Doctor Who Psychology*. In addition, Dr Scarlet is an international workshop trainer in Superhero Therapy, having presented at international conferences, including ACBS, as well as numerous popular culture conventions in training mental health professionals in using Superhero Therapy.

Dr Scarlet received training in ACT by ACT creators Steve Hayes, Kelly Wilson and Kirk Strosahl. She is frequently interviewed about her work and has been featured on the BBC, CBS, MTV News, CW, Huffington Post and others. She is also frequently invited to speak at pop culture conferences, including the San Diego Comic Con, London Comic Con and others, and has been providing training and consulting internationally. She is the recipient of the Eleanor Roosevelt Human Rights Award by the United Nations Association for her work on Superhero Therapy.



Learning ACT, 2nd Edition *(2nd Edition, Revised)*

An Acceptance and Commitment Therapy Skills-Training Manual for Therapists

Jason B. Luoma, Steven C. Hayes, Robyn D. Walser

Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy and proven effective in the treatment of several mental health conditions-including depression, anxiety, eating disorders, and more.

Summary

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.

Contributor Bio

Jason Luoma, PhD (Author)

is a grant-funded researcher with the University of Nevada, Reno, and a clinical psychologist in private practice in Portland, OR. His research focuses on the application of acceptance and commitment therapy (ACT) to the alleviation of burnout in counselors, ACT as an intervention for the stigma of substance abuse, and the dissemination and training of evidence-based therapies. An experienced trainer in ACT, he directed the first ACT Summer Training Institute. This book is the result of this practical experience and research.

Steven C. Hayes (Author)

Steven C. Hayes, PhD, is Nevada Foundation Professor and director of clinical training in the department of psychology at the University of Nevada. An author of forty-one books and nearly 600 scientific articles, his career has focused on analysis of the nature of human language and cognition, and its application to the understanding and alleviation of human suffering and promotion of human prosperity. Among other associations, Hayes has been president of the Association for Behavioral and Cognitive Therapies, and the Association for Contextual Behavioral Science. His work has received several awards, including the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.

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Robyn D. Walser (Author)

Robyn D. Walser, PhD, is associate director of the National Center for PTSD Dissemination and Training Division, and associate clinical professor in the department of psychology at the University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting, and therapy practice. Walser is developing innovative ways to translate science into practice, and is responsible for the dissemination of state-of-the-art knowledge and treatment interventions. Walser has coauthored three books, including *Learning ACT*, *The Mindful Couple*, and *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems*.

Table Of Contents

Acknowledgments

Introduction

1 The Focus of ACT and Its Six Aspects

2 Developing Willingness and Acceptance

3 Undermining Cognitive Fusion

4 Getting in Contact with the Present Moment

5 Building Flexible Perspective Taking Through Self-as-Context

6 Defining Valued Directions

7 Building Patterns of Committed Action

8 Conceptualizing Cases Using ACT

9 The ACT Therapeutic Stance

10 Adapting ACT to Cultural Contexts

11 Bringing It All Together

Appendix A: The ACT Core Competency Rating Form

Appendix B: Resources for Further Development

Appendix C: Using ACT in Different Settings

Glossary

References

Index



FLAGGING THE THERAPY

Pathways out of depression and anxiety

FROM THE INTERNATIONAL BESTSELLING AUTHOR

DR HARRY BARRY



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288 Pages
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Flagging the Therapy

Pathways out of depression and anxiety

Harry Barry

A practical, step-by-step guide to coping with depression and anxiety.

'Mandatory reading for all those who have the slightest interest in good health and human happiness SUNDAY INDEPENDENT

Summary

'Mandatory reading for all those who have the slightest interest in good health and human happiness SUNDAY INDEPENDENT

A practical, step-by-step guide to identify and cope with depression by bestselling author and GP Dr Harry Barry.

Depression and anxiety can have a debilitating effect on sufferers and their families. However, in many cases, these afflictions can be treated and risks of recurrence significantly reduced. Applying a system using colour-coded flags for various mental states and problems, Dr Barry explains the role our minds and brains play in the manifestation of depression and anxiety, and how these in turn can be shaped to lead us out of illness.

Flagging the Therapy uses relatable case studies and examines the numerous medical, psychological and complimentary therapies that can all help in negotiating a pathway out of depression and anxiety.

Previously published as *Flagging the Therapy: Pathways Out of Depression and Anxiety*, this edition has been fully revised and updated.

Contributor Bio

Dr. Harry Barry is a highly respected Irish author and medic, with 36 years experience as a GP. With a keen interest in the area of mental health and suicide prevention, Dr. Barry is the author of numerous books addressing various aspects of mental health including depression and toxic stress.

LEARNING ACT for GROUP TREATMENT

AN ACCEPTANCE and COMMITMENT THERAPY
SKILLS TRAINING MANUAL for THERAPISTS



Includes downloadable bonus WORKSHEETS, EXPERIENTIAL EXERCISES, and
MEDITATION SCRIPTS to help clinicians apply the ACT core processes to group settings

DARRAH WESTRUP, PhD | M. JOANN WRIGHT, PhD



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Learning ACT for Group Treatment

An Acceptance and Commitment Therapy Skills Training Manual for Therapists

Darrah Westrup, M. Joann Wright

Learning ACT for Group Treatment presents a powerful manual for clinicians, therapists, and counselors looking to implement acceptance and commitment therapy (ACT) in group therapy with clients. The book is a composite of stand-alone sessions, and provides detailed explanations of each of the core ACT processes, as well as printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants.

Summary

For many clients, group therapy is a more practical treatment option than one-on-one therapy sessions. The financial cost of group therapy is substantially less than individual therapy, and research shows it can be just as effective. However, group therapy also presents unique challenges, and is often more difficult to administer. That's why 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.

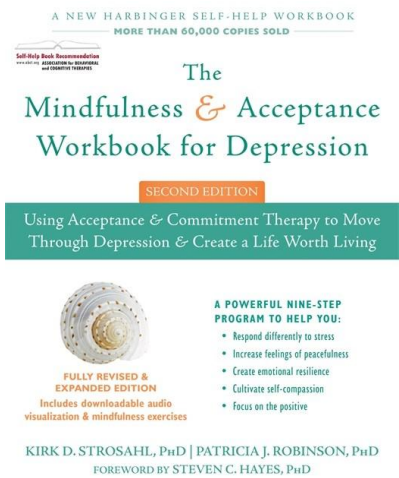
Learning ACT for Group Treatment is a comprehensive, powerful manual for clinicians, therapists, and counselors looking to implement ACT in group therapy with clients. A composite of stand-alone sessions, the book provides detailed explanations of each of the core ACT processes, printable worksheets, 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.

Contributor Bio

Darrah Westrup, PhD, is a licensed clinical psychologist practicing in Colorado and California with an established reputation for her work as a therapist, program director, trainer, researcher, and consultant to practitioners at various firms and organizations. She is a recognized authority on post-traumatic stress disorder (PTSD) and acceptance and commitment therapy (ACT) and has conducted numerous presentations and trainings at international, national, and local conferences, seminars, and workshops. She currently serves as an expert ACT consultant for the VA-wide evidence-based treatment rollout of ACT for depression, and has coauthored two books on ACT: *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems* and *The Mindful Couple*.



The Mindfulness and Acceptance Workbook for Depression, 2nd Edition (2nd Edition)

Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living

Kirk D. Strosahl, Patricia J. Robinson, Steven C. Hayes

The Mindfulness and Acceptance Workbook for Depression includes updated exercises based in breakthrough research on self-compassion, mindfulness, and neuroscience to help readers work through their depression—rather than avoid it—and go on to create a more meaningful life.

Summary

What if depression could lead to positive change? Written by acceptance and commitment therapy (ACT) cofounder Kirk Strosahl and Patricia Robinson, this revised edition of the best-selling classic, *The Mindfulness and Acceptance Workbook for Depression* includes updated research on self-compassion, mindfulness, and neuroscience to help you live a more meaningful life.

If you suffer from depression, you may feel like you are living under a perpetual raincloud, even when it's sunny outside. If left untreated, clinical depression can damage relationships, cause problems at work, lead to substance abuse, and even make it more difficult to overcome physical illnesses. You may feel too tired and scared to reach out for help, or you may try to avoid your feelings altogether. But you should know that there are little, effective ways you can overcome your depression, one day at a time.

This fully revised and updated second edition of *The Mindfulness and Acceptance Workbook for Depression* will show you how changing daily behaviors and practicing new mindfulness skills can literally reshape your brain. Rather than fruitlessly trying to avoid your depression, you'll learn to focus on living a productive life by accepting your feelings.

There are hundreds of books that will try to help you overcome or put an end to depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals that something in your life needs to change. Learning to understand and interpret these signals is much more important than ignoring or avoiding them—approaches that only make the situation worse. This workbook uses techniques from acceptance and commitment therapy (ACT) to offer a new treatment plan for depression that will help accept your feelings instead of fruitlessly trying to avoid them. This new edition will include skills based on new research and contributions from mindfulness, self-compassion, and neuroscience. Using the skills outlined in this book, you'll be able to work through your depression, experience greater peace and well-being, and go on to create a better life.

Contributor Bio

Kirk D. Strosahl (Author)

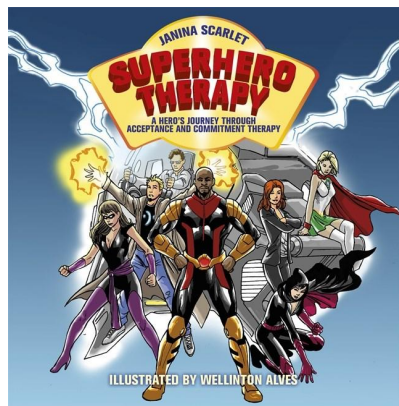
Kirk Strosahl, PhD, is cofounder of acceptance and commitment therapy (ACT), a cognitive behavioral therapy that has gained widespread adoption in the mental health and substance abuse community. He is author of numerous articles on the subjects of primary care behavioral health integration, using outcome assessment to guide practice, and strategies for working with challenging, high-risk, and suicidal clients.

Patricia J. Robinson (Author)

Patricia J. Robinson, PhD, is director of training and program evaluation at Mountainview Consulting Group, Inc., a firm that assists health care systems with integrating behavioral health services into primary care settings. She is co-author of *Real Behavior Change in Primary Care* and *The Mindfulness and Acceptance Workbook for Depression*. After exploring primary care psychology as a researcher, she devoted her attention to dissemination in rural America, urban public health departments, and military medical treatment facilities. Robinson lives in Portland, OR.

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Superhero Therapy

A Hero's Journey through Acceptance and Commitment Therapy

Janina Scarlet

A dynamic new illustrated introduction to Acceptance and Commitment Therapy (ACT) using relatable examples drawn from the world of comics, sci-fi and fantasy.

Summary

Did you ever want to become a Superhero? Did you ever wish you could get magical powers or travel through the universe, across time and space?

This dynamic new self-help book is designed to help heroes who are struggling with anxiety, depression, anger, shame and trauma.

Written by Dr. Janina Scarlet, the leading advocate of superhero therapy, a new technique that helps you to recover from common psychological and emotional problems by showing your concerns are mirrored in the stories of extraordinary superheroes from fiction. The book takes you through the core concepts of Acceptance and Commitment Therapy (ACT) which will better arm you to face the challenges of your superhero quest.

Illustrated by talented comic book artist Wellington Alves, this book tells the tale of a group of troubled heroes enlisted at the Superhero Training Academy (inspired both by fictional characters and real-life people who have benefited from this therapy), learning to overcome their problems using the techniques of ACT. This will appeal to readers with a geeky side to their nature, or anyone just seeking to find their inner superhero.

Contributor Bio

Janina Scarlet is a licensed Clinical Psychologist and the award-winning author of *Superhero Therapy* as well as *Therapy Quest*, *Super-Women*, *Dark Agents*, *Harry Potter Therapy* and *Supernatural Therapy*. She has also contributed to the following books: *Star Wars Psychology*, *Walking Dead Psychology*, *Captain America vs. Iron Man Psychology*, *Game of Thrones Psychology*, *Star Trek Psychology* and *Doctor Who Psychology*. In addition, Dr Scarlet is an international workshop trainer in Superhero Therapy, having presented at international conferences, including ACBS, as well as numerous popular culture conventions in training mental health professionals in using Superhero Therapy.

Dr Scarlet received training in ACT by ACT creators Steve Hayes, Kelly Wilson and Kirk Strosahl. She is frequently interviewed about her work and has been featured on the BBC, CBS, MTV News, CW, Huffington Post and others. She is also frequently invited to speak at pop culture conferences, including the San Diego Comic Con, London Comic Con and others, and has been providing training and consulting internationally. She is the recipient of the Eleanor Roosevelt Human Rights Award by the United Nations Association for her work on Superhero Therapy.

ACT for Clergy and Pastoral Counselors

Using Acceptance and Commitment
Therapy to Bridge Psychological
and Spiritual Care

How
spiritual care
providers can
use ACT in
various contexts
& across faith
traditions

Edited by
JASON A. NIEUWSMA, PhD
ROBYN D. WALSER, PhD
STEVEN C. HAYES, PhD
FOREWORD BY SIANG-YANG TAN, PhD



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MBNH9

ACT for Clergy and Pastoral Counselors Using Acceptance and Commitment Therapy to Bridge Psychological and Spiritual Care

Jason A. Nieuwsma, Robyn D. Walser, Steven C. Hayes, Siang-Yang Tan

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.

Summary

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.

Contributor Bio

Jason A. Nieuwsma, PhD, is assistant professor in the department of psychiatry and behavioral sciences at Duke University, and serves as the Associate Director for the Mental Health and Chaplaincy program in the Department of Veterans Affairs. Nieuwsma has led multiple projects and authored numerous articles focused on improving the integration of mental health and spiritual care services, and has trained hundreds of chaplains and mental health professionals in the application of acceptance and commitment therapy.

Robyn D Walser, PhD, is associate director of the National Center for PTSD, Dissemination and Training Division and associate clinical professor at the University of California, Berkeley. As a licensed psychologist, she maintains an international training, consulting and therapy practice. Walser is developing innovative ways to translate science into practice, and is responsible for the dissemination of state-of-the-art knowledge and treatment interventions in her current position. Walser has coauthored three books, including *Learning ACT*, *The Mindful Couple*, and *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder*.

Steven C. Hayes, PhD, is Nevada Foundation Professor and director of clinical training at the department of psychology at the University of Nevada. An author of 38 books and over 540 scientific articles, his career has focused on analysis of the nature of human language and cognition, and its application to the understanding and alleviation of human suffering and promotion of human prosperity. Among other associations, Hayes has been president of the Association for Behavioral and Cognitive Therapy, and the Association for Contextual Behavioral Science. His work has received several awards, including the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy.

Acceptance & Commitment Therapy for Body Image Dissatisfaction

A Practitioner's Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies

An Essential Guide for Clinicians

The theory and practice of:

- Creative hopelessness
- Willingness
- Mindfulness and acceptance
- Psychological flexibility
- Values and committed action

ADRIA N. PEARSON, PhD
MICHELLE HEFFNER, PhD
VICTORIA M. FOLLETTE, PhD
Foreword by STEVEN C. HAYES, PhD



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Acceptance And Commitment Therapy for Body Image Dissatisfaction

A Practitioner's Guide to Using Mindfulness, Acceptance & Values-Based Behavior Change Strategies (Professional)

Adria Pearson, Michelle Heffner Macera, Victoria Follette, Steven C. Hayes

ACT for Body Image Dissatisfaction is an acceptance and commitment therapy (ACT) manual practitioners can use to help clients overcome body image dissatisfaction and disordered eating behaviors such as food restriction and binge eating.

Summary

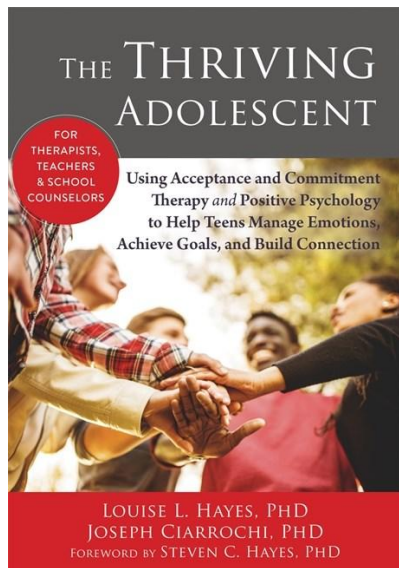
Despite ongoing criticism of strict beauty ideals, cosmetic surgeons and diet pill manufacturers continue to thrive and tolerance for body flaws seems to lessen every day. More and more people have begun to internalize a need for physical perfection. And the psychological distress that accompanies body image dissatisfaction leaves many individuals in a long-term struggle.

Acceptance and Commitment Therapy for Body Image Dissatisfaction is a manual for practitioners seeking to help clients let go of self-judgment and preoccupation with body image. Mindfulness and acceptance approaches target the underlying anxiety and perfectionism that keep many trapped in destructive relationships with their bodies. This book presents a clear plan for showing clients how to clarify their values to help broaden their lives and refocus on what is most meaningful and vital to them. It presents a clear ACT protocol, complete with sample scripts, therapy exercises, case studies, and worksheets, for treating body image dissatisfaction. You'll learn from a wide range of clinical examples of body image dissatisfaction, some of which explore manifestations in medical populations. The treatment protocol in this book can be effectively applied to both men and women, across a wide age range.

Contributor Bio

Adria Pearson is a clinical psychologist and author living in Denver, Colorado. She received her PhD from the University of Nevada, Reno, where she was trained in Acceptance and Commitment Therapy (ACT) by Dr. Steven Hayes and Dr. Victoria Follette.

Adria Pearson's research and clinical work focuses largely on developing and improving behavioral treatment for binge eating and body image problems.



The Thriving Adolescent

Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection

Louise L. Hayes, Joseph V. Ciarrochi, Steven C. Hayes

The past president of ACBS and VP of the ACT Children, Adolescents, and Families SIG present the first and only ACT practitioner's guide to working with teens.

Summary

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.

Contributor Bio

Louise Hayes, PhD, is a clinical psychologist and academic with the University of Melbourne in Australia. She has devoted her career to helping young people and their families.



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224 Pages
MBNH9

inside this moment.

A CLINICIAN'S GUIDE to
PROMOTING RADICAL CHANGE
USING ACCEPTANCE and
COMMITMENT THERAPY



KIRK D. STROSAHL, PhD
PATRICIA J. ROBINSON, PhD
THOMAS GUSTAVSSON, MSc



New Harbinger
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Inside This Moment

A Clinician's Guide to Using the Present Moment to Promote Radical Change in Acceptance and Commitment Therapy

Kirk D. Strosahl, Patricia J. Robinson, Thomas Gustavsson

In this breakthrough book, cofounder of acceptance and commitment therapy (ACT), Kirk Strosahl and two fellow ACT psychologists offer a brief, five-stage model to help you recognize, assess, and take advantage of the subtle shifts of awareness that occur during therapy to achieve the most effective intervention and successful treatment outcomes.

Summary

In therapy, it is essential for both clinicians and their clients to pay attention to each moment in-session as an opportunity to create change. In addition, clients must be willing to experience pain in the present moment in order to make lasting change and begin to live according to their values. But staying in the moment is harder than it sounds. Inside This Moment offers a powerful skill set for learning to live in the now—even when it hurts.

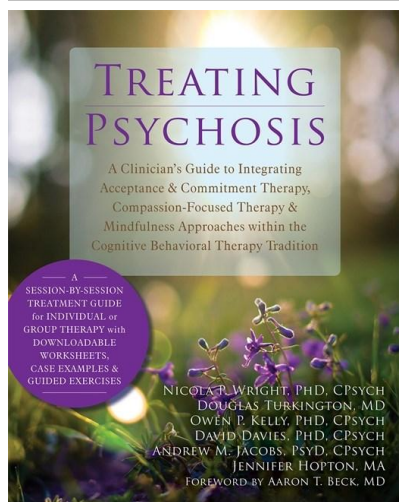
To help you and your client make the most of your time in treatment sessions, this book includes clinical examples of working with clients via self-related processes, and offers tips for what to do when faced with certain non-verbal and verbal client behaviors, such as:

- looking away or down
- body positioning
- respiration rate
- giving general answers to specific questions
- changing the topic
- forgetting what was asked
- repeating oneself over and over
- changes in rate of speech
- voice volume

You'll learn that you don't need to go looking for radical change opportunities—but rather that the opportunities are transpiring right in front of you. This book will allow you to relax and trust in the power of the "now" in your therapy sessions.

Contributor Bio

Kirk Strosahl, PhD, is cofounder of acceptance and commitment therapy (ACT), a cognitive behavioral therapy that has gained widespread adoption in the mental health and substance abuse community. He is author of numerous articles on the subjects of primary care behavioral health integration, using outcome assessment to guide practice, and strategies for working with challenging, high-risk, and suicidal clients.



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Treating Psychosis

A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition

Nicola P. Wright, Douglas Turkington, Owen P. Kelly, David Davies, Andrew M. Jacobs, Jennifer Hopton, Aaron T. Beck

Psychosis is a traumatic and difficult to treat condition, but it can be managed and sometimes cured. This book aims to guide you in helping psychotic patients come back from the brink and maintain wellness.

Summary

Hallucinations, delusions, catatonia, and thought disorder: the symptoms of psychosis are extreme. Patients with psychosis may experience a complete break from reality, become violent toward themselves or others, and may even believe that they are being persecuted by unseen forces. Because these symptoms can pose a number of dangers to the patient and those around them, successfully treating psychosis can be enormously challenging.

Treating Psychosis is an evidence-based treatment manual for mental health professionals working with individuals who experience psychosis, a serious form of mental illness associated with schizophrenia, bipolar disorder, post-traumatic stress disorder, and severe depression. If you are a clinician dealing with psychotic patients, you know how devastating psychosis can be for both the patient and their family. That's why this book offers a compassionate approach that integrates empowerment and strengths-oriented methods.

Using a cognitive behavior therapy (CBT) approach that incorporates acceptance and commitment therapy (ACT) and compassion-focused therapy (CFT), the book will provide you with a pre-treatment overview and treatment implementation strategies, and will help you develop a realistic action plan for treating patients with psychosis in individual or group settings.

Contributor Bio

Nicola P. Wright, PhD, CPsych, is a clinical psychologist in the schizophrenia program of the Royal Ottawa Health Care Group (ROHCG), as well as former chief of psychology of the ROHCG, and former director of training for the ROHCG Psychology Residency Program. She engages in individual and group therapy integrating acceptance and commitment therapy (ACT), mindfulness, and compassion focused approaches in cognitive behavioral therapy (CBT) for people who experience psychosis. Wright is a clinical professor in the psychology department at The University of Ottawa, and a lecturer with the school of medicine at The University of Ottawa. In addition, she has been an active staff supervisor with the Beck Institute of Cognitive Therapy and Research. She lives in Ottawa, Canada.

Owen Kelly, PhD, graduated from Carleton University with a specialization in behavioral neuroscience and completed a post-doctoral re-specialization in clinical psychology at Fielding Graduate University. He is a clinical psychologist at the Royal Ottawa Health Care Group anxiety disorders program, as well as the Ottawa Institute of Cognitive Behavioral Therapy where he is in private practice. He is currently an adjunct research professor in the department of neuroscience, and lecturer in the department of psychology at Carleton University. Kelly resides in Ottawa, Canada.

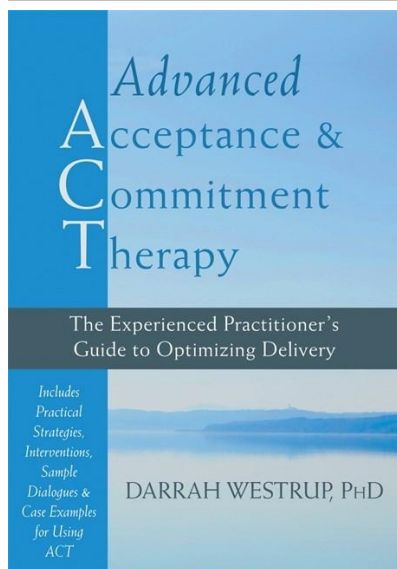
Douglas Turkington, MA, is a major research figure within the history of the development of cognitive behavioral therapy (CBT) for schizophrenia. He is a fellow of the Royal College of Psychiatrists and founding fellow of the Faculty of Cognitive Therapy in Philadelphia. He has written more than one hundred articles on the subject of CBT in schizophrenia. Turkington lives in Newcastle, England.

Dave Davies, PhD, CPsych, received his doctorate in psychology from Queen's University in Kingston, Canada. He is a clinical psychologist at the Royal Ottawa Health Care Group (ROHCG) anxiety disorders program, director of training for the ROHCG psychology residency program, clinical professor in the school of psychology at the University of Ottawa, and lecturer in the department of psychiatry at the University of Ottawa. Davies is a founding member of the Canadian Association of Cognitive Behavioural Therapy. Davies lives in Ottawa, Canada.

Andrew M. Jacobs, PsyD, CPsych, received his PsyD in clinical psychology from the Virginia Consortium Program in Clinical Psychology: College of William & Mary, Eastern Virginia Medical School, Norfolk State University, and Old Dominion University, and completed a postdoctoral fellowship in anxiety disorders at McMaster University / St. Joseph's Healthcare, Hamilton, Canada. He is a clinical psychologist at the Royal Ottawa Health Care Group Anxiety Disorders Program, clinical professor in the School of Psychology at the University of Ottawa, and lecturer in the Department of Psychiatry at the University of Ottawa. Jacobs lives in Ottawa, Canada.

Jennifer Hopton, MA, is completing her PhD in clinical psychology at the University of Ottawa. Her research and clinical interests are in the areas of trauma, severe mental illness (with a particular focus on psychosis), substance use, community psychology, program evaluation, and mindfulness. She resides in Ottawa, Canada.

Foreword author Aaron T. Beck, MD, is the president of the non-profit Beck Institute for Cognitive Therapy and Research, and University Professor Emeritus of Psychiatry at the University of Pennsylvania. He is a graduate of Brown University and Yale Medical School. He is the author of numerous books, including Cognitive Therapy and the Emotional Disorders and Cognitive Therapy of Depression.



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Advanced Acceptance and Commitment Therapy

The Experienced Practitioner's Guide to Optimizing Delivery

Darrah Westrup

Are you ready to take your ACT practice to the next level? If so, Advanced Acceptance and Commitment Therapy is a powerful resource that can help you streamline your approach and overcome common hurdles that present in therapy.

Summary

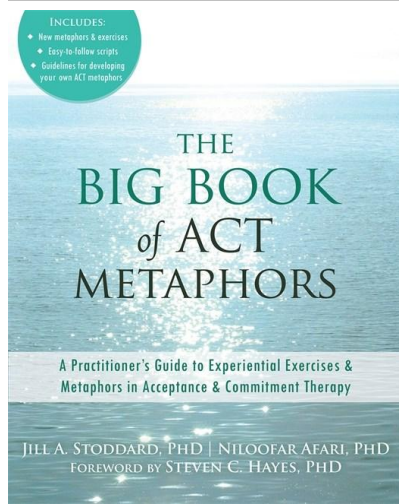
At some point or another, you have probably encountered difficulty putting theory into practice when it comes to using ACT in sessions with clients. You aren't alone. Although ACT is a powerful treatment option for a number of psychological issues, such as anxiety, depression, trauma, eating disorders, and more, it is a complex, ever-evolving model, and as such it can often be difficult to deliver effectively. The truth is that even the most seasoned ACT therapist will face challenges in their client sessions from time to time.

This is the only advanced professional ACT book on the market, and it is designed to help you close the gap between what you've learned in ACT training and your actual client sessions. Inside, licensed psychologist Darrah Westrup, PhD, provides valuable tips and real-life client scenarios to help you hone your understanding of the core processes behind ACT. You'll also learn practical strategies for moving past common barriers that can present during therapy, such as over-identifying with clients or difficulty putting theory into practice. Most importantly, you'll learn when to deliver specific ACT components, and how to adapt your treatment for each client.

This user-friendly, pragmatic, and thoughtful guide does not promote "error-free" ACT, but rather, ways to identify and work with the therapy process as it unfolds. A must-read for any therapist or mental health professional interested in sharpening their ACT skills.

Contributor Bio

Darrah Westrup, PhD, is a licensed clinical psychologist practicing in Colorado and California with an established reputation for her work as a therapist, program director, trainer, researcher, and consultant to practitioners at various firms and organizations. She is a recognized authority on post-traumatic stress disorder (PTSD) and acceptance and commitment therapy (ACT) and has conducted numerous presentations and trainings at international, national, and local conferences, seminars, and workshops. She currently serves as an expert ACT consultant for the VA-wide evidence-based treatment rollout of ACT for depression, and has coauthored two books on ACT: *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems* and *The Mindful Couple*.



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The Big Book of ACT Metaphors

A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy

Jill A. Stoddard, Niloofar Afari, Steven C. Hayes

The use of metaphors is fundamental in the successful delivery of acceptance and commitment therapy (ACT), but for many ACT therapists, they often become over-used, stale, and less effective as time wears on. *The Big Book of ACT Metaphors* is an essential A-Z resource guide that includes 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. Whether treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide mental health professionals with the skills needed to improve lives, one exercise at a time.

Summary

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.

Contributor Bio

Jill A. Stoddard, PhD, is the founder and director of The Center for Stress and Anxiety Management, an outpatient clinic in San Diego, CA. She specializes in evidence-based treatments for anxiety and related disorders. She is an associate professor of psychology at Alliant International University where she teaches, conducts research, and mentors students in topics related to anxiety disorders, acceptance and commitment therapy (ACT), and cognitive behavioral therapy (CBT). She received her PhD in clinical psychology from Boston University in 2007.

Niloofar Afari, PhD, is a psychologist, associate professor of psychiatry at the University of California, San Diego, and director of clinical affairs at the VA Center of Excellence for Stress and Mental Health in San Diego, CA. In addition to clinical practice, she conducts research and mentors graduate and postdoctoral students in the application of ACT to chronic health conditions. Afari received her PhD in clinical psychology in 1996 from the University of Nevada, Reno under the mentorship of ACT cofounder, Steven C. Hayes.

Foreword writer Steven C. Hayes, PhD, is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of 34 books and

more than 470 scientific articles, he has shown in his research how language and thought leads to human suffering, and has developed acceptance and commitment therapy, a powerful therapy method that is useful in a wide variety of areas. Hayes has been president of several scientific societies and has received several national awards, including the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy.

MINDFULNESS & ACCEPTANCE IN MULTICULTURAL COMPETENCY



A Contextual Approach to Sociocultural
Diversity in Theory & Practice

Edited by
AKIHIKO MASUDA, PhD



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Mindfulness and Acceptance in Multicultural Competency

A Contextual Approach to Sociocultural Diversity in Theory and Practice

Akihiko Masuda

Mindfulness and Acceptance in Multicultural Competency explores the nuances of applying acceptance and mindfulness therapy to clients from diverse cultural and ethnic groups. This book addresses the question of whether acceptance and mindfulness treatments such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and dialectical behavioral therapy (DBT) can be applied equally to different cultures, what kind of adjustments are necessary when applying these techniques, and discusses how values are often culturally biased and individualistic.

Summary

In recent years, mindfulness and acceptance-based therapies have gained immense popularity in the field of behavioral health. And as these therapeutic models have proliferated, their teachings and practices have been introduced to a wide range of diverse applications.

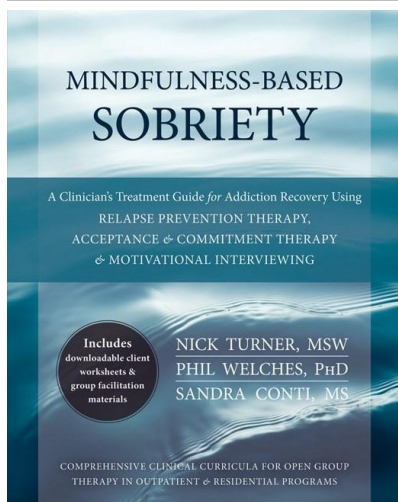
Cognitive behavioral approaches often rely on a client's values as a catalyst for treatment. But because values are often culturally biased, it can be difficult to apply the same techniques to clients from different cultural and ethnic backgrounds. That's why multicultural competency training for mental health professionals is so important. *Mindfulness and Acceptance in Multicultural Competency* presents a contextual approach to sociocultural diversity in both theory and practice.

In this book, author Akihiko Masuda examines the cultural competency and cultural adaptation of three major therapeutic models based in mindfulness and acceptance: dialectical behavior therapy (DBT), mindfulness-based cognitive therapy, and acceptance and commitment therapy (ACT). Readers will learn how to translate these treatment models to other language communities, and how to tailor therapeutic approaches to address a number of cultural factors, including religion and spirituality, social stigma, and prejudice.

Written for professionals, students, and practitioners, this book offers solid data and research that shows how innovations in acceptance and mindfulness therapies can be directed for the health and wellness of all people, no matter their race, creed, or cultural background. The book includes contributions by Lynn McFarr, PhD, Holly Hazlett-Stevens, PhD, Michael P. Twohig, PhD, Jason Lillis, PhD, Michael Levin, MA, and Jason Luoma, PhD.

Contributor Bio

Akihiko (Aki) Masuda, PhD, is an assistant professor of psychology at Georgia State University. He was born and raised in Nagano, Japan and moved to the United States for his psychology career. His primary areas of interest include acceptance- and mindfulness-based behavioral therapies, diversity psychology, and Zen Buddhism. He is an author of over fifty peer-reviewed papers and book chapters.



Mindfulness-Based Sobriety

A Clinician's Treatment Guide for Addiction Recovery Using Relapse Prevention Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing

Nick Turner, Phil Welches, Sandra Conti

Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery for clinicians who treat clients recovering from substance abuse and addiction. The book combines relapse prevention therapy, acceptance and commitment therapy (ACT), and motivational interviewing to help clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction. The book also puts a strong emphasis on relapse prevention, so that clinicians can help clients stay on the path to sobriety.

Summary

Too often, clients with substance abuse and addiction problems achieve sobriety only to relapse shortly after. As a clinician in the addiction treatment field, you are undoubtedly familiar with this common scenario, and it can be a source of extreme frustration. To make matters worse, clients may see their relapse as evidence of personal failure and inadequacy, and as a result, they may resist more treatment. What if you could break this cycle and help clients maintain their progress?

Mindfulness-Based Sobriety presents a breakthrough, integrative approach to addiction recovery to help you treat clients recovering from substance abuse and addiction using mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. Research has indicated that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief—all emotions that lie at the root of addiction. Motivational interviewing is helpful in treating addiction because it helps clients learn to change the behaviors that cause addiction. And finally, relapse prevention therapy teaches individuals with addiction to anticipate and cope with potential relapse. This book combines all three of these highly effective treatments.

This powerful manual was developed by Gateway Foundation clinicians in order to better fulfill the mission of reducing substance abuse and co-occurring mental health problems. The book provides two curricula: an outpatient treatment curriculum and a residential treatment curriculum. Both are user-friendly and can be implemented in an open group format, which means that you can say goodbye to the days of tailoring one-on-one treatment to fit a group setting.

The integrative approach outlined in this book will help your clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction. Furthermore, the book's strong emphasis on relapse prevention means that you can help clients stay on the path to sobriety.

Contributor Bio

Nick Turner, MSW, received his master of arts degree in social work from the University of Chicago's School of Social Service Administration. He has worked in various mental health and substance abuse settings with children, adolescents, and adults. Turner is currently working in the Road Home Program at the Center for Veterans and Their Families at the Rush University Medical Center in Chicago, IL. He is also an adjunct faculty member at the University of Chicago. Turner is a licensed clinical social worker (LCSW), certified alcohol and drug counselor (CADC), and a member of the Association for Contextual Behavioral Science and the Motivational Interviewing Network of Trainers.

Phil Welches, PhD, is a clinical psychologist in Chicago, where he maintains a private practice in psychotherapy and consultation. He is past clinical director for Gateway

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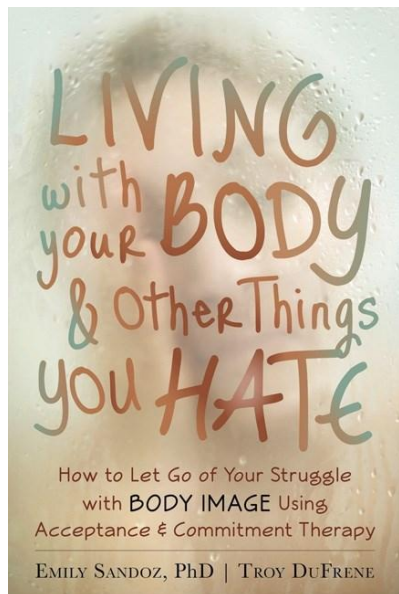
Foundation's community services division, past director of psychology at Chicago-Read Mental Health Center, and past director of two non-profit addiction treatment centers. He is a member of the Motivational Interviewing Network of Trainers (MINT) and president of the Association for Contextual Behavioral Science (ACBS) Chicago Chapter. Welches has published several articles in peer-reviewed journals on collaborative research, assessment, and therapy.

Sandra Conti, MS, received her master's degree in clinical psychology from Benedictine University. Conti is currently working with Guided Path Psychological Services in Palatine, IL, where she specializes in providing individual and group counseling for clients with substance abuse problems and mental health needs. Conti is a licensed clinical professional counselor and is a Zen student under Marsha Linehan Roshi, PhD. Previously, Conti received a masters of business administration from Benedictine and worked in the financial field. In addition, she was formerly a substance abuse counselor at Gateway Foundation's Aurora, IL, site.

Contact the Authors

The authors welcome your suggestions for improvement. To provide feedback or request training, please feel free to e-mail the authors at:

mbs@newharbingeronline.com



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184 Pages
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Living with Your Body and Other Things You Hate

Letting Go of the Struggle with What You See in the Mirror Using Acceptance and Commitment Therapy

Emily K. Sandoz, Troy DuFrene

The first workbook to apply powerful acceptance and commitment therapy (ACT) principles to the treatment of body image dissatisfaction.

Summary

It's no secret that body image dissatisfaction has reached epidemic levels, but what's less often understood is the effect that these unhealthy views about one's body can have on a person's overall mental health, body image problems are often at the root of social anxiety .

This book takes a unique approach to addressing readers' struggles with their body image, as readers will not find the typical soothing arguments that their perceptions are wrong, and that their thoughts are irrational. Instead, readers learn to live with the reality that these often painful thoughts and beliefs about themselves will arise from time to time, and discover new ways of managing these thoughts without allowing them to dominate their lives.

The assessments within, help readers to realize what body image difficulties have cost them and encourages them to choose a purpose for life that is more important. The book also includes a companion CD with guided audio mindfulness meditations and printable worksheets.

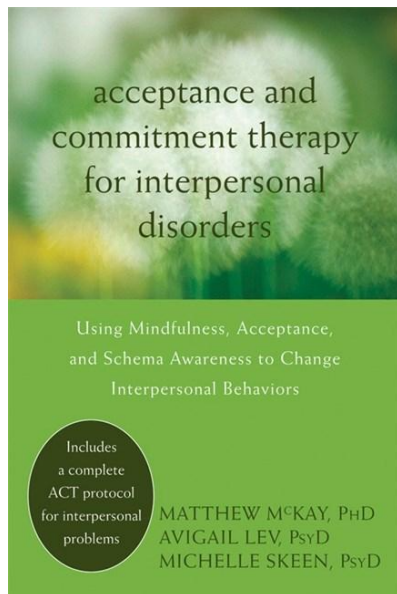
Contributor Bio

Emily K. Sandoz, PhD, is a clinical psychologist and behaviour analyst who specialize in treating clients using acceptance and commitment therapy. She received her doctorate from the University of Mississippi, and she lives and works in New Orleans, LA.

Kelly G. Wilson, PhD, is on the faculty of the Psychology Department at the University of Mississippi. He is co-author of *Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change*, *Terapia de Aceptación y Compromiso: Un Tratamiento Conductual Centrado en los Valores*, *Acceptance and Commitment Therapy for Chronic Pain*, as well as over 45 articles and chapters on related basic and applied issues.

His work includes the investigation of acceptance, mindfulness, and values-oriented strategies in the treatment of an variety of problems in living as well as in the basic behavioural science underlying therapeutic change. A complete listing of publications and other academic activities can be found in Wilson's vita on his academic website.

Troy DuFrene is a writer who specializes in psychology. He is co-author of *Coping with OCD*, *Mindfulness for Two*, and *Things Might Go Terribly, Horribly Wrong*. He divides his time between the San Francisco Bay Area and Austin, TX.



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Acceptance and Commitment Therapy for Interpersonal Problems

Using Mindfulness, Acceptance, and Schema Awareness to Change Interpersonal Behaviors

Matthew McKay, Avigail Lev, Michelle Skeen, Steven C. Hayes

Acceptance and Commitment Therapy for Interpersonal Problems offers a complete professional protocol for treating clients who suffer from a variety of interpersonal issues, including tendencies toward blame, withdrawal, anger, contempt, defensiveness, and distrust. Based in acceptance and commitment therapy (ACT) and schema therapy, this approach helps clients understand and move past their interpersonal disruptions and difficulties.

Summary

Acceptance and Commitment Therapy for Interpersonal Problems presents a complete treatment protocol for therapists working with clients who repeatedly fall into unhealthy patterns in their relationships with friends, family members, coworkers, and romantic partners. These clients may blame others, withdraw when feeling threatened, react defensively in conflicts, or have a deep-seated sense of distrust—all interpersonal problems that damage relationships and cause enormous suffering. This book presents an acceptance and commitment therapy (ACT) approach—utilizing a schema-based formulation—to help these clients overcome maladaptive interpersonal behavior. First, clients learn how schema avoidance behavior damages their relationships. Second, clients face “creative hopelessness” and practice new mindfulness skills. Third, clients examine what they value in their relationships and what they hope to gain from them, and translate their values into clear intentions for acting differently in the future. And lastly, clients face the cognitive and emotional barriers standing between them and values-based behavior in their relationships. By learning to act on their values instead of falling into schema-influenced patterns, clients can eventually overcome the interpersonal problems that hold them back.

Contributor Bio

Matthew McKay (Author)

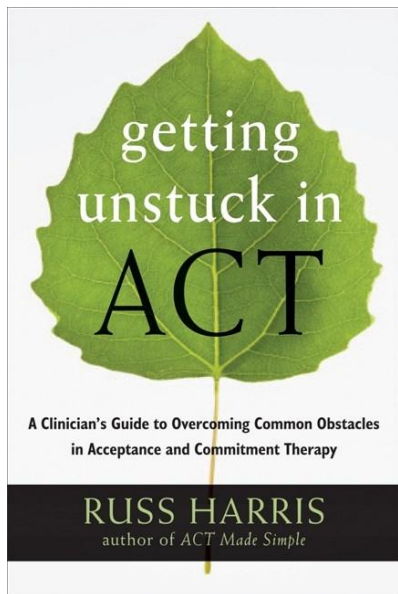
Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. He has also penned two novels, *Us* and *The Wawona Hotel*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

Avigail Lev (Author)

Avigail Lev, PsyD, maintains a private practice in Berkeley, CA. She specializes in couples' therapy and also treats individuals who struggle with interpersonal problems, anxiety, trauma, chronic pain, and mood disorders. She has provided supervision, trainings, and workshops utilizing cognitive behavioral therapy (CBT) and is the coauthor of *Acceptance and Commitment Therapy for Interpersonal Problems*.

Michelle Skeen (Author)

Michelle Skeen, PsyD, is a therapist who lives and works in San Francisco, CA. She has provided brief and long-term therapy for individuals and couples by utilizing schema and mindfulness-based approaches to address interpersonal issues, weight management, anger, depression, anxiety, disabilities, and trauma. She is author of *Love Me, Don't Leave Me* and coauthor of *Acceptance and Commitment Therapy for Interpersonal Problems*. Skeen is also coauthor of *Communication Skills for Teens* with her daughter, Kelly Skeen. She hosts a weekly radio show called *Relationships 2.0* with Dr. Michelle Skeen on KCAA Radio 1050 AM and iHeart Radio. To find out more, visit her website at www.michelleskeen.com.



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192 Pages
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Getting Unstuck in ACT

A Clinician's Guide to Overcoming Common Obstacles in Acceptance and Commitment Therapy

Russ Harris

In **Getting Unstuck in ACT**, psychotherapist Russ Harris, tackles common ACT obstacles faced by both therapists and their clients that can make them feel "stuck." These obstacles include sending mixed messages on the part of the therapist, a lack of motivation on the clients' part, as well as confusion regarding the theoretical basis of ACT. This book is a must-have for any ACT therapist looking to streamline their therapeutic approach.

Summary

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients.

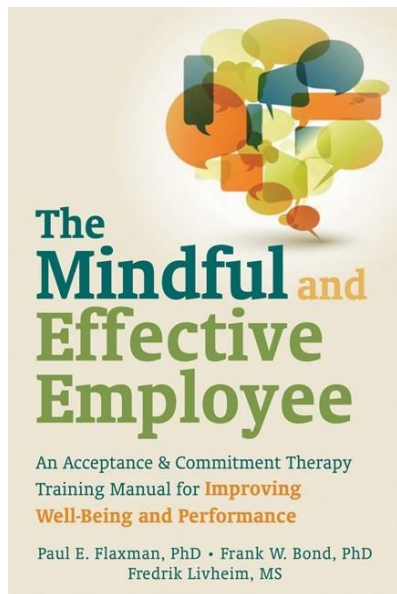
In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing.

This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made.

As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

Contributor Bio

Russ Harris is a medical practitioner, psychotherapist, and executive coach. He is the author of *ACT Made Simple*, *ACT with Love*, and *The Happiness Trap*. He is also a prominent figure in the mental health community, and specializes in acceptance and commitment therapy (ACT). He lives and practices in Melbourne, Australia.



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248 Pages
VSP

Mindful and Effective Employees

A Training Program for Maximizing Well-Being and Effectiveness Using Acceptance and Commitment Therapy

Paul E. Flaxman, Frank W. Bond, Fredrik Livheim, Steven C. Hayes

The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals can use this program to conduct employee training in workplace settings.

Summary

The benefits of reducing employee stress are innumerable, as relaxed employees have a lower rate of absenteeism, higher rate of productivity, and enhanced resilience to workplace challenges. Reducing stress in the workplace is no longer only a matter of company culture—in today's economic climate, it is a priority that effective businesses cannot afford to neglect.

The Mindful and Effective Employee presents a complete program based in acceptance and commitment therapy (ACT) that employee trainers, human resource managers, life coaches, group therapists, occupational health professionals, and organizational development practitioners can use to enhance employee productivity and performance. In three group sessions, trainers can deliver ACT psychological and behavioral skills that will make lasting changes in employee resilience and productivity. This program is created by the world's leading experts on ACT training in workplace settings.

Contributor Bio

Paul E. Flaxman, PhD, is senior lecturer in psychology at City University London. He specializes in adapting acceptance and commitment therapy (ACT) to help improve employees' mental health and performance. Evaluations of Paul's ACT interventions have been published in numerous scientific papers and books, and he has been invited to present his research at conferences around the globe. Flaxman has led two major projects focused on delivering ACT and other mindfulness-based interventions in public sector programs across the United Kingdom.

Frank W. Bond, PhD, is senior lecturer in the department of psychology at Goldsmiths College, University of London. His research and practice focus on occupational health psychology and how cognitive behavior therapies can improve workers' psychological health and productivity. He also maintains a private practice in cognitive behavior therapy.

Fredrik Livheim, MS, is a licensed clinical psychologist at FORUM, a research center for psychosocial health at the Karolinska Institute in Stockholm, Sweden.

MINDFULNESS & ACCEPTANCE FOR ADDICTIVE BEHAVIORS



Applying Contextual CBT to Substance
Abuse & Behavioral Addictions

Edited by
STEVEN C. HAYES, PHD
& MICHAEL E. LEVIN, MA



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376 Pages
JM

Mindfulness and Acceptance for Addictive Behaviors

Applying Contextual CBT to Substance Abuse and Behavioral Addictions

Steven C. Hayes, Michael E. Levin

An insightful and essential resource for mental health professionals, researchers, and students interested in the most effective treatments for addiction.

Summary

This fascinating book for mental health professionals explores emerging mindfulness and acceptance treatments for addictions of all kinds, including gambling addiction, binge eating disorder, pornography addiction, cigarette smoking, and substance abuse.

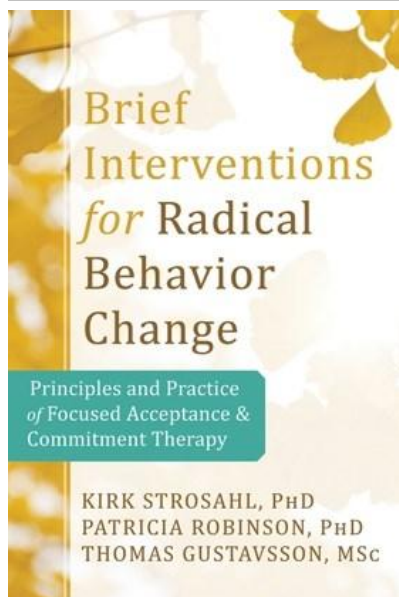
The series of articles written by leading researchers in addiction and mindfulness therapies introduce the latest research on using acceptance and commitment therapy (ACT).

Each article illuminates the mindfulness and acceptance-based treatments that work best for particular addictive behaviours, reviews empirical data, and discusses future directions for research and treatment applications. Edited by Steven Hayes, one of the best-known clinicians working with acceptance and mindfulness-based interventions, his book will dramatically impact the way addictions of all kinds are viewed and addressed in therapy.

Contributor Bio

Editor **Steven C. Hayes, PhD**, is Nevada Foundation Professor at the Department of Psychology at the University of Nevada. An author of 34 books and more than 470 scientific articles, he has shown in his research how language and thought leads to human suffering, and has developed acceptance and commitment therapy, a powerful therapy method that is useful in a wide variety of areas. Hayes has been president of several scientific societies and has received several national awards, including the Lifetime Achievement Award from the Association for Behavioural and Cognitive Therapy.

Editor **Michael E. Levin, MA**, is a doctoral candidate in clinical psychology at the University of Nevada, Reno and a research associate with Contextual Change, LLC. He has been a principal investigator on two federally funded grants, seeking to develop and test web-based acceptance and mindfulness-based interventions for the prevention and treatment of mental health problems. Levin has published over twenty articles and chapters related to addictive behaviours and acceptance and mindfulness-based interventions.



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Brief Interventions for Radical Behavior Change

Principles and Practice for Focused Acceptance and Commitment Therapy

Kirk D. Strosahl, Patricia J. Robinson, Thomas Gustavsson

This book introduces therapists to the principles and practice of Focused Acceptance and Commitment Therapy, or FACT.

Summary

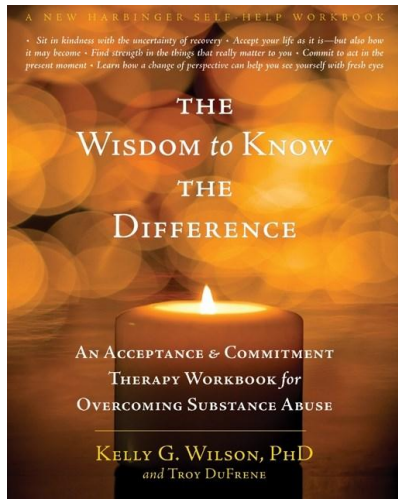
Mental health and chemical dependency clinicians are in a unique position to improve the lives of their clients, but find it difficult to provide clients with life-changing psychological tools they need within each time-limited appointment. *Brief Interventions for Radical Behaviour Change* makes it easy for these busy clinicians to integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients.

In just fifteen to thirty minutes, clinicians can identify core issues clients struggle with, apply acceptance interventions to help clients eliminate self-defeating thinking and behaviour, and help clients engage in committed, values-based actions to change their lives for the better. The goal is to emphasize small, positive changes that cumulatively lead to radical changes in clients' lives. These acceptance and commitment therapy-based interventions require minimal time and few follow-up visits, and are capable of catalysing dramatic changes in clients.

Brief interventions have been proven to have a significant clinical impact in helping clients overcome substance abuse, anxiety, depression, and other mental health problems. A must-have resource for every clinician seeking to hasten his or her clients' recovery using cutting-edge techniques from mindfulness and acceptance therapy.

Contributor Bio

Kirk Strosahl, is currently principal and consultant for the Mountainview Consulting Group Inc., a firm specializing in providing consultation, program implementation and training services for health care systems seeking to integrate behavioural health and primary medical services and/or develop effective methods for collecting and using clinical outcome data. Strosahl has consulted extensively with both public and private health and mental health care systems on the design and implementation of clinically effective models integrative behavioural care. He is author of numerous articles on the subjects of primary care behavioural health integration, outcome assessment in behavioural health, and the use of practice guidelines and other empirically based methods in clinical practice. He has also co-authored books on the clinical treatment of the suicidal patient and acceptance and commitment therapy.



The Wisdom to Know the Difference

An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse

Kelly G. Wilson, Troy DuFrene

How to use acceptance, mindfulness, and values-oriented strategies, either alone or in combination with a twelve-step program, to overcome substance abuse and permanently change their lives for the better.

Summary

Acceptance and commitment therapy (ACT) cofounder Kelly Wilson and Troy DuFrene show readers how to use acceptance, mindfulness, and values-oriented strategies, either alone or in combination with a twelve-step program, to overcome substance abuse and permanently change their lives for the better.

The Wisdom to Know the Difference offers readers a unique path to treating alcoholism and drug addiction through ACT, which has been proven to be clinically effective for the treatment of alcoholism and substance abuse.

This workbook unifies the most widely practiced method of substance abuse treatment, the twelve-step program, with an empirically supported psychotherapeutic model, acceptance and commitment therapy (ACT). Each component of this ACT treatment plan has an explanation rooted in basic behavioral science, and readers will learn how these components fit into the twelve steps in Alcoholics Anonymous and similar programs. Written by Kelly Wilson, cofounder of the ACT treatment model, and Troy DuFrene, this workbook is accessible for all reading levels and can be used by those suffering from all forms of substance abuse.

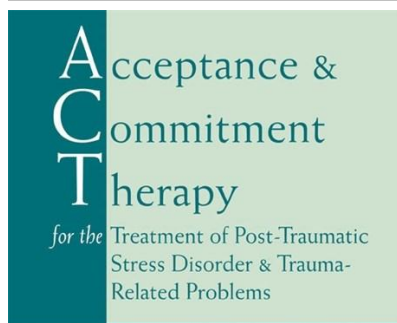
Contributor Bio

Kelly G. Wilson, PhD, is coauthor of *Acceptance and Commitment Therapy, Mindfulness for Two*, and *Things Might Go Terribly, Horribly Wrong*. He is a popular trainer and speaker in the areas of acceptance and commitment therapy and behavior analysis. Wilson lives and works in Oxford, MS.

Troy DuFrene is a writer who specializes in psychology. He is coauthor of *Coping with OCD*, *Mindfulness for Two*, and *Things Might Go Terribly, Horribly Wrong*. He lives in the San Francisco Bay Area.

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A Practitioner's Guide to Using
Mindfulness & Acceptance Strategies

Includes
online link to
downloadable
client
worksheets

ROBYN D. WALSER, PhD
DARRAH WESTRUP, PhD
FOREWORD BY
STEVEN C. HAYES, PhD



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Acceptance & Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems

A Practitioner's Guide to Using Mindfulness and Acceptance Strategies

Robyn D. Walser, Darrah Westrup, Steven C. Hayes

New Directions in the Treatment of PTSD

Summary

Acceptance and commitment therapy (ACT) offers a promising, empirically validated approach to the treatment of post-traumatic stress disorder (PTSD) and other trauma related problems. In this volume, you'll find a complete theoretical and practical guide to making this revolutionary new model work in your practice.

After a quick overview of PTSD, the first part of **Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems** explains the problem of experiential avoidance as it relates to trauma and explores the verbal nature of post-traumatic stress. You'll learn the importance of mindfulness and acceptance in the ACT model, find out how to structure sessions with your clients, and examine the problem of control. The section concludes by introducing you to the idea of creative hopelessness as the starting point for creating a new, workable life after trauma.

The book's second section offers a practical, step-by-step clinical guide to the six core ACT components in chronological order:

* Creative hopelessness* The problem of control* Willingness and defusion* Self-as-context* Valued living* Committed actionEach chapter explains how to introduce these topics to clients suffering from PTSD, illustrates each with case examples, and offers homework for your clients to use between sessions.

Contributor Bio

Robyn D. Walser (Author)

Robyn D. Walser, PhD, is associate director of the National Center for PTSD Dissemination and Training Division, and associate clinical professor in the department of psychology at the University of California, Berkeley. As a licensed clinical psychologist, she maintains an international training, consulting, and therapy practice. Walser is developing innovative ways to translate science into practice, and is responsible for the dissemination of state-of-the-art knowledge and treatment interventions. Walser has coauthored three books, including *Learning ACT*, *The Mindful Couple*, and *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems*.

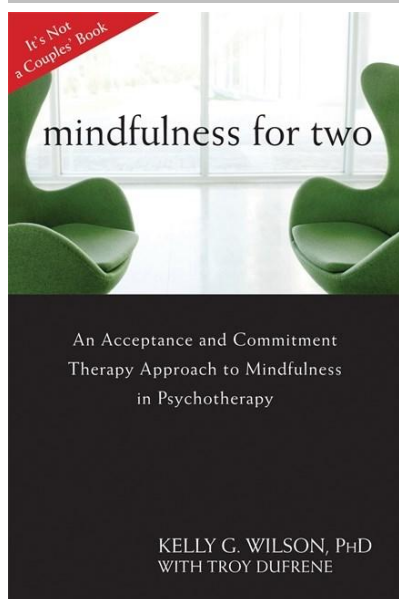
Darrah Westrup (Author)

Darrah Westrup, PhD, is a licensed clinical psychologist practicing in Colorado and California with an established reputation for her work as a therapist, program director, trainer, researcher, and consultant to practitioners at various firms and organizations. She is a recognized authority on post-traumatic stress disorder (PTSD) and acceptance and commitment therapy (ACT) and has conducted numerous presentations and trainings at international, national, and local conferences, seminars, and workshops. She currently serves as an expert ACT consultant for the VA-wide evidence-based treatment rollout of ACT for depression, and has coauthored two books on ACT: *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems* and *The Mindful Couple*.

Steven C. Hayes (Author)

Steven C. Hayes, PhD, is Nevada Foundation Professor and director of clinical training in the department of psychology at the University of Nevada. An author of forty-one books and nearly 600 scientific articles, his career has focused on analysis of the nature of human language and cognition, and its application to the understanding and alleviation of human suffering and promotion of human prosperity. Among other

associations, Hayes has been president of the Association for Behavioral and Cognitive Therapies, and the Association for Contextual Behavioral Science. His work has received several awards, including the Impact of Science on Application Award from the Society for the Advancement of Behavior Analysis, and the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies.



Mindfulness For Two

An Acceptance and Commitment Therapy Approach to Mindfulness in Psychotherapy

Kelly G. Wilson, Troy DuFrene

In **Mindfulness for Two**, acceptance and commitment therapy (ACT) cofounder Kelly Wilson shows clinicians how to connect with the present moment in therapy and provides exercises they can use to teach their clients this critical skill. A web link included with this book provides exclusive footage of Wilson demonstrating these techniques in therapy sessions.

Summary

Mindfulness for Two is a practical and theoretical guide to the role mindfulness plays in psychotherapy, specifically acceptance and commitment therapy (ACT). In the book, author Kelly Wilson carefully defines mindfulness from an ACT perspective and explores its relationship to the six ACT processes and to the therapeutic relationship itself. With unprecedented clarity, he explains the principles that anchor the ACT model to basic behavioural science.

The latter half of the book is a practical guide to observing and fostering mindfulness in your clients and in yourself--good advice you can put to use in your practice right away. Wilson, co-author of the seminal *Acceptance and Commitment Therapy*, guides you through this sometimes-challenging material with the clarity, humour, and warmth for which he is known around the world. More than any other resource available, **Mindfulness for Two** gets at the heart of Wilson's unique brand of experiential ACT training.

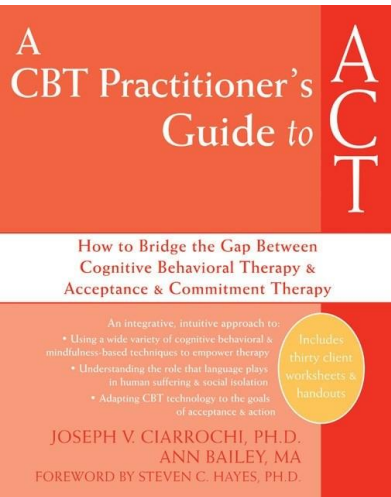
Contributor Bio

Kelly G. Wilson, Ph.D., is associate professor of psychology and clinical psychology at the University of Mississippi. He is co-author of *Acceptance and Commitment Therapy* and more than forty-five articles and chapters related to acceptance and commitment therapy issues. Wilson is among the most sought-after ACT trainers. His popular experiential workshops touch thousands of clinicians and students each year.



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256 Pages
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A CBT-Practitioner's Guide To Act

How to Bridge the Gap Between Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Joseph V. Ciarrochi, Ann Bailey, Steven C. Hayes

If recent professional publications and conferences are any indication, acceptance- and mindfulness-based therapies are the future of clinical psychology. **A**

CBT-Practitioner's Guide to ACT helps professionals whose clinical educations focused on traditional, change-based cognitive behavior therapies navigate the practical and theoretical challenges that come with the switch to the more promising, acceptance-based strategies.

Summary

Cognitive behavioral therapy (CBT) practitioners who have integrated acceptance and commitment therapy (ACT) strategies into their practices find this revolutionary third-wave treatment enormously effective. However, many encounter challenges due to the differences between the two therapeutic models. The CBT-Practitioner's Guide to ACT explains how to bridge the CBT-ACT divide and utilize both therapies for a powerful treatment approach.

This practical guide, grounded in current research, clarifies how CBT and ACT differ, how they are similar, and includes all the information you need to begin incorporating ACT techniques into your clinical practice. Worksheets and exercises for both you and your clients appear throughout to help you seamlessly integrate the two therapies.

Contributor Bio

Joseph Ciarrochi, PhD, is professor of psychology at the School of Psychology, University of Wollongong in New South Wales, Australia.

Ann Bailey, MA, is an experienced acceptance and commitment therapy (ACT) practitioner and supervisor who developed an award winning public mental health service for the treatment of borderline personality disorder and anxiety disorders. The therapeutic models used in this service integrate ACT, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT).

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MMJT

THE WORRY TRAP

How to Free Yourself from Worry
& Anxiety Using Acceptance
& Commitment Therapy

CHAD LEJEUNE, PH.D.
FOREWORD BY
STEVEN C. HAYES, PH.D.



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The Worry Trap

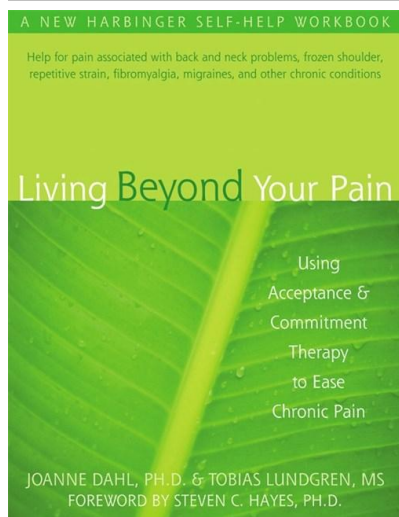
How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy

Chad LeJeune

Grounded in the powerful new acceptance and commitment therapy (ACT), this book will help you get relief from chronic worry and even generalized anxiety disorder (GAD) by learning to stop controlling your feelings and avoiding life and to start living it in a way that really matters to you.

Summary

Chronic worry, a strong and persistent inability to tolerate uncertainty, is among the most common emotional problems. Unchecked, it can lead to generalized anxiety disorder (GAD), a common and more serious condition. Enter the newest, most exciting development in psychotherapy in the last fifty years. Acceptance and commitment therapy (ACT) is a revolutionary new approach to resolving a staggeringly wide range of psychological problems - including chronic worry and GAD. ACT paradoxically stresses letting go of attempts to corral, change, and cease negative thinking. Instead, it helps individuals accept their feeling as they occur without judgment. ACT techniques work to "de-fuse" problematic thoughts from the situations that trigger them. By choosing what they value and committing to how they want to live, people working with ACT can bypass problems like worry entirely. ACT is safe, fast, and, clinical studies prove, very effective. This book is the first for general readers to adapt ACT principles for chronic worry and GAD. It offers a step-by-step approach to learning and practicing ACT, from the first steps of acceptance to a lifetime of rich, values-guided living.



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192 Pages
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Living Beyond Your Pain

Using Acceptance & Commitment Therapy to Ease Chronic Pain

JoAnne Dahl, Steven C. Hayes, Tobias Lundgren

Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

Summary

A rich and rewarding life is possible for those of us who live with chronic pain. Based on acceptance and commitment therapy (ACT), one of the most promising and fastest growing psychotherapies being practiced today, this book breaks with conventional notions of pain management. These "feel good" approaches-including the use of pain-killing medication-all work to prevent painful sensations. The ACT approach, however, begins with the assumption that pain is a normal part of living that teaches us a lot about the state of our bodies and minds. Attempts to avoid it often cause more harm than good. By accepting and learning to live with pain, you limit the control it exerts over you. Mindfulness exercises, in particular, help you transform pain from a life-defining preoccupation to a simple experience. From this strong position, you can make choices that will lead to the life you've always wanted. Committed action is the way to make it happen.