



Essentials of Acceptance and Commitment Therapy

By Sonja V. Batten

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Essentials of Acceptance and Commitment Therapy, Sonja V. Batten, "The literature on Acceptance and Commitment Therapy (ACT) is vast but if you want to dig down to the essentials of ACT you've found the right volume. Nothing central is left out and nothing unnecessary is left in. Written by one of the world's experts on ACT, this book delivers. Highly recommended." (Dr Steven C. Hayes, Foundation Professor, University of Nevada). This practical, easy-to-use book introduces the theory and practice of Acceptance and Commitment Therapy (ACT), a key contextual third wave CBT approach. The book takes the reader through the therapeutic stages from start to end, showing how to use acceptance and mindfulness together with commitment and behaviour change strategies to improve mental health. This is a uniquely concise and clear introduction that does not require prior knowledge of the approach. This title: puts the emphasis on practical interventions and direct applicability in real practice; avoids jargon and complex language; is full of case examples to translate the theory into practice; and, includes key points and questions to test readers' comprehension of the topics covered. After reading this book, readers will be...



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