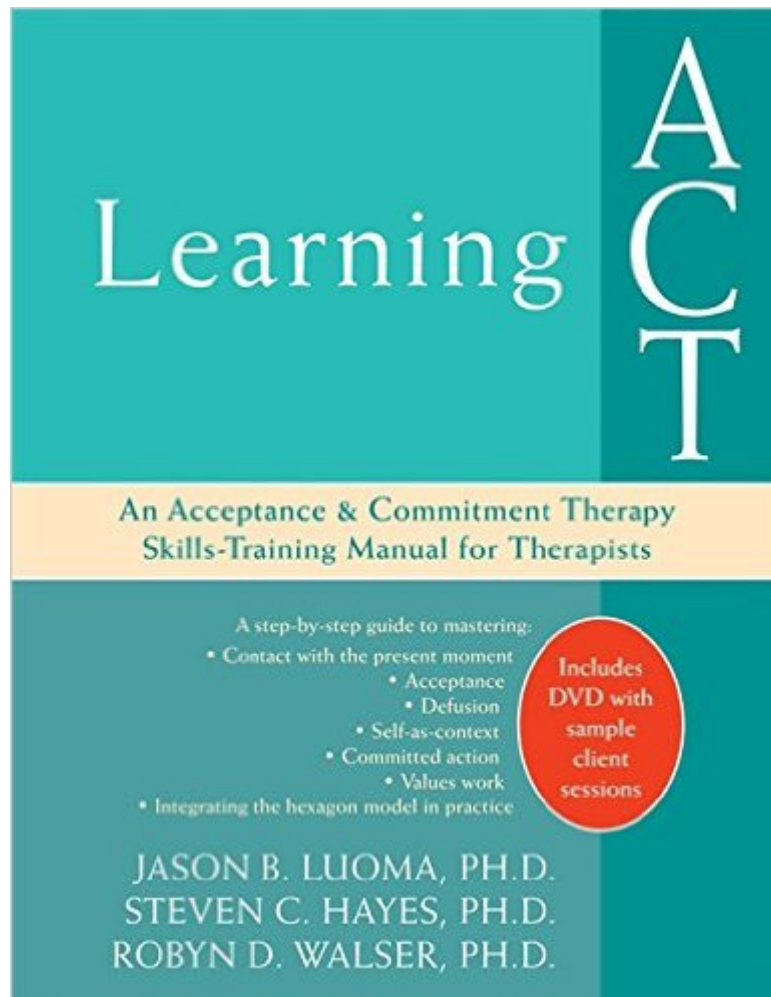


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# Learning ACT: An Acceptance And Commitment Therapy Skills-Training Manual For Therapists



## Synopsis

The groundswell of interest in acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. Whether you are new to the profession or an experienced clinician with an established career, seeking to incorporate ACT work into your practice, this book is an essential resource. ACT is both a unique approach and somewhat counterintuitive in its methods. Learning to do ACT well requires practice, patience, and good information. This book is a major contribution to ACT professional literature: a comprehensive, activity-based workbook that will 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. Learning ACT begins with an overview of the ACT model, outlining its theoretical and philosophical underpinnings. Next you will learn how to understand and make use of the six core ACT processes. In later chapters, you'll be introduced to the ACT approach to establishing an effective and powerful therapeutic relationship and learn to conceptualize cases from an ACT perspective. Throughout these chapters are numerous exercises to help you apply what you are learning in order to process the material at a deeper level. Unique to this volume is a DVD that includes role-played examples of the core ACT processes in action. Use this helpful addition to bring to life the concepts developed in the text. An invaluable aid to serious ACT study, the DVD can be reviewed often as you gain facility with the model.

## Book Information

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## Customer Reviews

Learning ACT, An Acceptance and Commitment Skills-Training Manual, written by three experts in

this new and innovative type of therapy, Luoma, Hayes, and Walser, sets the standard for how psychotherapy books ought to be written. I have never read a book on how to do psychotherapy of any orientation that is as clear, comprehensive and helpful in teaching you how to do that particular brand of therapy. Learning Act is not a book that teaches you "about" ACT. It is a book that does exactly what the title tells you it does; it helps you learn to do ACT. It is a book for the clinician who is interested in experiential learning because it engages you and requires that you participate and practice the skills you have learned from it. In a very methodical and systematic way, it breaks ACT down into its basic therapeutic processes and then proceeds to teach you how to do them. First you get some theory so you can understand the basic principles and concepts of the system. If you're not at all familiar with the behavior analytic terminology and concepts, you may strain a bit and may experience some puzzled moments, but as an ACT therapist might invite you to do, just go with it, allow yourself to feel some discomfort, and proceed with your intention to read this book. You will not regret it. You will be richly rewarded and you will have a good sense of its theoretical underpinnings. In fact, it may even stimulate your intellectual curiosity to do more reading and learn more about the theory itself, and the science that forms the strong foundation on which ACT rests. Next, it gives you descriptions of techniques, metaphors, stories. You get transcripts of actual therapist-client interactions and then, the best part of all, you get to play the part of the therapist.

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