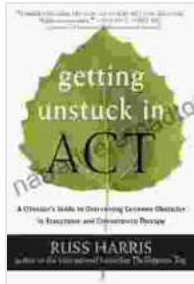


# Clinician's Guide to Overcoming Common Obstacles in Acceptance and Commitment



## Getting Unstuck in ACT: A Clinician's Guide to Overcoming Common Obstacles in Acceptance and Commitment Therapy by Russ Harris

★★★★☆ 4.6 out of 5

Language	: English
File size	: 827 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 195 pages



Acceptance and Commitment Therapy (ACT) is an evidence-based psychotherapy that is effective in treating a range of mental health conditions, including anxiety, depression, and chronic pain. However, even experienced clinicians can encounter obstacles when using ACT. This book provides a comprehensive guide to overcoming these obstacles, drawing on both clinical expertise and extensive research.

The book is divided into four parts:

- Part 1 provides an overview of ACT and the common obstacles that clinicians face.
- Part 2 focuses on specific strategies for overcoming these obstacles.

- Part 3 provides case examples and real-life scenarios to illustrate how these strategies can be used in practice.
- Part 4 offers tips for self-care and professional development for clinicians who are using ACT.

This book is written for mental health professionals who are using or considering using ACT. It is also a valuable resource for students and researchers in the field of psychology.

### **Part 1: Overview of ACT and Common Obstacles**

This section provides an overview of ACT, including its theoretical underpinnings and key principles. It also discusses the common obstacles that clinicians face when using ACT.

These obstacles include:

- Client resistance
- Therapist discomfort
- Lack of training or experience
- Time constraints
- Systemic barriers

This section provides a detailed discussion of each of these obstacles, including their causes and consequences. It also offers strategies for overcoming these obstacles.

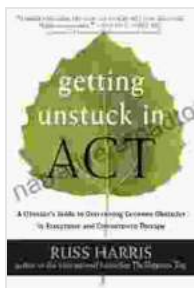
### **Part 2: Strategies for Overcoming Obstacles**

This section provides specific strategies for overcoming the common obstacles that clinicians face when using ACT.

These strategies include:

- Motivational interviewing
- Cognitive-behavioral therapy
- Mindfulness-based interventions
- Acceptance and commitment exercises
- Working with resistance

This section provides a detailed description of each of these strategies, including their benefits and limitations. It also offers guidance on how to use these strategies in practice.



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