

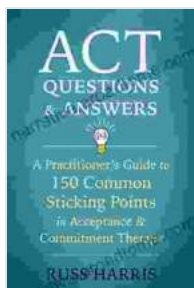
The Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy: Resolving Impediments to Treatment Progress

Acceptance and Commitment Therapy (ACT) is an evidence-based psychotherapy that has been shown to be effective in treating a variety of mental health conditions, including anxiety, depression, and chronic pain. However, even the most experienced ACT therapists can encounter sticking points in treatment.

This book is a comprehensive guide to 150 common sticking points in ACT, providing therapists with the knowledge and skills they need to resolve these obstacles and help their clients make progress. The book is written in a clear and concise style, with numerous clinical examples and exercises.

Benefits of This Book

This book offers a number of benefits for ACT therapists, including:



ACT Questions and Answers: A Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy by Russ Harris

★★★★☆ 4.3 out of 5

Language : English
File size : 4461 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled

Print length : 290 pages



- A comprehensive overview of the most common sticking points in ACT
- Step-by-step instructions for resolving these sticking points
- Clinical examples and exercises to illustrate the concepts
- A user-friendly format that makes it easy to find the information you need

Who Should Read This Book

This book is essential reading for any ACT therapist, regardless of their level of experience. It is also a valuable resource for other mental health professionals who are interested in learning more about ACT.

About the Author

The author of this book is an experienced ACT therapist and trainer. He has written extensively about ACT, and his work has been translated into several languages.

Table of Contents

The book is divided into four parts:

- Part One: The Basics of ACT
- Part Two: Common Sticking Points in ACT
- Part Three: Resolving Sticking Points

- Part Four: Case Studies

Part One: The Basics of ACT

This part of the book provides a brief overview of the basic principles of ACT. It is essential reading for anyone who is new to ACT, or who wants to refresh their understanding of the therapy.

Part Two: Common Sticking Points in ACT

This part of the book describes the 150 most common sticking points in ACT. The sticking points are organized into seven categories:

- **Avoidance**
- **Cognitive Fusion**
- **Defusion**
- **Acceptance**
- **Values**
- **Committed Action**
- **Psychological Flexibility**

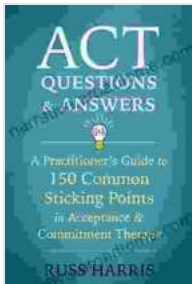
Part Three: Resolving Sticking Points

This part of the book provides step-by-step instructions for resolving the sticking points described in Part Two. The instructions are clear and concise, and they are illustrated with numerous clinical examples and exercises.

Part Four: Case Studies

This part of the book presents four case studies that illustrate how to resolve sticking points in ACT. The case studies are written by experienced ACT therapists, and they provide a valuable opportunity to see how the therapy is applied in real-world settings.

This book is an essential resource for any ACT therapist. It provides a comprehensive overview of the most common sticking points in ACT, and it offers step-by-step instructions for resolving these obstacles. The book is written in a clear and concise style, and it is illustrated with numerous clinical examples and exercises.



ACT Questions and Answers: A Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy by Russ Harris

★ ★ ★ ★ ☆ 4.3 out of 5

Language : English
File size : 4461 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 290 pages





Unlock Your Creativity with Adobe Photoshop Elements 2024: Your Guide to Classroom Mastery

Embark on a Visual Journey with Adobe Photoshop Elements 2024
Welcome to the realm of digital image editing, where creativity knows no bounds. Adobe Photoshop Elements...



Get Help To Cure Your Insomnia

Insomnia is a common sleep disorder that can make it difficult to fall asleep, stay asleep, or both. It can be caused by a variety of factors,...