

Acceptance and Commitment Therapy Second Edition: A Comprehensive Guide to Theory and Practice

Acceptance and Commitment Therapy (ACT) is a mindfulness-based psychotherapy that helps people to accept their thoughts and feelings, and to commit to actions that are in line with their values. ACT is based on the idea that psychological suffering is caused by the attempt to control or avoid unwanted thoughts and feelings. By learning to accept these thoughts and feelings, and to focus on living in accordance with our values, we can reduce our suffering and improve our overall well-being.

The second edition of ACT has been updated to include the latest research on ACT, and it provides a comprehensive overview of the theory and practice of ACT. This book is an essential resource for clinicians who are interested in using ACT in their work with clients.

The first chapter of ACT Second Edition provides an overview of the foundations of ACT, including the history of ACT, the theoretical underpinnings of ACT, and the empirical support for ACT. This chapter also discusses the core principles of ACT, such as acceptance, mindfulness, and values.



Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change

by Steven C. Hayes

★★★★☆ 4.5 out of 5

Language : English

File size : 1981 KB

Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 417 pages



The second chapter of ACT Second Edition describes the six core processes of ACT:

1. **Acceptance:** Accepting our thoughts and feelings without judgment.
2. **Cognitive Defusion:** Distancing ourselves from our thoughts and seeing them as just thoughts, not facts.
3. **Being Present:** Focusing on the present moment instead of dwelling on the past or worrying about the future.
4. **Self as Context:** Seeing ourselves as a whole person, not just our thoughts and feelings.
5. **Values:** Identifying our values and living in accordance with them.
6. **Committed Action:** Taking action towards our values, even when it is difficult.

The third chapter of ACT Second Edition provides a detailed overview of the practice of ACT. This chapter includes instructions for conducting ACT exercises, such as mindfulness exercises, acceptance exercises, and values exercises. This chapter also discusses how to adapt ACT to different client populations, such as clients with anxiety, depression, or chronic pain.

The fourth chapter of ACT Second Edition reviews the evidence base for ACT. This chapter discusses the results of clinical trials that have tested the efficacy of ACT for a variety of mental health conditions. This chapter also discusses the limitations of the research on ACT and suggests directions for future research.

Acceptance and Commitment Therapy Second Edition is a comprehensive and up-to-date guide to the theory and practice of ACT. This book is an essential resource for clinicians who are interested in using ACT in their work with clients.



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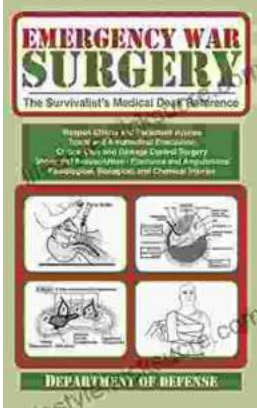
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