

1. Record Nr.	UNINA990005366310403321
Autore	Ugolini, Luigi Maria <1895-1936>
Titolo	Le recenti scoperte archeologiche italiane a Butrinto, che fu sosta del villaggio di Enea per l'Italia / Dott. L. M. Ugolini
Pubbl/distr/stampa	[Milano], : [Industrie Grafiche N. Moneta], [1930 A. IX dell'E. F.]
Descrizione fisica	7 p. ; 30 cm
Localione	FLFBC
Collocazione	ARCH. BM MISC. 016 (02)
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Estratto dal II volume degli Atti della XIX riunione della societa italiana per il progresso della scienza Bolzano - Trento, 7-15 Settembre 1930 - IX
2. Record Nr.	UNINA9910780559003321
Autore	Eifert Georg H. <1952->
Titolo	Acceptance & commitment therapy for anxiety disorders : a practitioner's treatment guide to using mindfulness, acceptance, and values-based behavior change strategies // Georg H. Eifert, John P. Forsyth ; foreword by Steven C. Hayes
Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, c2005
ISBN	1-282-05979-3 9786612059797 1-57224-686-3
Descrizione fisica	1 online resource (305 p.)
Disciplina	616.85/2206
Soggetti	Anxiety disorders Acceptance and commitment therapy Behavioral assessment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

Nota di bibliografia

Includes bibliographical references and index.

Nota di contenuto

"A Note to eBook Readers"; "Contents"; "Acknowledgments and Preface"; "Foreword"; "PART I: UNDERSTANDING ANXIETY DISORDERS"; "1. What Is ACT?"; "2. Overview of Anxiety Disorders"; "3. Cognitive Behavioral Views and Treatments of Anxiety Disorders"; "PART II: HOW ACT REFRAMES THE ANXIETY DIMENSION"; "4. Controlling Anxiety Is the Problem, Not a Solution"; "5. Balancing Acceptance and Change"; "PART III: ACT TREATMENT OF ANXIETY"; "6. Core Treatment Components and Therapist Skills"; "7. Psychoeducation and Treatment Orientation"; "8. Creating an Acceptance Context for Treatment"; "9. Acceptance and Valued Living as Alternatives to Managing Anxiety"; "10. Creating Flexible Patterns of Behavior Through Value-Guided Exposure"; "11. Staying Committed to Valued Directions and Action"; "12. Practical Challenges and Future Directions"; "APPENDIX A: Acceptance and Action Questionnaire (AAQ-Rev 19)"; "APPENDIX B: White Bear Suppression Inventory";

Sommario/riassunto

Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy,