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Nota di contenuto	Contents; Acknowledgements; Preface; Chapter 1 - ACT, RFT, and Contextual Behavioural Science; Chapter 2 - Core Processes in Acceptance and Commitment Therapy; Chapter 3 - Teaching ACT: To Whom, Why and How; Chapter 4 - Understanding and Treating Eating Disorders: An ACT Perspective; Chapter 5 - ACT and Health Conditions; Chapter 6 - ACT With Depression: The Role of Forgiving; Chapter 7 - Brief Group ACT for Anxiety; Chapter 8 - Self-Destructive Behaviour, ACT and Functional Analysis; Chapter 9 - ACT Training for Work Stress and Burnout in Mental Health Direct Care Workers Chapter 10- Promoting Social Intelligence Using the Experiential Role-Play MethodChapter 11 - ACT and CBT for Psychosis: Comparisons and Contrasts; Chapter 12 - Beyond the Fragmented Self: Integrating Acceptance and Psychodynamic Approaches in the Treatment of Borderline Personality; Chapter 13 - ACT for Comorbid PTSD and Substance Use Disorders; Contributors; Index; Back Cover
Sommario/riassunto	This important new work showcases the very latest in the theory, research and practice of ACT across a range of clinical applications,

including eating disorders, depression, anxiety, schizophrenia, borderline personality disorder, PTSD and substance abuse, with contributions from leading ACT practitioners including co-founders Kirk Strosahl, Kelly Wilson and Rob Zettle.
