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Titolo	Learning RFT [[electronic resource]] : an introduction to relational frame theory and its clinical applications // Niklas Torneke
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ISBN	1-60882-140-4 1-57224-908-0
Descrizione fisica	1 online resource (290 p.)
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Soggetti	Cognitive therapy Acceptance and commitment therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. Background -- pt. 2. Relational learning -- pt. 3. Clinical implications.
Sommario/riassunto	Relational frame theory (RFT) is a theory of language and cognition that upends traditional cognitive paradigms and forms the foundation of today's cutting-edge therapies, including acceptance and commitment therapy (ACT). Learning RFT makes RFT accessible to clinicians for the first time and explains how RFT principles can be directly applied in clinical work.