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Titolo	Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems [[electronic resource] ] : A Practitioner's Guide to Using Mindfulness and Acceptance Strategies
Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, 2007
Descrizione fisica	1 online resource (270 p.)
Altri autori (Persone)	WestrupDarrah
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Soggetti	Post-traumatic stress disorder - Treatment Acceptance and commitment therapy - Treatment Psychic trauma Stress Disorders, Post-Traumatic - therapy Cognitive Behavioral Therapy - methods Stress Disorders, Traumatic, Acute - therapy Electronic books.
Lingua di pubblicazione	Inglese
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Nota di contenuto	Acknowledgments; Contents; Foreword; Introduction; Chapter 1; Acceptance, Mindfulness, and Trauma: The Problem of Experiential Avoidance and the Verbal Nature of Trauma; Chapter 2; Mindfulness and Acceptance; Chapter 3; Preparing to Begin; Chapter 4; Creative Hopelessness: Finding the Place Where Something New Can Happen; Chapter 5; Control as the Problem: Experiential Avoidance and Unworkable Solutions; Chapter 6; Willingness; Chapter 7; Self-as-Context; Chapter 8; Valued Living; Chapter 9; Committed Action; Chapter 10; Therapist and Treatment Considerations; Chapter 11 Clinical Issues and AssessmentConclusion: Opening to Vitality; References; Index
Sommario/riassunto	An indispensable resource for mental health professionals, Acceptance

and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems offers a practical and accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.

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