

1. Record Nr.	UNINA9910462900303321
Autore	Flaxman Paul Edward
Titolo	The mindful and effective employee [[electronic resource]] : an acceptance and commitment therapy training manual for improving well-being and performance // Paul E. Flaxman, PhD, Frank W. Bond, PhD, and Fredrik Livheim, MS
Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, Inc., c2013
ISBN	1-60882-022-X
Descrizione fisica	1 online resource (282 p.)
Altri autori (Persone)	BondFrank W LivheimFredrik
Disciplina	158.7/2
Soggetti	Psychology, Industrial Acceptance and commitment therapy Job stress Personnel management - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Foreword; Acknowledgments; Introduction; CHAPTER 1; The Prevalence and Impact of Psychological Distress in the Workplace; CHAPTER 2; What Is ACT?; CHAPTER 3; The Rationale for Applying ACT in the Workplace; CHAPTER 4; Practical Considerations and Program Overview; CHAPTER 5; Training Session 1: Opening Presentation and Introduction to Mindfulness and Values-Based Action Skills; CHAPTER 6; Training Session 2: Untangling from Internal Barriers to Values-Based Action; CHAPTER 7; Training Session 3: Consolidating Mindfulness and Values-Based Action Skills; CHAPTER 8 ACT Trainer Stance and Skills CHAPTER 9; Research Review; CHAPTER 10; The Evolution of ACT in the Workplace: The Leading Edge and Beyond; Handouts; Handout 1: Define Your Values; Handout 2: Values, Goals, and Actions Worksheet; Handout 2a: Values, Goals, and Actions Worksheet (Work Example); Handout 2b: Values, Goals, and Actions Worksheet (Relationship Example); Handout 3: Home Practice (To be completed between Sessions 1 and 2); Handout 4: Untangling from

Thought Barriers to Values-Based Action; Handout 5: Values, Goals, and Actions Map

Handout 6: Home Practice (To be completed between Sessions 2 and 3)

Handout 7: Assessing Value Consistency; Handout 8: Home Practice (To keep things going now that the program has finished!); References; Index

Sommario/riassunto

The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.