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Titolo	The ACT matrix : a new approach to building psychological flexibility across settings & populations // edited by Kevin L. Polk, PhD, Benjamin Schoendorff, MA, MSc ; foreword by Kelly G. Wilson, PhD
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Altri autori (Persone)	PolkKevin L. <1955-> SchoendorffBenjamin
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Sommario/riassunto	Edited by clinical psychologists and popular ACT workshop leaders Kevin Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach. This essential book shows professionals and general readers how this approach can be used to treat a variety of disorders-such as anxiety, depression, substance abuse, trauma, and eating disorders-in a variety of settings and contexts. Professionals will also learn how to work more effectively with difficult clients and increase clients' psychological