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Nota di contenuto	Acceptance and Commitment Therapy and Mindfulness for Psychosis; Copyright; Contents; About the Editors; List of Contributors; Acknowledgements; Foreword: Acceptance, Mindfulness and Psychotic Disorders: Creating a New Place to Begin; 1 Introduction to Mindfulness and Acceptance-based Therapies for Psychosis; 1.1 Introduction to Psychosis; 1.2 Interventions; 1.2.1 Cognitive Behavioural Therapy; 1.2.2 Developments in CBT: Contextual Approaches; 1.2.3 Acceptance and Commitment Therapy; 1.2.3.1 Open; 1.2.3.2 Aware; 1.2.3.3 Active 1.2.4 Mindfulness and Person-based Cognitive Therapy for Psychosis1. 3 Conclusion; References; 2 Theory on Voices; 2.1 Phenomenology; 2.2 Mechanisms and Origins of Hearing Voices; 2.3 Meaning Given to Voice Experience; 2.4 Responses to Voices; 2.4.1 Resistance; 2.4.2 Engagement; 2.5 Implications for the Role of Acceptance and Mindfulness in Voices; References; 3 Emotional Processing and

Metacognitive Awareness for Persecutory Delusions; 3.1 Introduction; 3.2 Persecutory Delusions; 3.3 Improving Treatments for Persecutory Delusions; 3.4 Development of the Intervention; 3.5 The EPMA Intervention
3.6 The EPMA Pilot Study 3.7 Case Study; 3.8 Conclusion; Acknowledgement; References; 4 Clinical Assessment and Assessment Measures; 4.1 Introduction; 4.2 Clinical Assessment; 4.2.1 Overview; 4.2.1.1 Aims and Scope; 4.2.1.2 General Principles; 4.2.2 Structure and Methods of Assessment; 4.2.2.1 Assessment Interwoven with Interventions; 4.2.2.2 Use of Assessment Instruments; 4.2.2.3 Role of Self-monitoring in Assessment; 4.2.2.4 Goal Setting; 4.2.3 A Guide to Clinical Assessment; 4.2.3.1 The Problems Experienced by the Client; 4.2.3.2 Understanding the Client
4.2.4 Assessing and Addressing Potential Barriers to and Risks Arising from Therapy 4.3 Assessment Measures; 4.3.1 Issues in the Use of Self-report Measures; 4.3.2 Mindfulness Measures; 4.3.3 Measures of ACT Processes and Constructs; 4.3.3.1 Acceptance and Action Questionnaire; 4.3.3.2 The Voices Acceptance & Action Scale; 4.3.3.3 Believability of Symptoms; 4.3.3.4 Additional Measures; 4.4 Conclusion; Note; References; 5 Acceptance and Commitment Therapy Case Formulation; 5.1 Introduction; 5.2 Case Study; 5.2.1 Avoidance; 5.2.2 Cognitive Fusion; 5.2.3 Attachment to Content
5.2.4 Weak Self-knowledge, Dominating Concept of the Past or Feared Future 5.2.5 Lack of Values Clarity; 5.2.6 Persistent Inaction, Impulsivity or Avoidance; 5.3 Case Formulation using the Inflexahex Model; 5.4 Conclusion; References; 6 Engaging People with Psychosis in Acceptance and Commitment Therapy and Mindfulness; 6.1 Introduction; 6.1.1 Treatment Adherence and Engagement in Psychosis; 6.2 Acceptance and Commitment Therapy; 6.3 Functional Analytic Psychotherapy; 6.4 Acceptance-based Methods and Techniques for Improving Engagement; 6.4.1 Workability; 6.4.2 Values Clarification 6.4.3 Acceptance and Mindfulness

Sommario/riassunto

This is the first volume to present a broad picture of theory and application for clinical approaches incorporating ACT and mindfulness in working with psychosis. It provides an overview and introduction to the subject, including a review of the evidence base. Clinical and practical applications are supported with case studies in both individual and group work, with an emphasis on utilizing these strategies in a clinical context. Addressed to practitioners, this book is idea for clinical and counseling psychologists, CBT therapists, and psychiatrists.
