

1. Record Nr.	UNINA9910781543503321
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Titolo	ACT in practice [[electronic resource] ] : case conceptualization in acceptance & commitment therapy // Patricia A. Bach, Daniel J. Moran
Pubbl/distr/stampa	Oakland, Calif., : New Harbinger Publications, c2008
ISBN	1-60882-630-9 1-60882-629-5
Descrizione fisica	1 online resource (354 p.)
Altri autori (Persone)	MoranDaniel J
Disciplina	616.89/1425
Soggetti	Acceptance and commitment therapy
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 (p. [309]-323) and index.
Nota di contenuto	An orientation to ACT -- Clinical behavior analysis and the three waves of behavior therapy -- Functional analysis and ACT assessment -- Relational frame theory -- What is case conceptualization? -- Conceptualizing functionally -- Contacting the present moment and perspective taking -- Values, commitment, and behavior change processes -- Acceptance processes -- Creative hopelessness : when the solution is the problem -- Bringing mindfulness to clinical work -- Values work -- Defusion and deliteralization -- Willingness -- Acceptance and change -- Pulling it all together -- Epilogue : saying good-bye to Shandra and Rick.
Sommario/riassunto	Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; ACT in Practice will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models.