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Titolo	The art & science of valuing in psychotherapy [[electronic resource]] : helping clients discover, explore, and commit to valued action using acceptance and commitment therapy / / JoAnne C. Dahl ... [et al.]
Pubbl/distr/stampa	Oakland, Calif., : New Harbinger Publications, Inc., c2009
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Descrizione fisica	1 online resource (258 p.)
Altri autori (Persone)	DahlJoAnne <1951->
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Soggetti	Acceptance and commitment therapy Values
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	An introduction to values in ACT -- ACT and RFT -- Fusion and potential language traps -- The process of valuing in ACT -- Compassion and the therapeutic relationship -- Values-based case conceptualization and assessment -- ACT core processes and values -- Developing and maintaining committed action -- The values compass.
Sommario/riassunto	The Art and Science of Valuing in Psychotherapy shows therapists how to help their clients discover and commit to their core values, a key process in acceptance and commitment therapy (ACT). The book also presents the theory and research behind valuing in psychotherapy.