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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;

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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.

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