

1. Record Nr.	UNINA9910789113703321
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
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, Inc., , [2014] ©2014
ISBN	1-4619-5732-X 1-60882-924-3
Descrizione fisica	1 online resource (281 p.)
Altri autori (Persone)	PolkKevin L. <1955-> SchoendorffBenjamin
Disciplina	616.89/1425
Soggetti	Acceptance and commitment therapy Mental illness - Psychological aspects Adaptability (Psychology)
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 and index.
Nota di contenuto	part 1. Understanding the matrix -- part 2. Populations and settings -- part 3. The matrix outside the box.
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