

1. Record Nr.	UNINA9910793146103321
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Titolo	Committed action in practice : a clinician's guide to assessing, planning, & supporting change in your client / / Daniel J. Moran, Patricia A. Bach, Sonja V. Batten
Pubbl/distr/stampa	Oakland, CA : , : Context Press, an imprint of New Harbinger Publications, Inc., , [2018] ©2018
ISBN	1-62625-487-7
Descrizione fisica	1 online resource (217 pages)
Collana	The Context Press mastering ACT series
Disciplina	616.891425
Soggetti	Acceptance and commitment therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Designed for use by mental health professionals and graduate students, Committed Action in Practice clearly conceptualizes committed action--an integral aspect of acceptance and commitment therapy (ACT)--and offers a deeper investigation of the first of the six core processes of ACT. The book also provides comprehensive descriptions and insight into the conceptualization, integration, and application of committed action in therapy.--