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| Autore                  | McKay Matthew  |
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| ISBN                    | 1-68403-555-4  |
| Descrizione fisica      | 1 online resource (209 pages)  |
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| Nota di contenuto       | Intro -- Contents -- 1. Your Defectiveness Schema -- 2. Assessment -- 3. Defectiveness Coping Behaviors -- 4. From Avoidance to Acceptance -- 5. Mindfulness -- 6. Values -- 7. Defusion -- 8. Avoidance and Exposure -- 9. Facing Your Shame and Sadness -- 10. Self-Compassion -- 11. Relapse Prevention -- Appendix 1. Worksheets -- Appendix 2. Measures -- Appendix 3. A Hybrid ACT and Schema Therapy Protocol for the Treatment of Depression -- References -- About the Authors. |
| Sommario/riassunto      | Many people with depression believe they are defective, unwanted, or inferior, and this feeling of being flawed and inadequate often leads to a strong sense of shame. Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.                                   |