

1. Record Nr.	UNINA9910794791703321
Autore	Sears Richard
Titolo	ACT with anxiety : an acceptance and commitment therapy workbook to get you unstuck from anxiety and enrich your life // Richard Sears
Pubbl/distr/stampa	Eau Claire, Wisconsin : , : PESI, , [2021] ©2021
ISBN	1-55957-075-X
Descrizione fisica	1 online resource (215 pages)
Disciplina	616.852206
Soggetti	Anxiety - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Copyright -- Praise for ACT with Anxiety -- Dedication -- Table of Contents -- About the Author -- Acknowledgments -- Introduction -- Chapter 1: The Anxiety Trap and How to ACT -- Anxiety and the Problem of Avoidance -- Handout 1 1: Anxiety and the Avoidance Trap -- Handout 1 2: The Trauma Trap -- Handout 1 3: What to Do When You Can't Sleep -- Defining Acceptance and Commitment Therapy -- Functional Contextualism -- The Power and Problems of Language -- The Reality of Suffering -- Psychopathology: What Goes Wrong -- Worksheet 1 4: Ways We Get Stuck -- The Hexaflex -- Handout 1 5: ACT to Get Unstuck -- Chapter 2: Setting Your Life Course: Does Anxiety Drive Your Life? -- Lack of Values Clarity/Contact -- Handout 2.1: Who's Driving, and Where Do You Want to Go? -- Values -- Ten Categories of Values -- Worksheet 2.2: Ten Domains of Values -- Helping Clients Connect with Their Values -- Worksheet 2.3: Superheroes or People You Admire -- Magic Wands and Typical Days -- Worksheet 2.4: And if You Had That, What Would That Give You? -- Worksheet 2.5: My Ideal Day -- When Clients Say They Don't Care -- Worksheet 2.6: Finding Your Values in Your Anxiety -- Chapter 3: Letting Go of What Is Not Working -- Psychological Flexibility -- Worksheet 3.1: Becoming More Flexible -- Cutting our Losses -- Handout 3.2: Caught in Quicksand and Trapped in a Hole -- Creative Hopelessness -- Worksheet 3.3: Letting Go of What Doesn't Work -- Willingness -- Handout 3.4: Willingness --

Chapter 4: You Are Not Your Anxiety: Expanding Your Sense of Self -- Attachment to a Conceptualized Self -- Self as Context -- Worksheet 4.1: Who Am I? -- The Chessboard Metaphor -- Handout 4.2: The Chess Game in Your Head -- The Sense of Self Across a Lifetime -- Handout 4.3: Expanding Your Sense of Self -- Processing the Exercise -- Moving to a Universal Context.
Handout 4.4: Cosmic Self Meditation -- Chapter 5: Defusion: Letting Go of the Battle with Anxious Thinking -- Cognitive Fusion: Confusing Thoughts with Reality -- The Problem with Trying to Stop Thoughts -- Handout 5.1: The Futility of Trying to Stop Unwanted Thoughts -- Thoughts Are Just Sounds in Your Head -- Cognitive Defusion: Relating Differently to Thoughts -- Handout 5.2: Stepping Back from Anxious Thoughts -- ACT versus Traditional CBT -- Handout 5.3: Thought Trains Exercise -- Worksheet 5.4: Putting Your Thoughts Out in Front of You -- Shifting from Content to Process -- Worksheet 5.5: The Judgment Factory -- Worksheet 5.6: Math Problem or Sunset? -- Chapter 6: Acceptance: Letting Go of the Battle with Anxious Feelings -- Clean Anxiety versus Dirty Anxiety -- Handout 6.1: The Benefits of Anxiety -- Experiential Avoidance -- Handout 6.2: Riding the Waves of Anxiety -- Acceptance of Reality -- Acceptance of Our Own Emotions -- Handout 6.3: Cradling Your Anxiety Like a Baby -- Worksheet 6.4: Getting Perspective on Your Anxiety -- Acceptance and Trauma -- Breaking the Avoidance Cycle -- Posttraumatic Growth -- Responding Skillfully to Clients -- Memory Reconsolidation -- File Cabinet Technique -- Worksheet 6.5: File Cabinet Exercise -- Increasing Self-Compassion -- Handout 6.6: Generating Acceptance and Compassion for Self and Others -- Processing the Exercise -- Acceptance and Forgiveness -- Chapter 7: Just This Moment: Breaking Free from Future Worries and Past Regrets -- Dominance of the Conceptualized Past and Future -- Limited Self-Knowledge -- Mindfulness: Contact with the Present Moment -- Handout 7.1: Coming to Your Senses -- Mindfulness versus Meditation -- Handout 7.2: Just One Breath -- Structured Mindfulness Exercises -- Handout 7.3: The Three-Minute Breathing Space -- Mindful Inquiry -- Exploring Anxiety with Curiosity. Worksheet 7.4: Getting to Know Your Anxiety -- Chapter 8: Just Do It: Taking Committed Action -- Unworkable Action -- Just Do It: Committed Action -- Worksheet 8.1: Just One Thing -- Worksheet 8.2: Setting SMART Goals -- Increasing Willingness -- Handout 8.3: Just Do It! -- Acting with Anxiety: Exposure -- Exposure for External Avoidance -- Exposure for Internal Avoidance -- Worksheet 8.4: Tin Can Monster Exercise -- Resources -- References -- Photo Credits.

Sommario/riassunto

In this engaging and easy-to-read workbook, Dr. Sears provides detailed explanations, case examples, and practical worksheets to show you how to work with your anxiety instead of trying to battle against it.
